

IDEA WORLD Session 800: Mat Pilates for Everybody

Sunday, July 24, 2022, 7:30-9:20 am

Mychele Sims, MA | Pilates NCPT, ACE CPT, ACE/AFAA GXI

As a movement-based exploration of the Pilates method, this workshop will show you how to add integrative mat exercises to your personal training or group fitness sessions. By focusing on the “powerhouse,” Pilates brings awareness to flexibility, posture, and core strength.

Mat Work

Hundred
Roll Up
Single Leg Circles
Rolling Like a Ball
Single Leg Stretch
Double Leg Stretch
Scissors
Double Straight-Leg Stretch
Criss Cross
Spine Stretch Forward
Saw
Swan
Bridge
Single Leg Kick
Swimming
Sidekicks
Side Planks/Bend
Teaser
Leg Pull Front
Push-Up

Who is Joseph H. Pilates? | What is Pilates?

Method originally named “Contrology”

Control of the mental and physical practice that has whole body health benefits

Lateral Breathing/Full Breathing to cleanse the body

Holistic physical conditioning

The term “Pilates” as a universal practice

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Principles of Pilates

- ❖ Control
- ❖ Breath
- ❖ Concentration
- ❖ Centering
- ❖ Flow
- ❖ Precision

QUALITY OF MOVEMENT

The Powerhouse (aka “CORE”)

Flexion

Extension

Stability

BODY POSITIONS AND MOVEMENT PLANES

Supine

Prone

Side-Lying

Trunk Rotation

Full Body Integration

OPTIONAL EQUIPMENT

Magic Circle

Band/Mini-Band

Small Ball / Fit Ball / Io Ball / Swiss Ball

Small Hand Weights (1-3 lbs)

Bolsters / Pillows / Blocks / Strap

WHO SHOULD DO PILATES?

Coaching / Supporting

Monitoring & Program Design

Variations & Safety

Consideration for Body Positivity

Diversity and Inclusion

Creating Safe Spaces

Mindful, Effective Cueing

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GROUP FITNESS & PERSONAL TRAINING ADAPTATIONS

Exercise Mirroring (Sequence Review with CPT/GXI Lens)

Hundred	Curl Up
Roll Up	Compound: Negative/Modified Situp
Single Leg Circles	Single Leg Circles
Rolling Like a Ball	***
Single Leg Stretch	Supine Knee Hugs
Double Leg Stretch	Modified V-Up
Single Straight Leg Stretch	Scissors
Double Straight-Leg Stretch	Reverse Crunch / Leg Drops
Criss Cross	Bicycle / Elbow to Knee Crunch
Spine Stretch Forward	Forward Bend
Saw	Straddle Stretch with Reach
Swan	Prong Cobra
Bridge	Hip Raises
Single Leg Kick	***
Swimming	Superman / Floor Y - I - W -T Raises
Sidekicks	Side-Lying Leg Sweeps / Raises / Adduction
Side Planks / Bends	Side Planks / Bends
Teaser	V-Ups / Pikes
Leg Pull Front	Plank with Leg Lift
Push-Up	Inch-Worm to Push-Up

RECOMMENDED READING & Websites:

Return to Life Through Contrology - Joseph H. Pilates
The Women's Health Big Book of Pilates - Brooke Siler
Pilates Anatomy: Rael Isacowitz and Karen Clippinger
Pilates for Everyone: 50 Exercises for Every Type of Body - Micki Harvard
Pilates Method Alliance ~ Pilatesmethodalliance.org
PilatesAnytime.com
Pilates.com

Thank you! Let's Connect!

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