



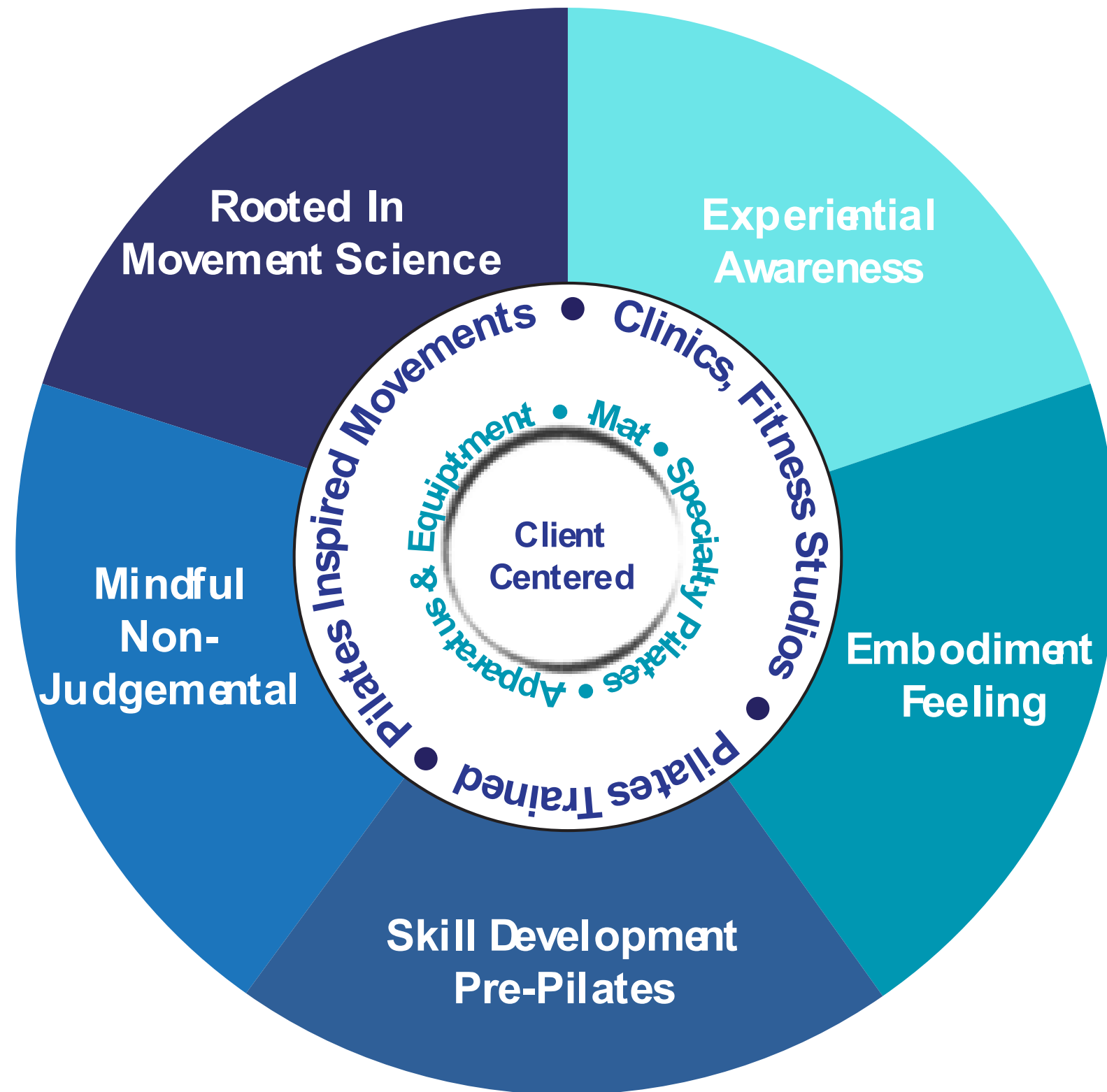
Balanced Body

Mat 1

Balanced Body Education



A Pilates Paradigm from the Inside Out



Pilates is a **Client Centered** Approach

Led by certified, **Qualified Instructors**

Can be taught on the **Mat** or **Specialty Equipment**

Can be taught in **Clinics, Fitness Facilities, or Studios**

Inspired by Contrology

Encourages **Embodiment** and **Awareness**

Allows for **Personal Experience** and **Physical Adaptations**

Whole Body method which teaches **Healthy, Mindful** movement patterns.



Learning Objectives

<p>Knowledge of Exercises/Theory</p>	<p>Memorize the correct setup, movement sequence, and execution for the Mat 1 Exercises.</p>	<p>Gain a basic understanding of anatomical alignment and body placement when practicing and observing Mat 1 Exercises.</p>	<p>Teach 2 - 3 Pre-Pilates Essentials Exercises that lead into a Mat 1 Exercise.</p>
<p>Personal Practice</p>	<p>Increase awareness of your body's strengths and areas for improvement through the Mat 1 Pilates Exercises.</p>	<p>Develop a consistent personal Pilates practice and be able to independently guide yourself through a Reformer 1 workout, performing the exercises to the best of your personal ability and utilizing modifications as needed.</p>	<p>Embody the Mat 1 Exercises and their related Pre-Pilates Essentials Sequences and identify where to focus personal practice.</p>
<p>Cuing, Coaching and Teaching</p>	<p>Confidently teach and cue the exercise name, equipment setup, and movement sequence for all Mat 1 exercises before progressing to the next level.</p>	<p>Practice establishing key terms when cuing your classes to familiarize yourself and your clients with key Pre-Pilates Essentials Exercises and Pilates Exercise Names.</p>	<p>Cue modifications for osteoporosis and pregnant clients in the Mat 1 .</p>
<p>Programming, Safety, and Special Populations</p>	<p>Cue another individual to the best of THEIR ability and movement tolerance.</p>	<p>Understand exercise contraindications and modifications for clients with Osteoporosis and Pregnant Clients.</p>	<p>Learn how to verbalize informed consent when teaching individuals or groups. "Is it okay to touch?"</p>



Mat 1 Student Responsibilities

Student Responsibilities
Attend and Complete 16-Hour Mat 1 Course
Respectfully Engage in the course by actively participating and collaborating with fellow attendees.
Understand and Practice exercise setup, starting body position, movement sequence, safety protocols, as well as exercise progressions and regressions.
Watch Movement Principles Video: Part 3 - Lower Body Strength and Power and take quiz with a score of 70% or higher
Take Course quiz (includes questions on Pregnancy and Osteoporosis lecture) with a score of 70% or higher.

Recommended Practice and Teaching Expectations prior to Mat 2 or Reformer 2		
Minimum of 7-hours of personal practice	Minimum of 5-hours of observation hours	Minimum of 12-hours of teaching hours
<ul style="list-style-type: none"> • <i><u>Personal Practice</u> consists of you practicing on your own or in group class or private training session.</i> • <i>Up to 50% of your <u>observation hours</u> may be taken on-line, with a preference of a Balanced Body Teacher.</i> • <i><u>Teaching Hours</u> may be through teaching friends or family or may be a paid position through a studio or gym.</i> 		
<p>Lesson Planning – work on developing beginning level mat classes that include building blocks for regressions and progressions. Aim to incorporate suggestions for pregnancy and/or osteoporosis</p>		

**Getting in the habit of keeping up with your required hours will go a long way to accelerating your learning process, enhancing your in-class experience, and developing your confidence to teach.*

**Practice is ESSENTIAL to your success. You chose this work because of its impact on you, as you learn to teach, do not forget to cherish your personal practice.*



Educator and Company Responsibilities

Educator Responsibilities
Complete all course material as outlined in the Hour by Hour within the time frame of the course.
Provide students with learning and integration opportunities including breakouts and teach backs throughout the course.
Lead the class through a verbal and practical experience of basic anatomy and biomechanics.
Teach movement sequences, safety protocols , setup, progressions and regressions, precautions, and contraindications for all exercises.
Assess and provide feedback on student participation, teaching, exercise application, movement skills, and practice as it relates to breakouts and teach-backs.

Balanced Body Education Responsibilities
Provide you with timely and respectful service.
Answer questions and provide opportunities and suggestions for future growth.
Update and supply you with exceptional resources that are designed to amplify your learning process.
Adhere to our values of respect, accessibility, empowerment, courage and connection as we offer our education products, train Educators and support your personal Pilates journey.
Provide you with ongoing professional development opportunities

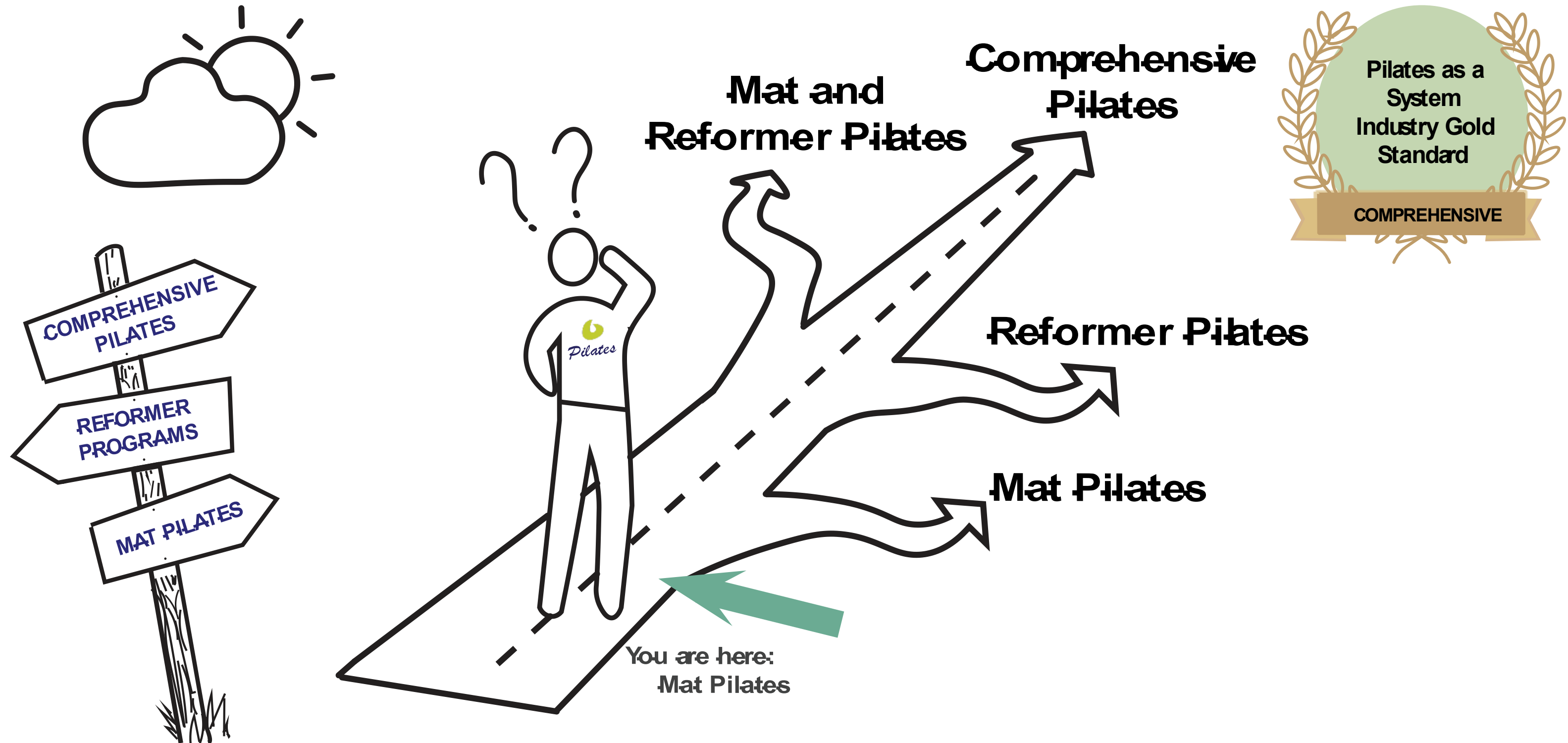


Balanced Body Pilates

Teacher Training Program



Balanced Body Instructor Path



Balanced Body Pilates Instructor Training Program Organization

Pilates Course Work			
<p>Movement Principles and the Pilates Essentials</p> <p>*includes video and in class practical</p> <p>Movement Principles is intended to be your first course. Only an educator can give you permission to begin with either Mat 1 or Reformer 1 before Movement Principles.</p>	<p>Mat Courses</p> <p><u>Mat 1</u> - Foundations <u>Mat 2</u> - Advanced Mat <u>Mat 3</u> - Props</p> <p>Mat 1 and Reformer 1 are your beginning Pilates movement courses. Each module builds on the next module and must be taken in numerical order.</p>	<p>Reformer Courses</p> <p><u>Reformer 1</u> – Introduction to Reformer <u>Reformer 2</u> – Deepening Reformer Skills <u>Reformer 3</u> – Advanced Reformer</p>	<p>Apparatus Courses</p> <p><u>App 1</u> – Introduction to Trapeze Table, Chair and Barrels <u>App 2</u> – Deepening Trap, Chair Barrels Knowledge <u>App 3</u> – Advanced Trap, Chair and Barrels</p> <p>Or individual apparatus modules</p> <p><u>Trapeze Table, Chair Barrels</u></p> <p>To begin your Apparatus training you must complete Mat 1 and Reformer 1.</p>
<p>Anatomy Requirement: Either BB Anatomy or approved equivalent Anatomy in Three Dimensions™ is our preferred method of satisfying the anatomy requirement</p>			



Comprehensive Training

Completion of all Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3, and Apparatus Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 20 Mat, 30 Reformer, 45 Apparatus

Observation: 15 Mat, 30 Reformer, 20 Apparatus

Teaching Hours: 35 Mat, 90 Reformer, 85 Apparatus

Total Hours: 520

Certified after successful completion of final exam – Written and Practical as

Balanced Body Comprehensive Pilates Instructor*

*Successful completion of the Balanced Body Comprehensive Training allows you can sit for the National Pilates Certification Program (NCPC) exam to become a National Pilates Certified Teacher (NCPT). This is a preferred professional standard.



Mat and Reformer Training

Completion of all Mat and Reformer Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 20 Mat, 30 Reformer

Observation: 15 Mat, 30 Reformer

Teaching Hours: 35 Mat, 90 Reformer

Total Hours: 332

Certified after successful completion of final exam – Written and Practical as

Balanced Body Mat and Reformer Pilates Instructor



Reformer Training

Completion of all Reformer Course Work

Movement Principles, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 30 Reformer

Observation: 30 Reformer

Teaching Hours: 90 Reformer

Total Hours: 214

Certified after successful completion of final exam – Written and Practical as

Balanced Body Reformer Pilates Instructor



Mat Training

Completion of all Mat Course Work

Movement Principles, Mat 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable) is highly recommended

Practice hours

Personal Sessions: 20 Mat

Observation: 15 Mat

Teaching Hours: 35 Mat

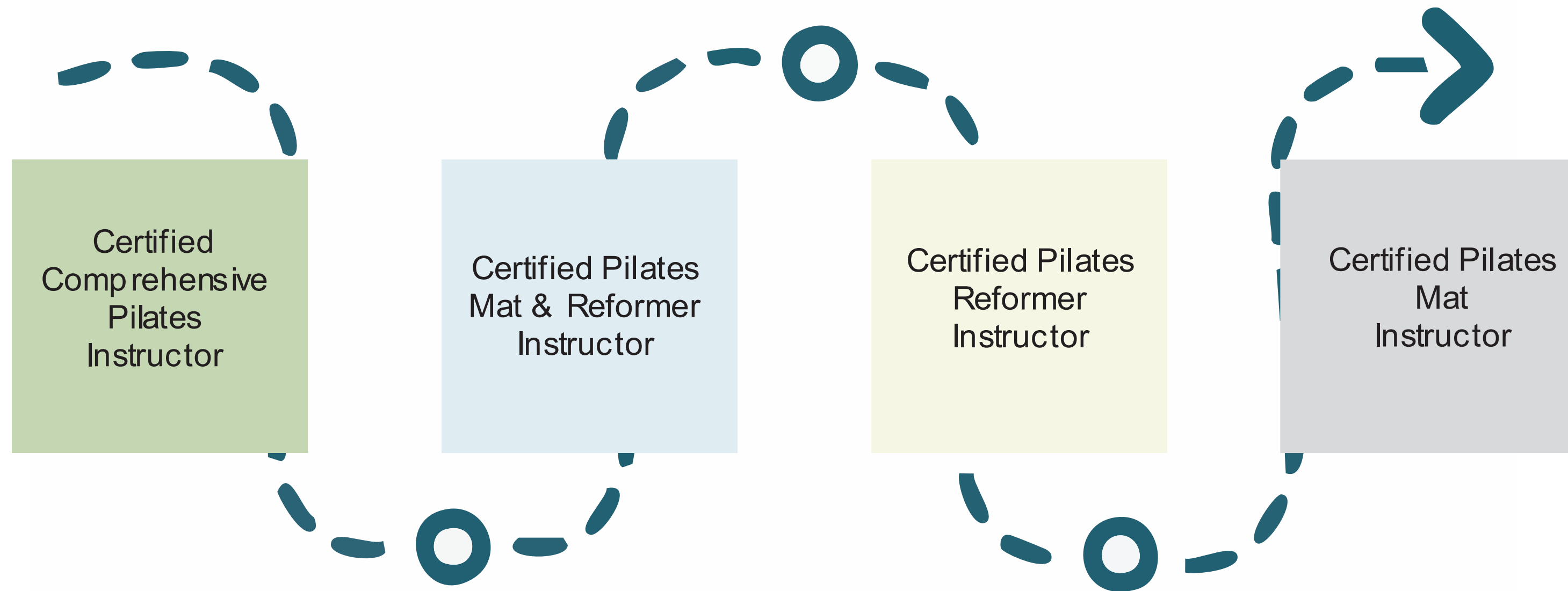
Total Hours: 134

Certified after successful completion of final exam – Written and Practical as

Balanced Body Mat Pilates Instructor



Balanced Body Pilates Instructor Pathways





Clara Pilates
The quiet strength behind
the method

CLARA

Your New Student Resource



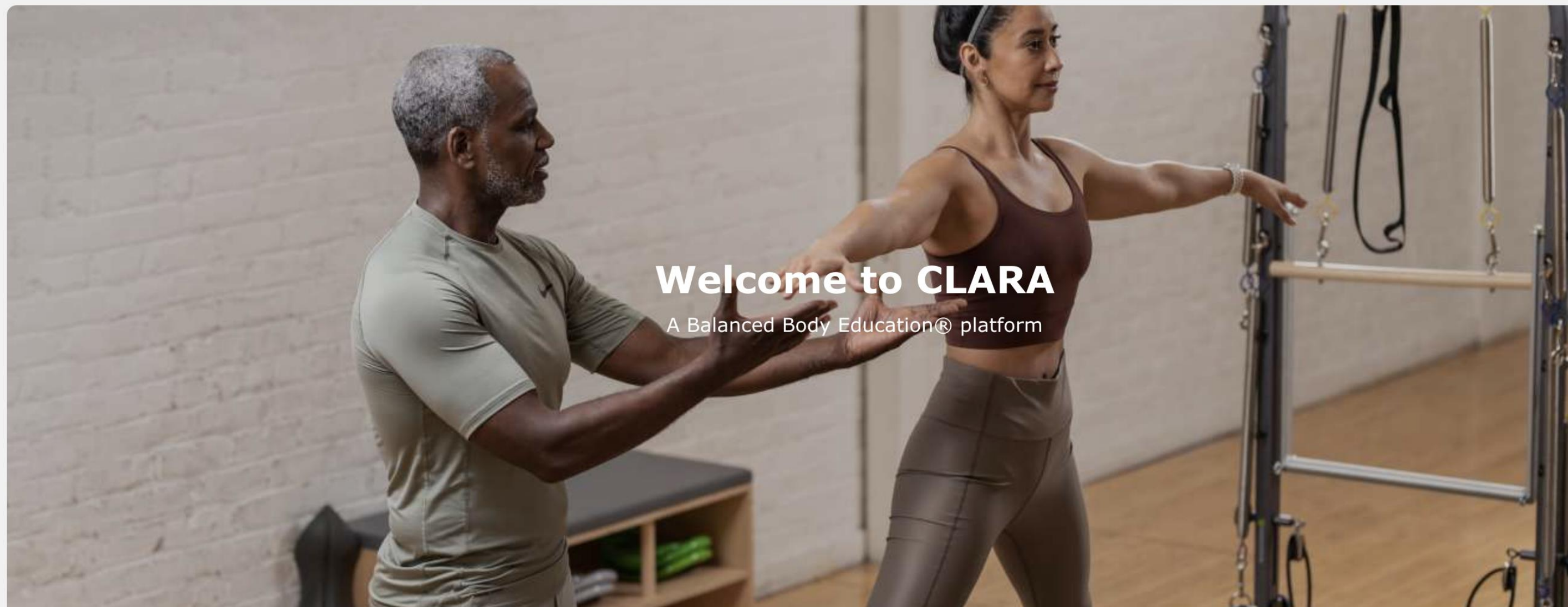


Groups

- AI3D Educators
- Educator Training Su...
- MOTR Educators
- Pilates Educators
- CoreAlign Educators

Courses

- Pilates Reformer 1



This platform is named after Clara Pilates. Her profound contributions to the lasting legacy of Joseph H. Pilates' method of Contrology is respected and understood as the cornerstone for what has grown into the thriving world-wide exercise medium collectively known as Pilates.

C-L-A-R-A is designed to nurture your professional education needs and to support your teaching aspirations. Like Clara herself, this platform is a resource, a nod to our history, and step toward our future. CLARA is a living, breathing and ever evolving community resource. To best utilize its possibilities check back regularly as we will continually add new content.



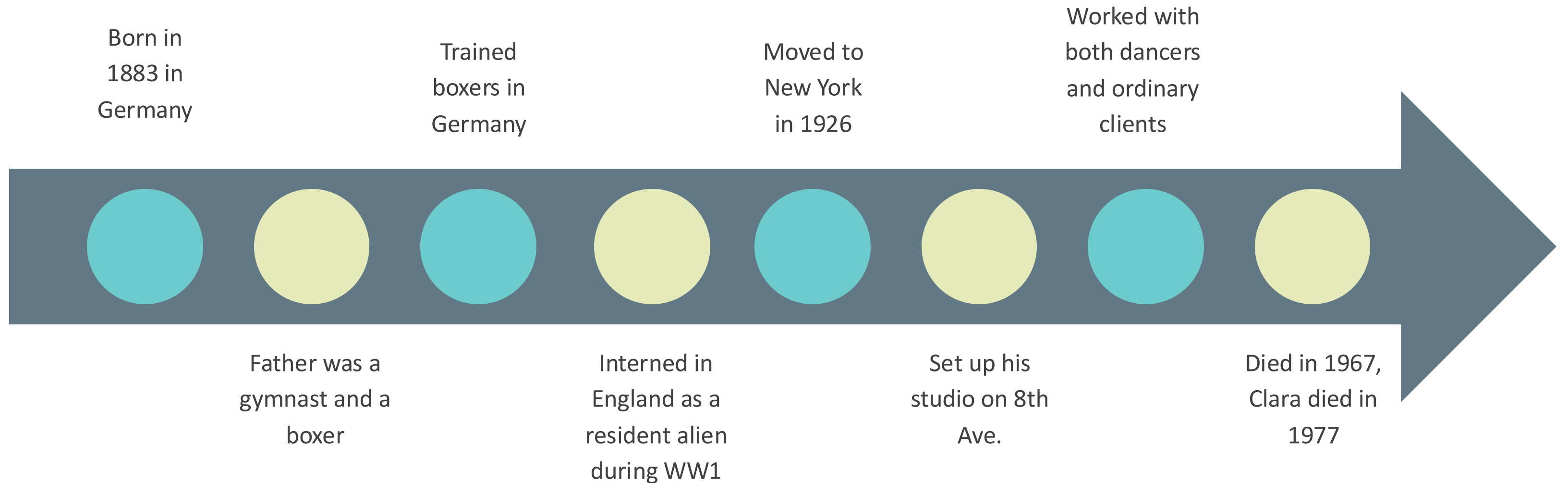
Pilates: The Art and Science of Contrology

“Through Contrology, you first purposefully acquire complete control of your own body and then, through proper repetition of its exercises, you gradually and progressively acquire that natural rhythm and coordination associated with all your mental and subconscious activities. Contrology is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, play, and work. You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain.”

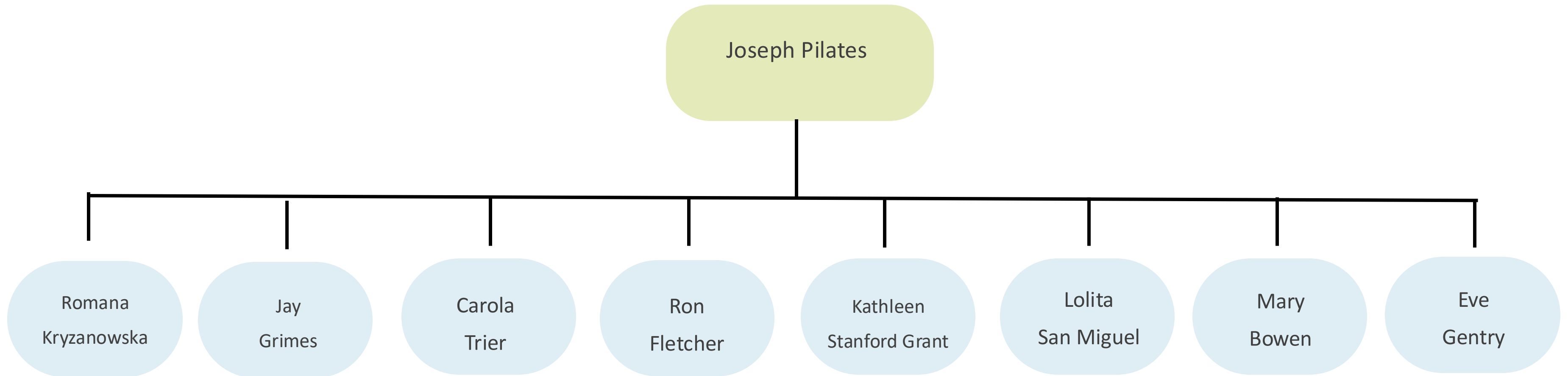
– Joseph H. Pilates



A Brief History of Joseph Pilates



The Pilates Family Tree



All of these teachers studied with Joseph Pilates and taught his work to the next generation.

Without their dedication, the Pilates Method would not have survived.



The Balanced Body Lineage

1st Generation

Ron Fletcher, Eve Gentry,
Romana Kryzanowska,
Carola Trier, Lolita San
Miguel and Kathy Grant

2nd Generation

Michelle Larson, Alan
Herdman, Jean Claude West,
Marie-Jose Blom, Karen
Clippinger and Elizabeth
Larkam

The Pilates teachers,
physiotherapists, doctors
and patients at St. Francis
Memorial Hospital Center
for Sports Medicine, Dance
Medicine Division

Nora St. John -
Creator and
developer of the
Balanced Body
curriculum





From Waterbed's to the First Reformer - 1975

Who Didn't have a Waterbed in the 70s?
Ken builds waterbeds in Hollywood as Liquid Sleep Interiors. A customer, Isa Bohn, asks him to build a piece of equipment for her called a Reformer. (Ken's response: "A what?") He agrees.



Trademark Lawsuit – 2000

U.S. District Court Judge Miriam Cedarbaum ruled that the Pilates trademarks were invalid. Ken Endelman claimed victory not only for his company, but also for thousands of Pilates instructors and the public. "The public benefits from this decision," Endelman said, "because now it will be easier to locate studios which, until now, have been prevented from saying that they teach Pilates."



Allegro 2 is Born –2011

In collaboration with design firm IDEO the innovative and beautiful Allegro 2 comes to market!

An Icon is born!

Stay Tuned...much more to come!





Pilates Curriculum

Nora, from the tradition of St. Francis Hospital in San Francisco and herself a longtime studio owner, transformed the Pilates Industry by developing and organizing a quality curriculum that stands the test of time.

Quality first!



Al Harrison and Nora St. John develop Balanced Body Education – 2006

Having first brought the Pilates community together with their regional Pilates on Tour continuing education conferences, Al and Nora, with Ken Endelman, put community first and created Balanced Body Education.

Stronger Together!



Balanced Body Education

What We Value



Accessibility and Inclusion

Empowerment

Passion

Courage

Respect

Connection



Pilates Principles

The Pilates Principles are present in all the Pilates exercises.
Movement guiding ideals.

Breathing

Concentration

Control

Centering

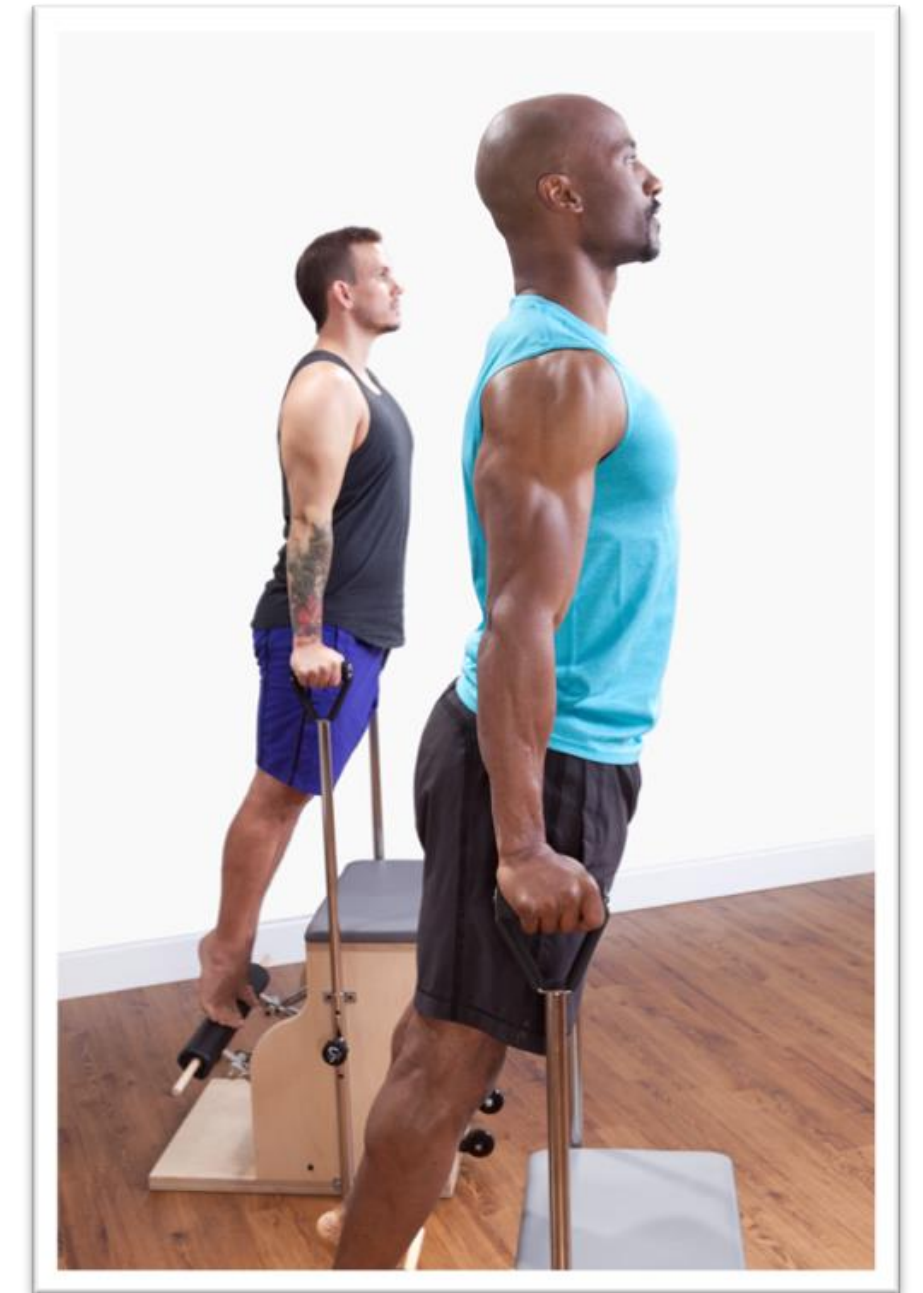
Precision

Balanced Muscle Development

Rhythm/Flow

Whole Body Movement

Relaxation



Balanced Body Mat 1

Setting the Intention

The Hundred, Single Leg Stretch,
Double Leg Stretch



The Hundred, Single Leg Stretch, Double Leg Stretch

The Hundred



Single Leg Stretch



Double Leg Stretch



The Hundred/ Single and Double Leg Stretch

Pre-Pilates Essentials	Related Mat Exercises
Breathing	Hundred Prep
Head and Thoracic flexion/wheels	Series of Five
Ribcage Arms	Roll Up
Femur Folds Leg Slides	Teaser
Abdominal Curl	



100 Variations

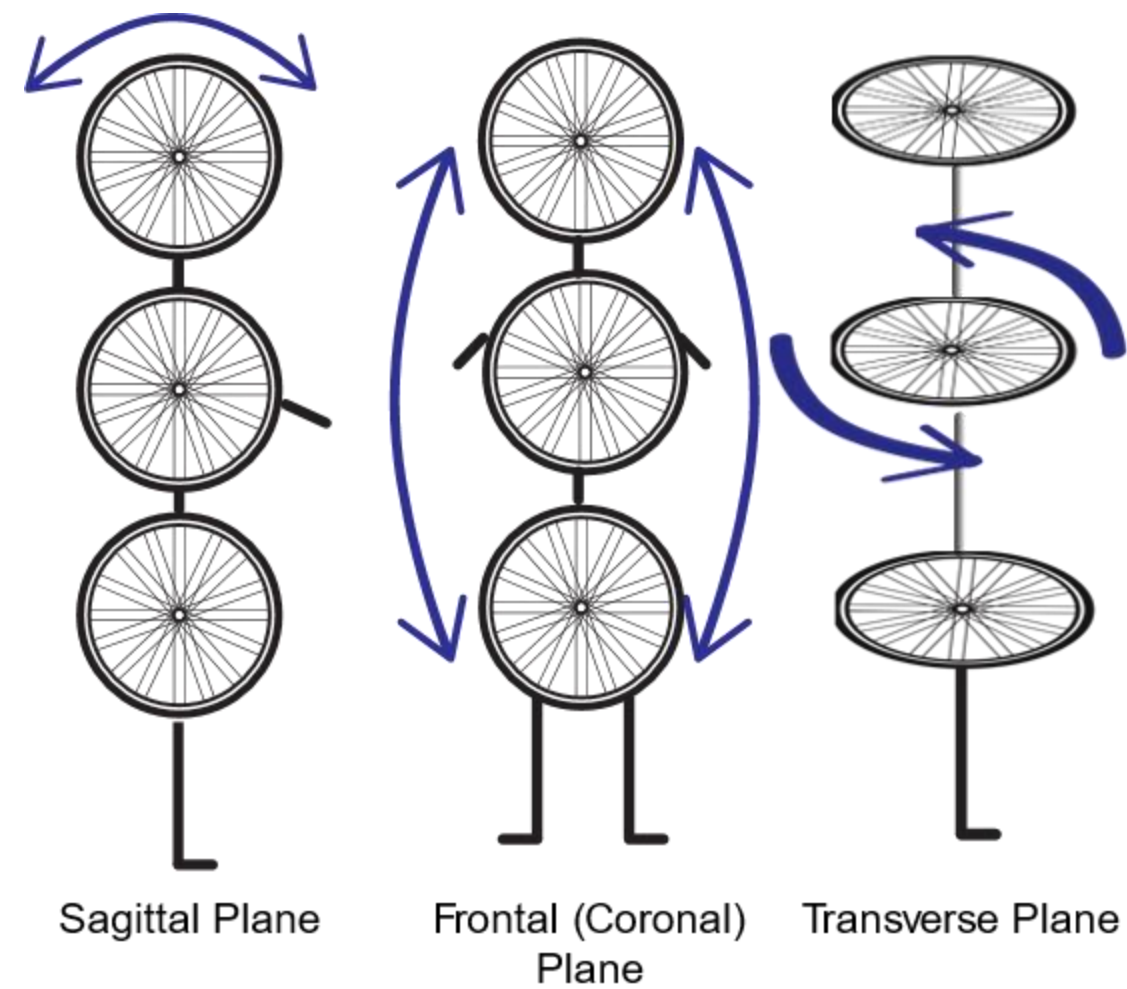
- Prep
- Knees bent
- Legs to ceiling
- Legs lower
- Palms up
- Joe's Version



Seated Mobility
Spine Stretch, Side Stretch, Saw



Wheels of Motion – Learning to mobilize the spine



Wheels Exploration
Cat



If the three centers of weight—head, ribcage, and pelvis—were wheels rotating around an imaginary axis, they would promote movements that sequentially affect the spine.

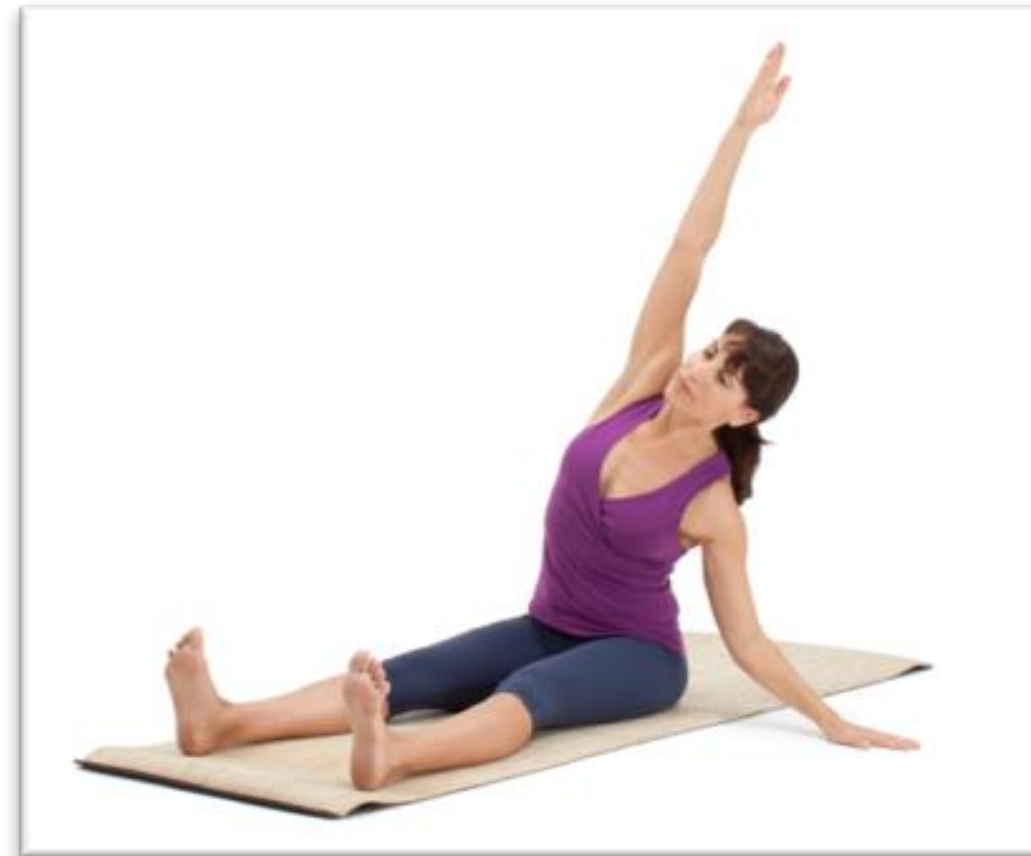


Spine Stretch Forward, Spine Stretch Side, Saw

Spine Stretch Forward



Spine Stretch Side



Saw



Spine Stretch Forward/Side/Saw

Pre-Pilates Essentials

Axial Elongation

Exploration of alignment and wheels in seated

Telescope Arms/Pinwheel

Leg Slide

Rib Cage Arms

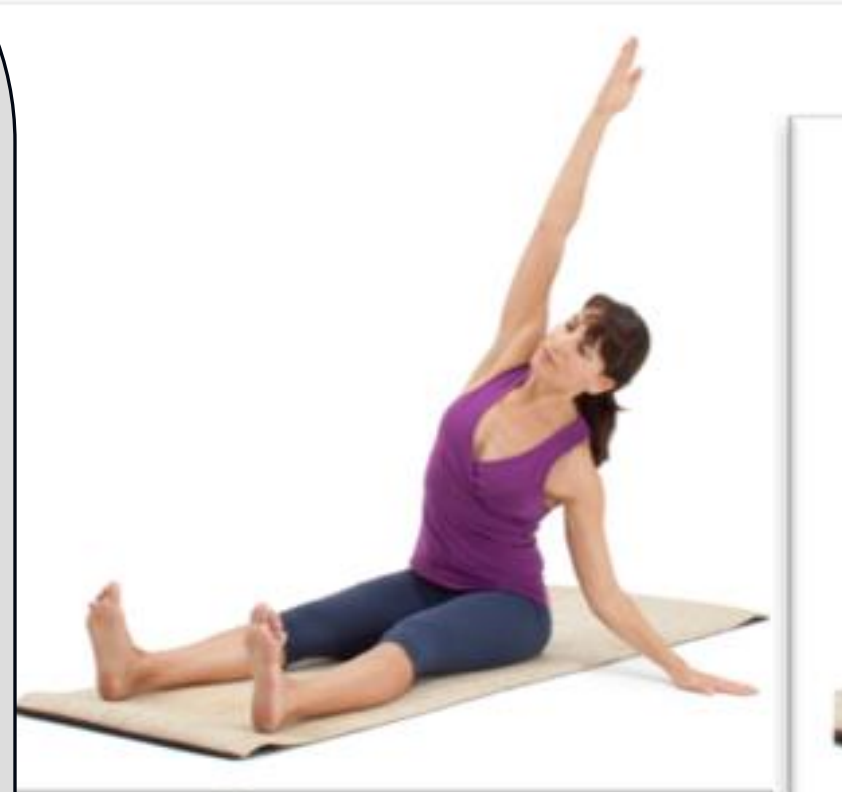
Scapular Mobility

Related Mat Exercises

Roll Up

Open Leg Rocker

Roll Over



Leg Circles, Single Straight Leg
Stretch, Double Straight Leg
Stretch, Criss Cross



Dynamic Lumbopelvic Control:

Leg Circles, Single Leg Stretch, Double Leg Stretch & Single Straight Leg Stretch

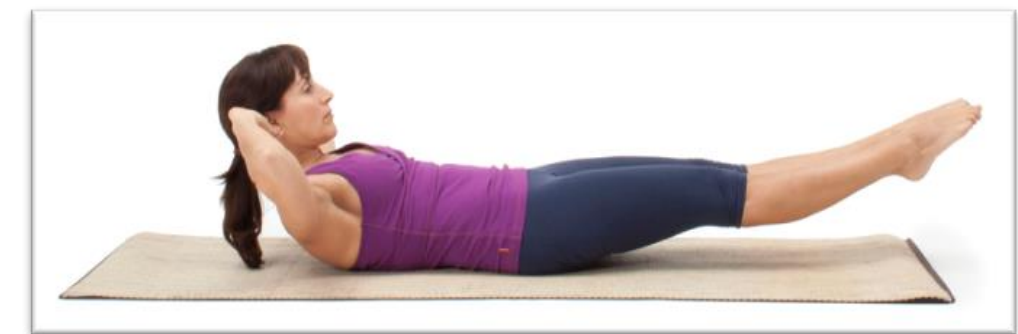
Leg Circles



Single Straight Leg Stretch



Double Straight Leg Stretch



Criss-Cross



Single Leg Circles

Pre-Pilates Essentials

Pelvic Clock

Femur Folds

Knee Sways and
Femur Fall Outs

Leg Rotations

Related Mat Exercises

Side Lying Leg Series



- Hamstring Stretch
- Small Leg Circles
- Large Leg Circles



The Hundred/ Single and Double Leg Stretch

Pre-Pilates Essentials	Related Mat Exercises
Breathing	Hundred
Head and Thoracic flexion/wheels	Leg Circles
Ribcage Arms	Roll Up
Femur Folds Leg Slides	Teaser
Abdominal Curl	Saw



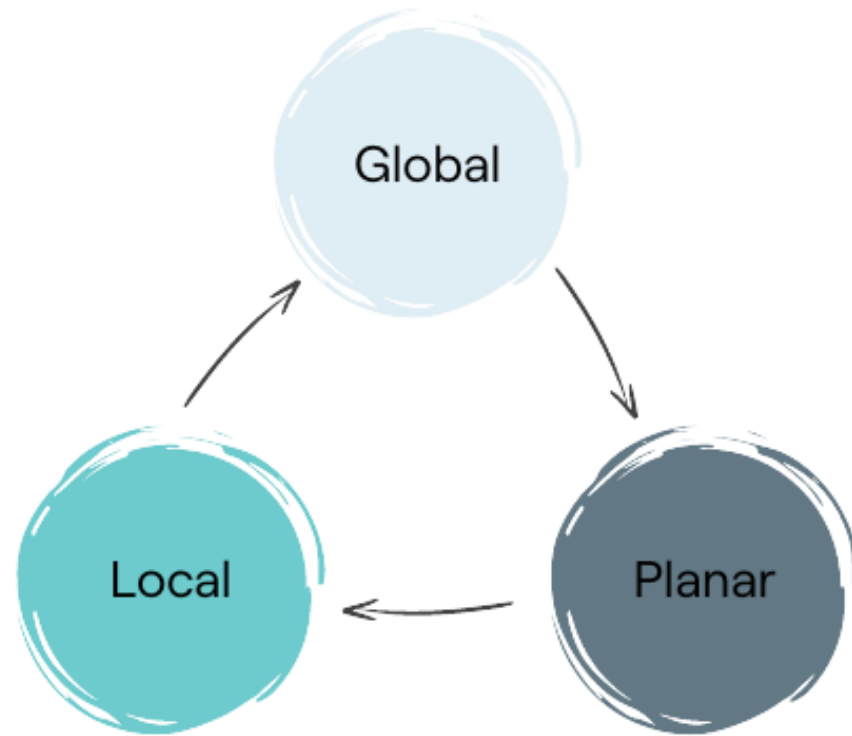


Observing Movement Patterns Mat 1



Balanced Body Education®

Aligning Practice Alignment, Posture and Movement



When observing the body, our perspective shifts from overall to specific and back again.

Transitioning between these viewpoints and seeing them in different relationships to gravity is important to training the eye to see and understand strength, balance, movement skill levels and flexibility. It helps you make choices for what is next.



Global Movement Pattern

Observing the whole body in movement. Observing symmetry, balance, coordination, range of motion, alignment, movement quality and performance effectiveness. This is your wide lens.



Planar Movement Pattern

Observe sagittal, frontal and transverse planes for balance, symmetry, coordination and movement quality. This narrows the lens to look specifically to the movements within the primary planes of motion.

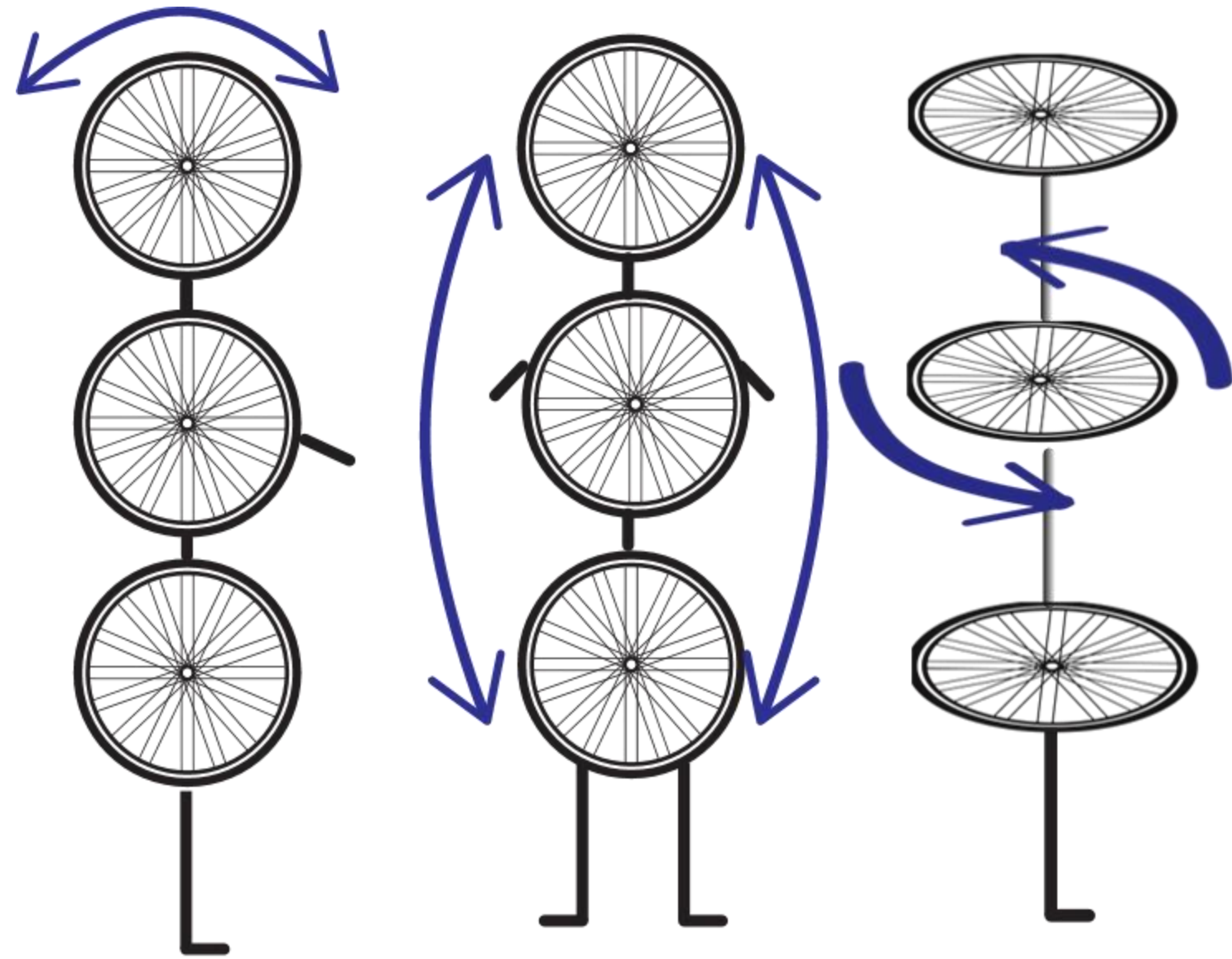


Local Movement Pattern

Observe alignment, range of motion, muscular balance, and coordination of specific joints or body parts. This is a very specific and focused lens.



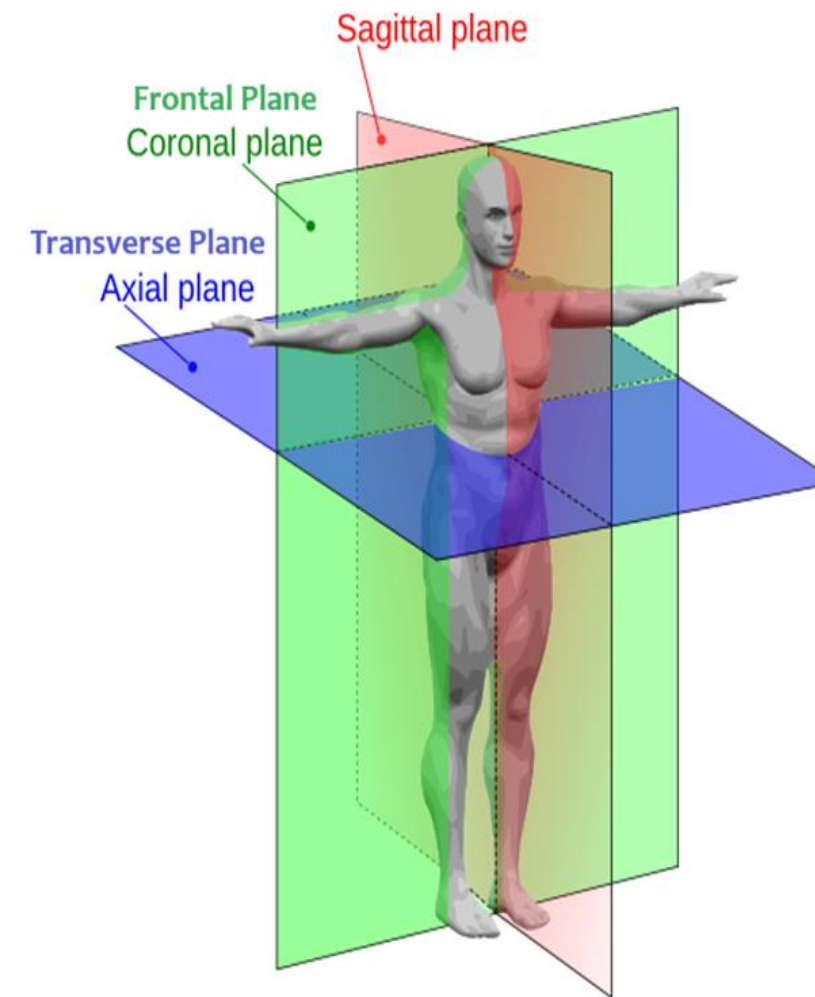
Aligning Practice Observing Movement Patterns



Sagittal Plane

Frontal (Coronal)
Plane

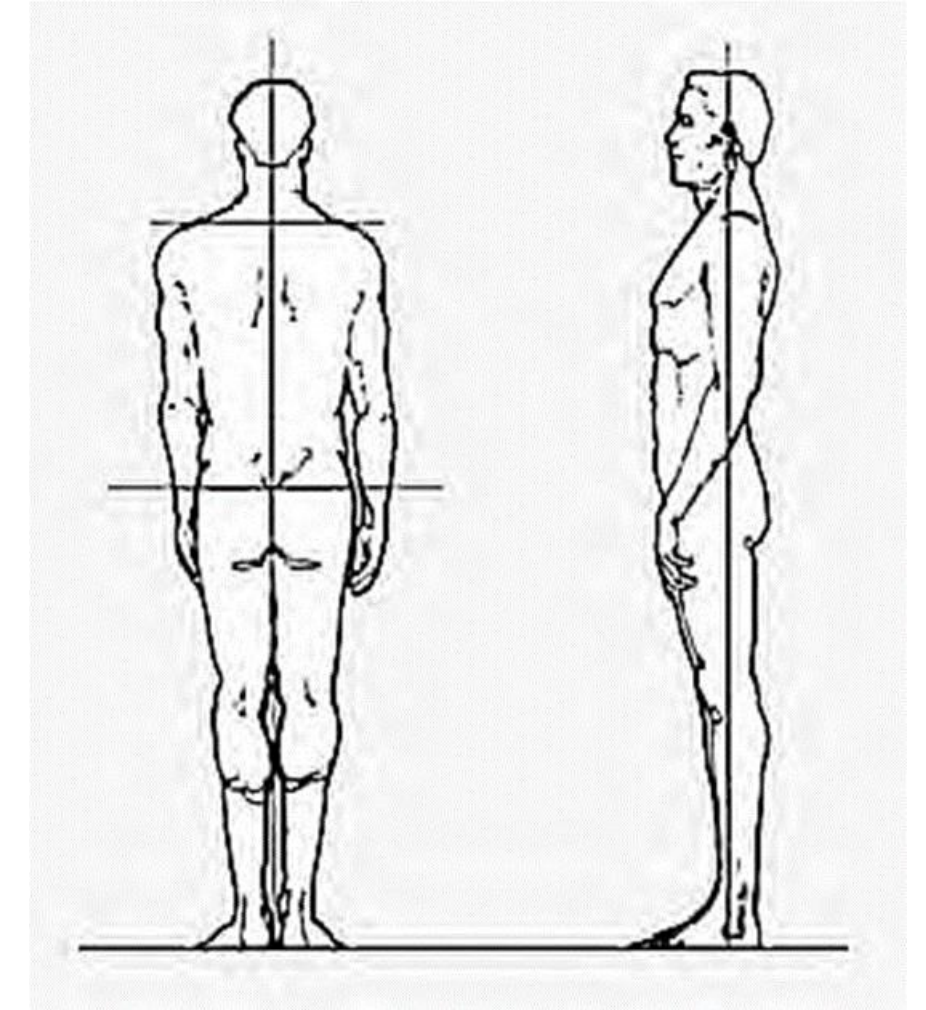
Transverse Plane



Sagittal plane

Frontal Plane
Coronal plane

Transverse Plane
Axial plane



Aligning Practice

Observing Movement Patterns in Mat 1 Exercises

Roll Up

Look at spinal mobility and breaking down the Wheels of Motion in the sagittal plane

Spine Stretch

Look at seated postural alignment, The three centers of weight, and how the legs connect to the pelvis

Side-Lying Series

Look at the side-lying posture, the three centers of weight, and leg alignment

Single Leg Circles

Look at the femur pelvis relationship, oppositional forces, tension/length

Single Leg Stretch

Look at lower-leg alignment, the Wheels of Motion, and pelvic imprint with heel slide

Criss- Cross

Look at the three centers of weight in the transverse and sagittal plane, and spinal alignment

Single Leg Kick

Look at prone three centers of weight, prone pelvic clock, prone "finger-tip abdominals (ab-draw), leg alignment

Push Up

Look at the three centers of weight and upper body alignment



Aligning Practice

Observing Movement Patterns Functional Movement Patterns



Squat



Lunge



Hinge



Push/Lift



Pull



Rotate



Gait





Cueing & Coaching Movement

Balanced Body Education



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Cueing Protocol Template: Essential Cues

EXERCISE CUEING

Be Straightforward, Simple, & Consistent

Exercise
Name

Equipment
Set Up

Body
Position

Movement
Sequence

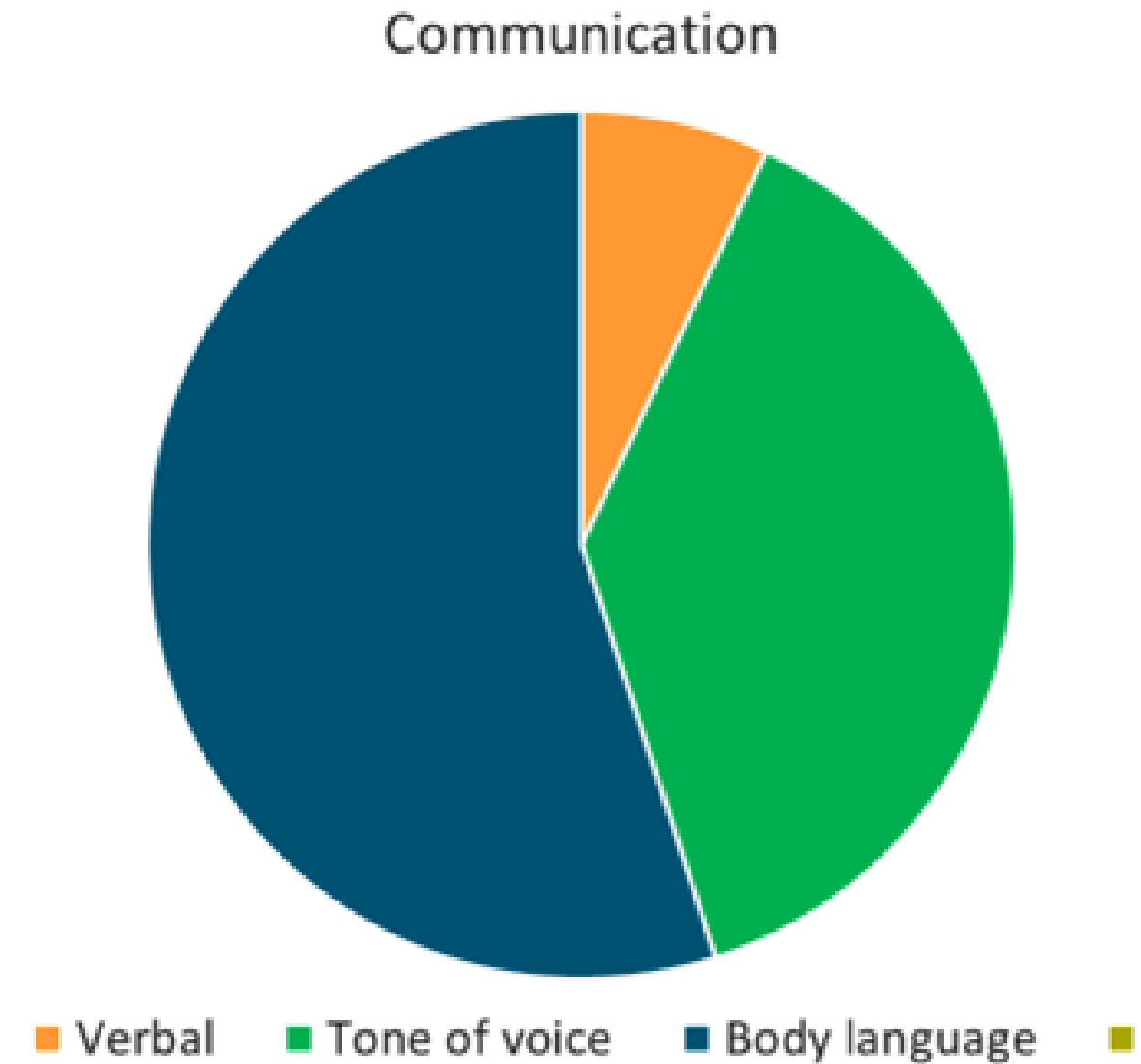
Number of
Reps



Verbal and Non-Verbal Cues

Dr. Albert Mehrabian's 7-38-55 Rule:

- What we say is less significant than
- How we say it
- How we move as we are saying it



Essential Cues to Enhancement

Essential Cues

Exercise Name

- What are you teaching?

Equipment Set Up

- What will you need?

Body Position

- What is your starting position

Movement Sequence

- What will we be doing?

Reps

- Help budget energy

Enhancement Cues

Quality/Effort

- Changing the “what” you are doing into “how” you are doing it
- Internal sensory awareness

Conceptual Cues

- External Cues: Distance, Direction, Description

Mindful Cueing

- Feeling, thinking, observing
- Engaging in the Experience
- The Why



Enhancement Cues



Mindful & Imagery Based Cues

Internal/
Interoceptive
Cues

Imagery Style
Cues

Focus on
Kinesthetic
Sensations; i.e.
pressure,
touch, effort

External Cues

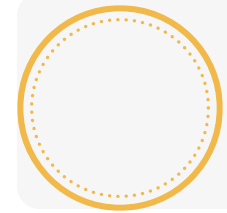
DISTANCE
Proximal
Distal

DIRECTION
Towards
Away

DESCRIPTION
Action Verb
Analogy

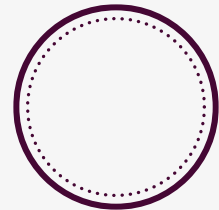


Cueing & Coaching



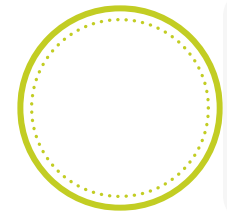
Provide Clear Direction -

- What am I doing?



Focus on the Experience

- How does it feel?
- How can I enhance this experience?



Provide the purpose

- Why is this useful to me?

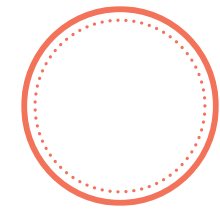


Layering Cues



Essential Cues

- Exercise name/setup
- Body position/Movement sequence



Enhancement Cues

- Mindful Cues/Imagery Cues
- External Cues

1-3 Max



The Power of Three

Providing a Max of 3 “Enhancement Cues” is adequate. And as few as 1 for beginning-level students.

The dosage and timing of the cues can be essential to student success.

More seasoned students will be capable of absorbing more useful and fun cues throughout exercises.

Stick to essential cues only for more beginning students.



Enhancement Cues

Raise/Lift

- Float
- Shoot
- Push
- Throw
- Elevate
- Reach
- Rise

Extend

- Elongate
- Lengthen
- Stretch
- Draw out
- Open
- Fan Out
- Grow
- Reach

Lower

- Descend
- Depress
- Release
- Sink
- Drop
- Melt

Curl

- Roll
- Wind/Unwind
- Curve
- Scoop
- Flex
- Round
- Bend

Contract

- Engage
- Hug
- Activate
- Connect
- Become Aware
of
- Tighten
- Wrap

Relax

- Release
- Soften
- Surrender
- Melt
- Smooth
- Untangle
- Sink
- Find a sense of
warmth

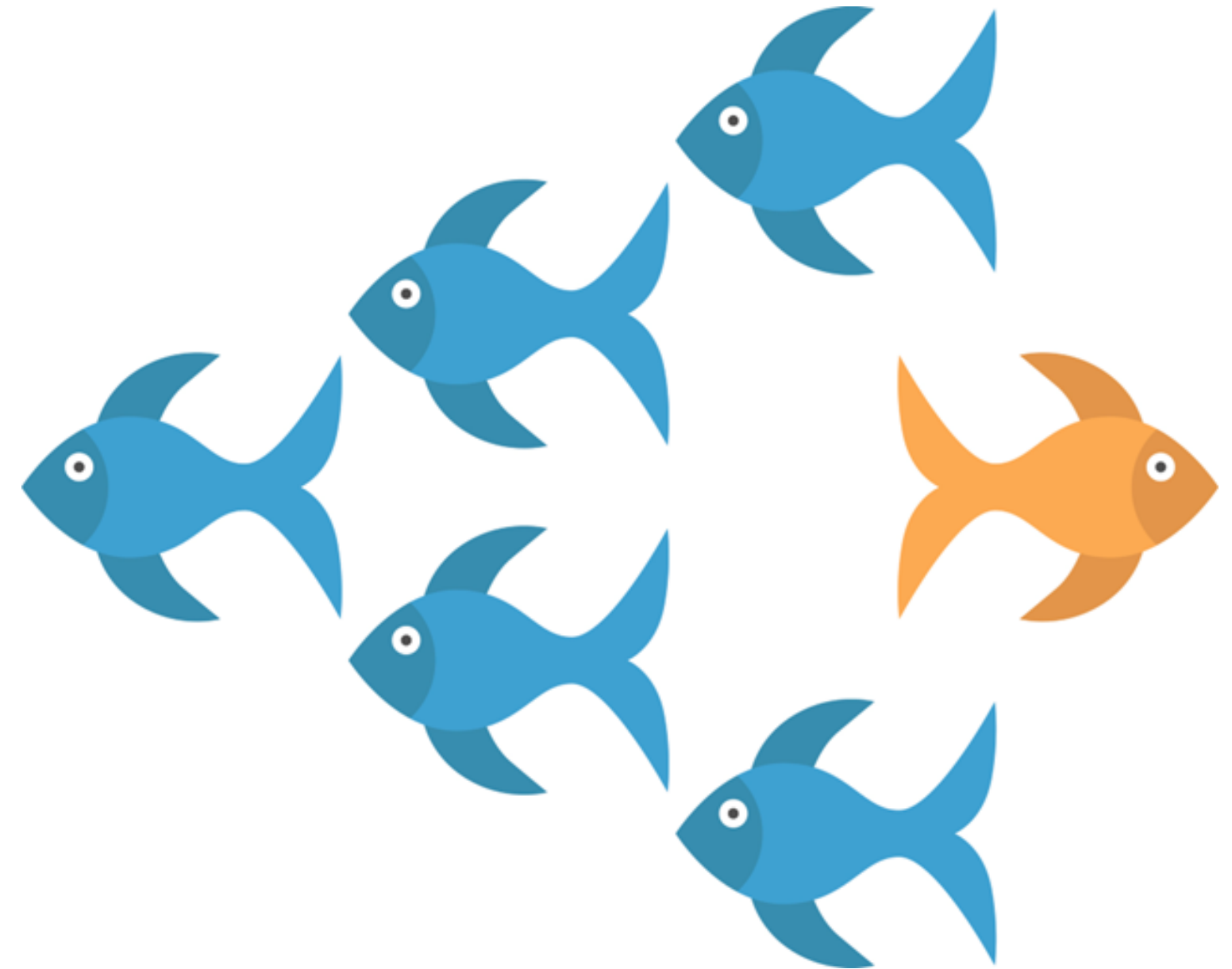


A Cue Given is not Necessarrily a Cue Taken

Watch to observe how your cues are landing. This is when we practice the awesome skill of saying **NOTHING!**

Incorporating changes to your tone of voice and your body language will also create depth and greater understanding to what is being said.

1-2-3 Move On – say it once, they don't get it, say it two more times in a different way, still not getting it, if they are not hurting themselves or others, Move On. 😊



Touch & Tactile Cueing

Tactile cueing in Pilates can enhance body awareness and refine movement technique by providing physical guidance.

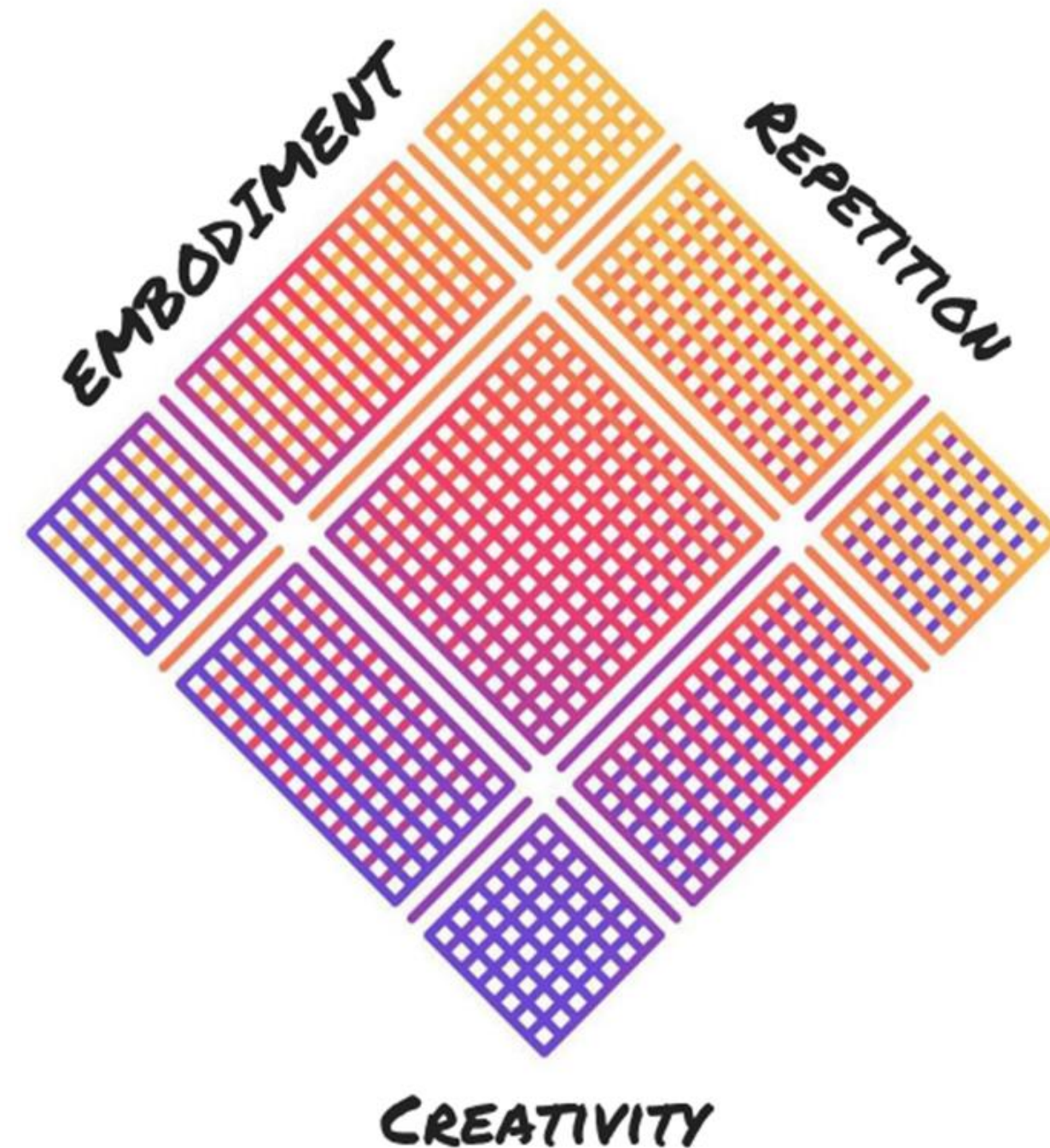
Asking for consent before using tactile cues is essential to respect clients' preferences and comfort levels.

Some clients may find tactile cues beneficial for clarity and correction, while others may prefer verbal or visual cues

Respecting individual preferences fosters trust and creates a supportive learning environment during Pilates sessions.



Progressing your Cueing Technique



Lecture created by RaeLea Saxton and
Lauren Brandt, Educators for Balanced Body



Finding your best extension

Swan, Single Leg Kick, Double Leg Kick,

Swimming



Skill Building:
The Wheels
integrating
Spinal
Extension

Pre-Pilates Skill Building

Extension of the Spine

Head Float Prone



Head Wheel Prone/Capital Extension



Prone Pelvic Clock



Rockets



Mini Swan



Swan



Mat 1 Extension Exercises

Swan



Single Leg Kick



Double Leg Kick



Swimming



Swan

Pre-Pilates Essentials

Prone Pelvic Clock

Wheel Integration
Prone Spinal Extension

Finger Tip
Abdominals/All Fours
Abdominals

Cat and Cow (Spinal
Extension)

Rockets/Mini Swan

Arm Rotations/
Rib Cage Arms

Related Mat Exercises

Single Leg Kick

Double Leg Kick

Swimming



- Mini/Baby Swan



Single Leg Kick

Pre-Pilates Essentials

Wheel Integration in Spinal Extension

Finger-Tip Abdominals/All Fours Abdominals

Rockets/Mini Swan

Arm Rotations/Rib Cage Arms

Cat and Cow (Extension)

Opposite Arm/Leg Reach

Related Mat Exercises

Swan

Double Leg Kick

Swimming



Double Leg Kick

Pre-Pilates Essentials	Related Mat Exercise
Integration of the Wheels in Spinal Extension	Swan
Finger Tip Abdominals/All Fours Abdominals	Single Leg Kick
Rockets/Mini Swan	Swimming
Arm Rotations/ Rib Cage Arms	
Cat and Cow (spinal extension)	
Opposite Arm/Leg Reach	



Swimming

Pre-Pilates Essentials

Integration of the
Wheels in Spinal
Extension

Finger-Tip
Abdominals/All Fours
Abdominals

Rockets/Mini Swan

Arm Rotations/
Rib Cage Arms

Mini Swan

Opposite Arm/Leg
Reach

Related Mat Exercises

Swan

Single Leg Kick

Double Leg Kick



• Swimming Prep



Lateral Integration

Side Leg Series, Banana



Pilates Essentials Exploration

Progressing into Side Series

Side Lying Femur Fold's and Rotations



Modified on elbow and knees



Modified on elbow

Modified Side Plank on Elbow with Knees Bent Explorations

- Play with scapular elevation and depression
- Explore the thoracic wheel in the transverse plane (thread-the-needle)
 - Try this with the hips on the floor, then with hips lifted up



Lateral Integration: Side Leg Series, Banana

Side Lying Leg Series

Banana



Side Lying Series/Bananas

Pre-Pilates Essentials

Axial Elongation

Finger-Tip
Abdominals/All Fours
Abdominals

Pelvic Clock (3 and 6
O'clock)

Side Lying Femur Folds
and Rotations

Scapular Control

Side Plank Preps

Related Mat Exercises

Single Leg Circles



- Side Leg Lift
- Side Leg Circles – Small and Large
- Side Leg Kicks
- Side Leg Bicycle
- Side Leg Bananas



Rolling to Plank

The Roll Up, Rolling Like a Ball, Open
Leg Rocker, Seal, Push Up



Rolling To Plank: Roll Up, Rolling Like a Ball, Open Leg Rocker, Seal, Push Up

Roll Up



Rolling Like a Ball



Open Leg Rocker



Seal



Push Up



The Roll Up

Pre-Pilates Essentials	Related Mat Exercises
Head Float	Series of Five
Wheel Integration/Spinal Mobility	The Hundred
Ribcage Arms	Teaser
Abdominal Curl	All Rolling Exercises
Sequential Roll Down and Cat	



- Roll Down
- Instructor or band assist
- Knees bent
- Picture frame



Rolling Like a Ball

Pre-Pilates Essentials	Related Mat Exercises
Wheel Integration in Spinal Flexion	Roll Up
Femur Fold	The Hundred
Abdominal Curl	Series of Five
Cat	Open Leg Rocker
	Seal



- Hands behind thighs
- Small ball



Open Leg Rocker

Pre-Pilates Essentials	Related Mat Exercises
Axial Elongation	Spine Stretch Forward
Wheel Integration Spinal Flexion	Roll Up
Femur Folds	Rolling Like a Ball
Rib Cage Arms	Seal
Cats	



- Preps
- Bent Knees
- Full



Seal

Pre-Pilates Essentials	Related Mat Exercises
Axial Elongation	Spine Stretch Forward
Wheel Integration in Spinal Flexion	Roll Up
Femur Folds	Rolling Like a Ball
Rib Cage Arms	Open Leg Rocker
Scapular Wrapping	



Pre-Pilates Skill Building

Progressive Upper Body Weight Bearing

Plank Prep



- In a tall kneeling position reach your arms forward.
- Externally rotate the humerus
- While keeping the humerus externally rotated, pronate the forearm
- From this position come down into all fours

Upper Body Set Up



- With wide set fingers, place more weight to the pinky side of the hand and create a small arch under the palm of the hand
- Maintain alignment through the three centers of weight - the head, the thoracic, and the pelvis

Wall or Incline Push Up



- Place your hands on a wall or any stable surface that is higher than the floor.
- The lower the surface, the more challenging the push up will become



Push Up

Pre-Pilates Essentials

Axial
Elongation/Aligning
Practice in Prone

Rib Cage Arms/
Arm Rotations

Sternum Drops/
All Fours Abdominals

Opposite Arm/Leg
Reach Progressions

Plank Preps

Related Mat Exercises

Single Leg Kick

Double Leg Kick



Balanced Body Mat 1

Thank you for trusting us
with your Pilates education!

