



# Matwork Flow with Ankle Tubing

Designed to enhance body awareness, muscular strength, motor control and joint mobility, this workshop takes a fresh look at creating flowing sequences with STOTT PILATES® Matwork exercises using ankle tubing. Developed by the movement experts at Merrithew®, learn how to creatively incorporate elastic resistance into a series of Essential and Intermediate exercises. The seamless flowing sequences take you through all movement planes from standing, down to the mat while exercise variations allow for easy progression or regression, making the workout suitable for most fitness levels.

## Learning Objectives

1. Apply the STOTT PILATES Principles to a series of Matwork exercises.
2. Explore exercise variations incorporating elastic strength tubing.
3. Learn how new concepts in exercise research can be incorporated into a fluid workout.
4. Discover how to create simple workouts that improve functionality and performance.

## Workshop Details

TIME REQUIRED: 2 hours

SPECIALTY TRACK:



EQUIPMENT REQUIRED: Pilates Mat; Strength Tubing, Ankle (light-strength)

[view equipment online](https://merrithew.com/instructor-training/cont-ed/stott-pilates/matwork-matwork-with-small-equipment/stott-pilates-matwork-flow-with-ankle-tubing) ( merrithew.com/instructor-training/cont-ed/stott-pilates/matwork-matwork-with-small-equipment/stott-pilates-matwork-flow-with-ankle-tubing )

ADDITIONAL WORKSHOPS: [view online](https://merrithew.com/instructor-training/cont-ed/stott-pilates) ( merrithew.com/instructor-training/cont-ed/stott-pilates )



## View Related Video – Available Anytime, Anywhere

[STOTT PILATES® Matwork Flow with Strength Tubing™ – Ankle](https://merrithewconnect.com/programs/matwork-flow-with-strength-tubing-ankle?categoryId=47128)

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STOTT PILATES MATWORK FLOW WITH ANKLE TUBING CONT'D

NOTE: ALL EXERCISES ARE DONE WITH ANKLE STRENGTH TUBING SECURED AROUND ANKLES.

STANDING WARM-UP

ROLL DOWN / FLAT BACK

standing on mat, toes at front edge of the mat, feet hip-distance apart, arms long by sides

in: prepare, ex: roll down from the head, flexing spine and knees, in: lengthen spine to neutral, reaching arms long by sides, ex: return to full flexion and roll up to standing. 4x

on last rep: stay in flat-back position with knees flexed, then, ex: swing arms down then catch them overhead, staying neutral, in: push slightly into the heels and lift to standing, arms overhead, ex: extend upper spine, opening arms out slightly, in: return to vertical, lowering arms by sides

after last rep: step one leg back to lunge position on ball of foot, knee slightly flexed, front knee flexed, torso upright, arms reaching forward, palms facing in

SCAPULA ISOLATIONS IN LUNGE POSITION

1. PROTRACTION / RETRACTION

smooth breath: protract one scapula while retracting the other, allow upper torso to rotate slightly, then switch sides. 8x

2. PROTRACTION / RETRACTION WITH ROTATION

in: protract scapula of forward leg, then retract scapula, flex elbow and reach arm back, rotating torso to that side, protracting opposite scapula, ex: keep arm long and sweep arm forward, protracting scapula. 4x, on last rep: reach both arms overhead

3. ELEVATION / DEPRESSION

smooth breath: elevate one scapula while depressing the other, allowing torso to respond to the movement, then switch sides. 8x

4. ELEVATION / DEPRESSION WITH SIDE FLEXION

in: elevate scapula of front leg, then depress scapula, flex elbow and reach arm to the floor, laterally flexing torso to that side, elevating opposite scapula, ex: keep arm long and reach arm out and overhead, elevating scapula. 4x. on last rep: circle arms out to side and place them on front knee, extend back knee, heel lifted, body in one long line from heel to head

CALF STRETCH

1. BACK HEEL, in lunge position

in: prepare, ex: extend back knee, pressing heel down, in: lift heel. 4x

2. FRONT HEEL, in lunge position

in: lift heel, pressing into ball of foot, shifting weight onto front leg, ex: lower front heel, 4x

after last rep: press into front foot, step front leg back to mid-mat, legs hip-distance apart, arms long by sides

repeat entire sequence from Roll Down / Flat Back on the other side, adding wrist rolls with arms overhead in the Flat Back position

after last rep on second side: press into front foot, step front leg back, heels should be at edge of mat, legs hip-distance apart, arms long by sides, then roll down from top of head to kneel on mat, walk hands out to quadruped position, neutral spine

MATWORK SERIES

SINGLE LEG EXTENSION IN QUADRUPED

1. LONG BACK LEG ROCK, toes on floor

ex: maintain neutral and shift weight back, sliding toes on floor, in: return. 8x per side

2. LONG BACK LEG ROCK, Legs in air

ex: maintain neutral and shift weight back, maintaining height of back leg, in: return. 8x per side

3. LONG BACK LEG ROCK WITH ROTATION

ex: maintain neutral and rotate pelvis toward open side, allow lateral rotation of the femur, in: return pelvis to neutral. 8x per side

NOTE: can be done allowing rotation into the thoracic spine, taking weight slightly off hand

4. FOUR-POINT PENDULUM SWINGS

smooth breath: shift hips off-center, swing pelvis back toward heels, then off to the other side. 4x alternating direction

legend: in: = inhale; ex: = exhale

# STOTT PILATES MATWORK FLOW WITH ANKLE TUBING CONT'D

## STAGGERED LEG AB PREP

supine, pelvis and spine neutral, one knee flexed, foot on mat, other leg long, hands behind head

### 1. AB PREP

**in:** prepare, **ex:** flex upper torso, **in:** return to mat. 4x

### 2. ADD KNEE FLEXION

**in:** prepare, **ex:** flex upper torso, lifting long leg to tabletop, keeping lumbar neutral, **in:** return. 4x

### 3. KNEE EXTENSION, upper torso flexed, leg tabletop

**in:** prepare, **ex:** maintain upper torso flexion and extend gesture knee, **in:** flex knee. 4x

### 4. AB PREP WITH LEG LIFT,

upper torso on mat, gesture leg long on mat

**in:** prepare, **ex:** flex upper torso, maintain neutral pelvis and reach long leg up toward ceiling, **in:** return. 4x

after last rep: reach arms long overhead, circle arms out and down by sides, flexing gesture knee, reach arms up and overhead, lengthening opposite leg, arms flex behind head

*Repeat entire sequence on other side*

## BREAST STROKE PREPS WITH HIP ABDUCTION

prone, legs abducted to mild tension in Tubing, arms long by sides, scapulae protracted

### 1. CONTRALATERAL ARM & LEG

**in:** prepare, **ex:** rotate one shoulder open and reach arm back, lifting upper torso, and reach opposite leg off mat, **in:** return. 4x per side

### 2. BILATERAL ARMS & LEGS

**in:** prepare, **ex:** reach both arms back, lifting upper torso, and reach both legs off mat. 4x

### 3. CONTRALATERAL ARM & LEG, arms start overhead, palms down

**in:** prepare, **ex:** reach one arm and opposite leg off mat, rotating palm to face in, **in:** return. 4x per side

### 4. BILATERAL ARMS & LEGS, arms start overhead, palms down

**in:** prepare, **ex:** reach both arms and both legs off mat, rotating palms to face in. 4x

## SHELL STRETCH

seated back on heels, spine flexed forward over legs, arms long overhead, stay for several breaths, lengthening spinal extensors

## SEATED ROTATION

seated, legs long and adducted, holding free Cuff opposite hand, arms reaching forward, remove Ankle Cuff from one leg and move other Cuff to the instep of the foot

### 1. MID-ROW PULL

**in:** prepare, **ex:** flex elbow wide and pull back on Tubing, reaching other arm forward, simultaneously, reach opposite leg forward, flexing knee of free leg out to the side, allowing pelvis and torso to rotate, **in:** return. 4x

### 2. PULSES, keep free leg flexed and hold Cuff with both hands, arms rounded

**in:** prepare, **ex:** for three counts, rotating torso to side of flexed knee, **in:** return. 4x

*Repeat on the other side*

## AB SERIES

### ROLLING LIKE A BALL IN STAGGERED STANCE

seated just off sit-bones, spine in C-curve, arms reaching long by legs, legs in single leg stretch position, one knee flexed, one leg long, slight tension in Tubing

**in:** initiate roll back by increasing lumbar flexion, roll back to upper thoracic, lengthening front leg in small split maintaining tension in Tubing, **ex:** roll up, flexing front leg to starting position. 8x

after last rep: roll down to mat, imprinted position, upper body flexed, hands behind head, one leg long, other leg tabletop

### SINGLE LEG STRETCH

**in:** prepare, **ex:** extend one leg, pulling the other to tabletop, **in:** begin to switch legs, maintaining some tension on Tubing, **ex:** extend the other leg, pulling the opposite leg to tabletop. 8x

### OBLIQUES WITH KNEE EXTENSION

**in:** prepare, **ex:** extend bent leg up toward the ceiling, carrying long leg with it to maintain even tension on Tubing and rotate upper torso toward top leg, **in:** return to starting position. 8x

after last rep: keep legs long and rotate torso to the center, maintaining flexion

### CIRCLE SCISSORS

**in:** prepare, **ex:** maintain even tension on Tubing and circle legs in opposite directions to scissor the other way. 8x per direction, alternating

# STOTT PILATES MATWORK FLOW WITH ANKLE TUBING CONT'D

## PRETZEL HUG

cross legs and flex knees, hug arms around knees and pull them toward torso, releasing tension

*Repeat entire series from Rolling Like a Ball with opposite leg leading*

## BICEP CURL WITH LEG PRESS

supine on mat, imprinted, Ankle Cuff around one ankle, leg long and reaching up toward ceiling, other leg long, reaching out on a diagonal as low as can be supported, hands holding other Cuff, palms together in prayer position, arms long reaching up toward ceiling, head resting on mat

**in:** prepare, **ex:** lower leg with Tubing, keep upper arms stable and flex elbows in a bicep curl, **in:** return. 4x

after last rep: lift free leg up toward ceiling and cross ankles, change hands to a 'pull-grip' on Tubing

## ROLL OVER WITH SHOULDER FLEXION

**in:** prepare, **ex:** keep arms long and reach overhead, taking both legs overhead while rolling pelvis and lumbar spine off mat, **in:** return. 4x

*Repeat Bicep Curl with Leg Press and Roll Over with Bicep Curl with Ankle Cuff on opposite side*

## SIDE SERIES

### SIDE KICKS WITH KNEE FLEXION / EXTENSION

side-lying, pelvis and spine neutral, legs long, hips flexed slightly, resting on one elbow, hands behind head with elbows wide, slight lateral flexion in torso, top leg lifted so there is some tension in Tubing, ankles dorsiflexed

**in:** flex top knee, bringing leg forward, **ex:** keep thigh stable and extend knee, ankle dorsiflexed, **in:** flex knee, **ex:** extend knee, extending hip and plantar, flexing ankle, lift bottom side of waist to bring spine to neutral, **in:** lower waist to starting position to begin flexing knee for next repetition. 4x

after last rep: lift to side forearm plank, bottom knee flexed, top leg long, in line with body, bottom hip lifted, top arm long reaching toward ceiling or overhead

### LONG LEG CIRCLES THROUGH HIP FLEXION / EXTENSION

**smooth breath:** make four to six small circles back with top leg (spiral pattern) while extending top hip. Reverse. 4-6x forward flexing top hip.

*Repeat series on other side*

## ROCKING

prone, pelvis and spine neutral, knees flexed, legs abducted slightly, arms reaching back, holding Tubing with both hands, shoulders relaxed forward, head turned to one side

**in:** pull heels in toward the seat, keeping front of hips on mat, **ex:** press feet away, open shoulders and lift upper back and head, allow knees to lift off mat, **in:** stay, **ex:** return to mat, turning head to the other side. 4x per side, alternating

## PLANK SERIES

### LEG HALF CIRCLE IN PLANK

plank position, pelvis and spine neutral, legs long and adducted, toes tucked under, hands directly under shoulders, one long line from feet to head

#### 1. HALF CIRCLE

**in:** abduct one leg out to the side to stretch Tubing, **ex:** keep tension on the tube and circle the leg out and up into extension, **in:** return to abducted position. 4x

#### 2. ADD PIKE

**in:** abduct leg out to the side to stretch Tubing, **ex:** circle the leg out and up into extension, piking the hips up to increase stretch on Tubing, **in:** return to plank and leg abduction. 4x, on last rep: hold pike position with leg extended

#### 3. HAMSTRING CURLS

**in:** stay, **ex:** keep knee at same height and pull heel in toward seat, **in:** extend leg. 4x, on last rep: hold pike position with leg extended

#### 4. KNEE PULL TO PIKE

**in:** lower pelvis to plank and pull knee in toward chest, keeping spine neutral, **ex:** extend leg up and pike hips up, **in:** lower pelvis to plank and pull knee in toward chest. 4x

## SHELL STRETCH

sit back on heels and lengthen spinal and hip extensors

*Repeat entire Plank Series on the other side*

COOL DOWN

HIP FLEXOR STRETCH

kneeling lunge, front knee flexed to 90°, back hip extended with knee on mat, Tubing stretched, same hand pressed against outside of front knee, other hand on the mat, arm long

1. TORSO ROTATION

**in:** stay, **ex:** keep back hip open and press into both hands, rotating torso toward front knee, **in:** release slightly. 4x

2. KNEE FLEXION

**in:** stay, **ex:** keep back hip open and allow the tension of Tubing to lift the back foot, flexing the knee to lengthen the quadriceps, **in:** press foot down slightly. 4x

3. HIP PRESS, reach outside arm up toward ceiling

**in:** reach arm up and lift back hip slightly, **ex:** gently press back hip down toward the mat. 4x

Repeat sequence on other side

Remove Ankle Tubing

HIP STRETCH

seated on mat, hands resting behind torso, knees flexed, feet slightly wider than mat

1. KNEE DROP

**smooth breath:** allow one knee then the other to drop medially down toward the mat, releasing the hip joints. 8x per side, alternating

on last rep: turn to face one side, swing back leg forward and over to a figure four (pretzel) position, same hand against outside of top knee, other hand resting on mat

2. HIP ROCK

**in:** shift weight to outside of supporting hip, allowing opposite sit-bone to lift, **ex:** press sit-bone down toward the mat, rocking on supporting hip. 4x

on last rep: swing the front leg back into extension in a stag position, front knee flexed, hands supporting on mat

3. STAG STRETCH

**in:** shift weight to outside of front hip, opening back hip as back leg laterally rotates, **ex:** rock toward open hip, pressing toward the mat. 4x

Repeat sequence on other side