

Session: 450 IDEA World 2022

Functional Training meets Pilates Mat: Powered by Balanced Body

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Add rings, rollers, bands and balls to your pilates Mat work and create challenges, modifications, exciting sequences and new experiences for your classes, clients and for client home programs. Using the Balanced Body Movement Principles and principle-based programming system; you will develop well balanced classes that take Pilates beyond the Mat to address functional exercises including standing work, upper body strength and balance and dynamic lower body exercises. You will come away with an expanded view of using Pilates Mat to improve your client's strength, flexibility, daily activities and performance.

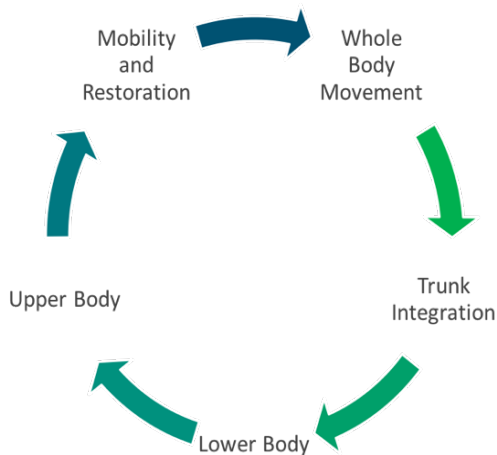
Overall Benefits of Pilates

- Breathing techniques for any activity
- Awareness of alignment
- Precision & quality of movement
- Effective range of motion
- Core strength

Props Overview

- Ball: can stimulate, strengthen & release
- Band: endless opportunities for resistance in all directions
- Ring: isometric training & toning
- Roller: increases strength & releases tension

Balanced Body Movement Principles



- Essential principles for each area of body
- Foundation exercises for each principle
- Optimum form & common corrections
- Coaching & cueing for effective classes

Principle-based Programming System (5 Tracks)

- Trunk Integration
- Lower Body Strength & Power
- Upper Body Strength & Balance
- Whole Body Movement
- Mobility & Restoration

***Functional movement is multiplanar & involves the whole body**

Exercise Grids to use right away!



Let's Roll & Rock, Stand & Deliver, and Plank & Play!

CLASS FORMAT:

Each section will be dedicated to a particular theme and progress through multiple body positions, movement principles and ultimately deliver a whole-body integrated workout. Feel free to utilize these in an entire workout from top to bottom or segment out and use individually.

THEMES:

- Roll & Rock
- Stand & Deliver
- Plank & Play

ROLL & ROCK:

Warm up with a mobility driven series to prepare the body. Then challenge the body as a whole, focusing on the mobility core, trunk integration and spinal articulation. Finish by culminating with inversions. The spine and surrounding muscles are the “epicenter of our body” and thus all exercises and LIFE stem from the powerhouse, which includes our arms and legs. Just remember, you must roll first, before you ROLL and ROCK!

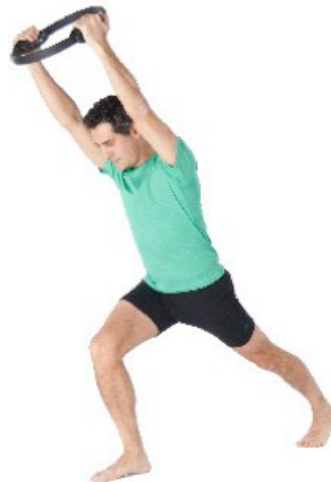
Movement Principle	Base Exercise	Modification	Challenge	Prop use
T1: Trunk Integration	Overhead Reach Variations	Small ROM	Large ROM	Ball in back
	Ab Curl Variations	Small ROM	Large ROM	Ball in back
	Shoulder Bridge	Bent knee	Straight knee	Circle at knees
	Roll-up & around the world	Bend knees & use band	Decrease band tension	Band around feet
	Arms & abs seated	No half roll back	Deeper roll back	Band around feet
	Side lifts to teaser pass	Bend knees	Slow tempo	Circle pass between feet and hands
	Inversion variations	Small ROM or omit	Add jackknife	Ball, circle or band



STAND & DELIVER:

Use the power of bodyweight and strength in standing exercises that compliment traditional Pilates mat exercises. Experience foundational exercises and sequences which translate to activities of daily living, athletic performance and pain free movement. Utilizing the Balanced Body Movement Principles, explore the power of functional movement with a Pilates focus.

Movement Principle	Base Exercise	Modification	Challenge	Prop use
T2-Lower Body Strength & Power	Squat	Knee Bend	Power (heel lifts to jumps)	Ring btwn hands Ball Toss (agility)
	Lunge	Forward Tilt Lunge	Lateral Lunge	Band in hands
		Shallow Step Back Lunge	90/90 Lunge w/Rotation Deep Lunge (hands to floor) + Rotation	Ball in hands
	Deadlift	Small tilt w/deeper knee bend	Single Leg Deadlift + upper body movements	Band around foot & in hands



PLANK & PLAY:

A well-functioning upper body is essential for performing daily tasks, transferring force from the legs and torso to the hands and from the hands through the torso to the legs; creating strength, grace and power for athletic as well as artistic pursuits and preventing injury of the shoulder, upper body, neck and torso. Fire up the stability core, and have some fun with plank variations, playful partner work and props. Like it or not – pushups and planks are our friends! Let’s play!

Movement Principle	Base Exercise	Modification	Challenge	Prop use
T3-Upper Body Strength & Balance	Plank	All 4’s – arm marching & sternum drops	Leg Pull Down	Band across back
		Semi Plank – walk in/out & knee lift/lowers	Press Up Press Up with Knee Lifts	Ring under chest Band across back
	Reverse Plank	Reverse Tabletop	Leg Pull Up	Roller under ankles
			Rev Plank to Pull Through to Stretch	
	Side Plank	Side Hip Lift	Side Bend, Mermaid & Star	Band in hands Ring under top foot
		Side Hover	Rolling Hover	
	Push Ups	All 4’s, semi plank	P/U + leg reach	Ball under 1 hand
	Partner Bridge	Bend Knees	Release 1 Leg	Circle, band or ball in hands
	Partner Plank + Rotation + Low 5	Semi-plank	Lift opposite leg to Low 5	Transfer ball during rotation

