

Toughen Up Your Pilates: Retaining the Athletic Client

Presented by

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**Toughen
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Retaining
the
Athletic
Client**

**THE NOBLEST ART
IS THAT OF
MAKING OTHERS HAPPY.
– P.T. BARNUM**

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KNOW THE LANGUAGE

AMRAP: “As Many Reps/Rounds as Possible,”

Ass to Grass: Also called “Ass to Ankles,” or ATG

WOD: The “Workout of the Day”

10 General Physical Skills of Fitness: cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, accuracy, agility, and balance.

Metcon: Short for “metabolic conditioning,” metcons are designed to train stamina, endurance, and conditioning. Unlike WODs—which can also include purely strength or skill-based workouts—metcons generally include some sort of timed component performed at high intensity.

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SPECIFIC SPORTS

- TRIATHLETE ACTIVITIES
- BALL SPORTS
- DANCE BASED ACTIVITIES



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SPECIFIC SPORTS

➤ TRIATHLETE ACTIVITIES

- Running, Biking, Swimming, and Hiking

➤ BALL SPORTS INCLUDE

- Golf, Tennis/Racquet Sports, Baseball, Basketball, Football and Soccer

➤ DANCE BASED ACTIVITIES

- Dace, Ice Skating, Gymnastics, Circus, and Martial Arts

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STANDING LUNGE SERIES - 1H2

- Split Lunge
- Lunge Leg Lift
- Lunge Knee Tuck



Mr. G's Tip: Where on your foot do you feel unbalanced?

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STANDING LUNGE SERIES - 1H2

- Cross Back Lunge Side Kick
- Single Leg Squat
- Single Leg Squat Isometric Triceps Pulses



Mr. G's Tip: Can you keep
equal weight in both hands?

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STANDING LEG PUMP SERIES – 2H2

- Single Leg Pump
- Squat Pedal Stable
- Squat Rhythmic Pedal

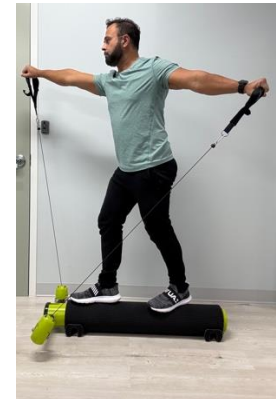


Mr. G's Tip: Have you found
your sassy side yet?

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MOTR UPPER BODY STRENGTH & BALANCE

- Hinge Row
- Step Up – Swinging Arms
- Step Up – Upright Row



Mr. G's Tip: Keyhole Arms.

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ROLLBACK SERIES – 1H2

- Half Rollback – pedal stable
- Half Rollback – rhythmic pedal
- Twist – knee sway away



Mr. G's Tip: Breath equally into
your left and right side.

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PUSH UP FACING SIDE OF CHAIR – 1H2

- One hand on seat, other on pedal
- Add rear leg lift when pedal is down
- Add Side Plank when pedal is up and top leg (star)

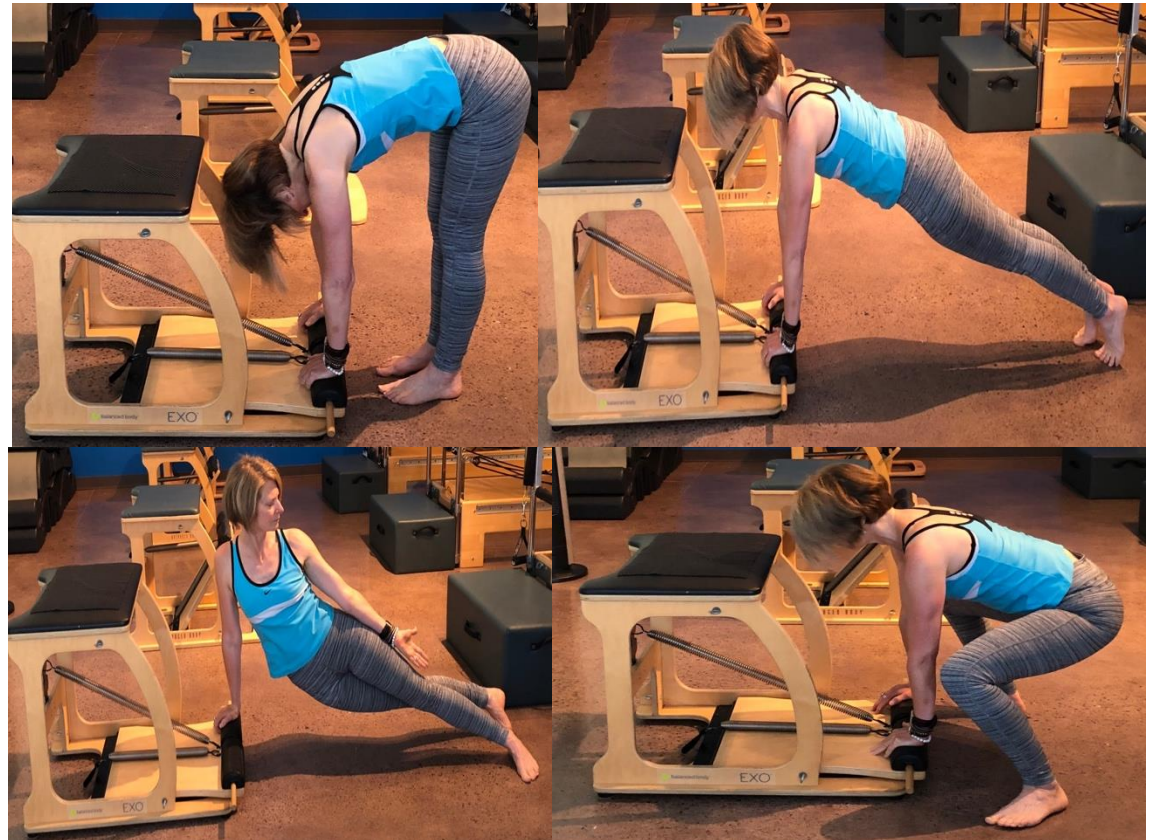


Mr. G's Tip: Widen your stance
to keep your central focus.

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WALK THE PLANK SERIES – 1H2

- Roll Down, Step Back into Plank, Side Plank, Side Dip, Plank, Side Plank, Side Dip, Push Up, Jump Forward, Roll Up



Mr. G's Tip: Use your air to facilitate each movement.

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STANDING SERIES – 1H2

- Single Deadlift
- Single Leg Arabesques

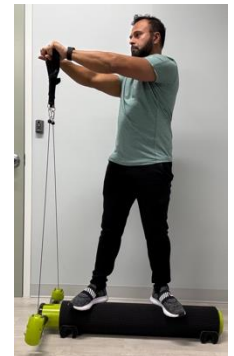
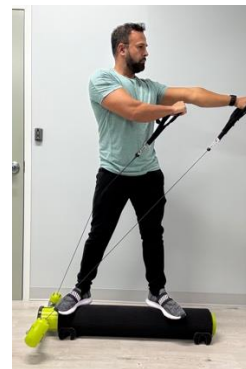
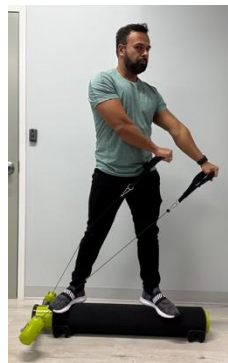
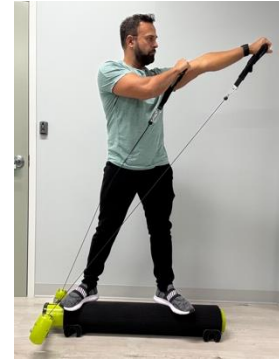


Mr. G's Tip: Who's the boss
as you rise?

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MOTR FACING SIDE UPPER BODY STRENGTH & BALANCE

- Squat to Across
- Squat to Pull Across High
- Squat with Arms Around the World



Mr. G's Tip: Find your feet anchors!

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PRONE SERIES – 1H2

- Swan w/ coach on heels
- Slow Swimming
- Slow Swimming add torso rotation



Mr. G's Tip: What 3 things
can you focus on in Prone?

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OBLIQUE SERIES – 1H2

- Side lying Oblique Lift w/ Top Leg
- Side lying oblique Twist w/ knee bends
- Side lying oblique twist w/ legs long teaser



Mr. G's Tip: Know where your tipping point is.

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OBLIQUE SERIES – 1H2

- Side lying oblique single knee stretch up down
- Seated Side Bend into Side Lying Oblique (Trapeze advanced mermaid)

Mr. G's Tip:
Think forest
from the trees!



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PIKE SERIES – 2H2

- Frog Legs
- Frog Legs Flat/Rounded
- Frog Legs Push Ups



Mr. G's Tip:
Shift your weight
forward.

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PIKE SERIES – 2H2

- Pike – Semi Circle Walking Hands



Mr. G's Tip:
Keep your center
from shifting.

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AGILITY DRILLS

- Lunge Step Ups
 - Knee
 - Kick
 - Side Leg
- Endurance Repeater



Mr. G's Tip:
Vary the tempo for a challenge.

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MOTR OFF CENTER Arms & Legs

(Both straps loop over
one foot)

- Lunge Front Raise
- Lunge Low Biceps
into High Biceps



Mr. G's Tip:
Switch legs to see
which has better control

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MOTR PLANK SERIES

- Leg Lift
- Knee Drive
- Knee Drive Circle



Mr. G's Tip:
Notice where
the upper body weight shifts
and when.

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SCAN QR Code to receive:

- FREE 25min video playlist of Magic Ring on the Reformer
- Deep discount to Pocket Pilates app
- Updates on upcoming events with me



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