

Pilates Preview
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History:

Joseph Pilates was inspired in the 1920's, creating a system we now know as the Pilates Method. The Pilates Method is a very symmetrical toning process, which lends itself to many age groups, skill levels, and various rehabilitation programs.

Pilates Exercise and Stretches:

1. Pre-Pilates exercises that teach about Pilates:
 - a. breathing
 - b. Imprint and release the lower back
 - c. Scapular placement
 - d. Rib cage placement

2. Simple exercises that help with body awareness.
 - a. Cat and Cow
 - b. Pre-Bridge /Pelvic Tilt (learn pelvic tilt)
 - c. Bent knees to the floor or straight leg to floor (sliding leg)
 - d. Extension breathing- arms and legs

3. Simple exercises for a beginner- no legs or hips off the ground, strengths abs, increase body awareness.
 - a. Leg circles- knees bent
 - b. Hall Roll back
 - c. Roll Up
 - d. Single Leg Stretch
 - e. Spine Twist
 - f. Rolling like a ball
 - g. Double leg stretch
 - h. Scissors
 - i. Dead bug
 - j. Saw
 - k. Breast Stroke
 - l. 100's beginner version with head down and feet on the floor
 - m. Spine stretch forward

4. Intermediate Pilates Exercises
 - a. Rollover
 - b. Should Bridge with Legs
 - c. Open Leg Rocker
 - d. Neck Pull
 - e. Oblique Half Roll Back
 - f. Jackknife
 - g. Side Kick Series

- h. Double Leg Kick
 - i. Beginner Teaser
 - j. Pre-Swan Dive- arms in extension and then legs
 - k. Swimming
 - l. Leg pull front
 - m. Side Bend
 - n. Pilates Push-Up
 - o. Sliding Leg
5. Advanced Pilates
- a. Corkscrew
 - b. Teaser- Both legs off floor, plus legs up and down
 - c. Swan Dive
 - d. Leg Pull Back
 - e. Hip Circles
 - f. Control Balance
 - g. Side Kick Kneeling
 - h. Side Bend with a twist
 - i. Rocking
 - j. Boomerang
 - k. Open Leg Rocker
 - l. Seal
 - m. The Scissor (hips elevated)
 - n. The Bicycle (hips elevated)

Example of warm-up stretches and stretches of release of Pilates work

- a. Restoring pose or child's pose- lower back release
- b. Lying torso stretch
- c. Standing Roll Down
- d. Neck Rolls
- e. Standing balance exercises
- f. Lying Hip Flexor Stretch
- g. Lying Hamstring Stretch
- h. Arm circles
- i. Pretzel Stretch
- j. Lumbar Stretch (Cat/Cow)
- k. Side to side stretch