



## Pilates Fundamentals

- A philosophy for training the body
- Goal is to improve posture, stability and physical function
- Concentration and focus are key elements
  - *"the mind shapes the body"*
  - *physical awareness - feel where you are in space*
- Centering
  - *stability before mobility*
  - *breathing patterns are essential*

## Pilates Fundamentals

- Isolation
  - Find neutral pelvis and spine in all positions
  - Separate hip joint movement from pelvic movement
- Breath & Flowing Movement
  - The two are always connected
  - Coordinate breath to engage core
  - Use breath to enhance movement

## What is the Core?

- Local Core
  - Pelvic Floor
  - Multifidi
  - Transverse Abdominus (TA)
- Global Core
  - Obliques, Rectus Abdominus
  - Gluteus Medius
  - Mid & Lower Traps, Serratus

## The Abdominal Musculature

- Layers and Functions
  - Transverse (compression)
  - Internal Obliques (single leg balance & rotation assist)
  - External Obliques (rotation, lateral flexion)
  - Rectus (breathing, spinal flexion & lateral flexion)

## Spinal Movements

- Use All Options
  - Flexion
  - Extension
  - Lateral Flexion
  - Rotation
  - Neutral Stabilization

## Core Talk in Class

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- Three Points of Postural Stability
  - Shoulder Girdle
  - Abdominals / Lumbar Spine
  - Lower Glutes / Upper Hamstrings
- Mobility
  - Move from a stable core
  - Limbs move separately from trunk
  - Start with hip (pelvis) stability

## Why Neutral Spine?

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- In neutral spine and pelvis load can be added safely. Conversely - injury can occur.
- What is Neutral?
  - The midpoint, between the end points of spinal flexion and spinal extension
  - In Spine - Where TA can fully contract
  - In Pelvis - tailbone & pubic bone evenly pointing down
  - In Shoulders - shoulder blades actively drawing down

## Essential Tasks

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- Vertical Core Stability
- Off-axis Stability
- Horizontal Stability
- Trunk Flexion / Extension
- Trunk Lateral Flexion
- Trunk Rotation

## Equipment

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- Noodle
  - Buoyant support for stability
  - Buoyant support to create instability
- Hand Buoy
  - Buoyant support for stability
  - Resistance creates loading and challenge

## Noodle Positions

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- Swing
- Posterior Sling
- Hand Held
- Anterior Sling
- Lateral Sling
- Straddle & Straddle-Recline

## Pool Pilates Progression

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- Warm Up
- Transition Series
- Stability Series
- Ab Curl Series
- Rotation Series

### Warm Up

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Noodle Position - Swing

- SIT KICK / Scull
- L SIT JACKS
- SIT KICK / Sweep & Turn
- HIP CURL

### Transition Series

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Noodle Position: Posterior Sling

- TUCK & HOLD - Rotate
- L SIT - Hold
- V SIT REVERSE CURL

### Stability Series

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Noodle Position: Hand Held

- PRONE PLANK I - Stabilize
- PRONE PLANK II - Leg Raise
- SIDE PLANK - Pliers

Noodle Position: Lateral Sling

- SIDE PLANK - Pliers

### Ab Curl Series

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Noodle Position: Straddle w/ single hand buoy

- AB CURL - Recline / Sweep

Noodle Position: Posterior Sling

w/ single hand buoy under knee

- DIAGONAL CURL
- HIP ROLL

### Rotation Series

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Standing: Single Hand Buoy

- LUNGE STANCE - Sweep
- X-COUNTRY SKI - Sweep
- STRADDLE STANCE - Knee Sweep
- FALL & RECOVER

### Teaching Tips

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- Use the tasks as your guide
- Train stability as an endurance task
- Cue breath with movement
- Train in lengthened positions
- Be specific in your cueing
- Observe, correct, and correct again