

Balanced Body Pilates Instructor Training

Mat 3: Enhanced Pilates Mat Roller, Ring, Ball and Band

Welcome!

Enhanced Pilates Mat completes the mat training by



Adding rings, rollers, bands and balls to the traditional Mat exercises



Including functional exercises for the upper and lower body



Expanding the Mat work beyond the core to develop whole body strength and flexibility.



Making class design easy, effective and fun.

Enhanced Mat Toys



The humble foam roller began as packing material before being adopted as an exercise tool. Great for dynamic stabilization, balance training, myofascial release and self massage (p12)



The Pilates Ring or Magic Circle is one of Joe's inventions. Great for isometric toning, abdominal challenges, pelvic floor toning and creating a dynamic connection to body's midline (p13)

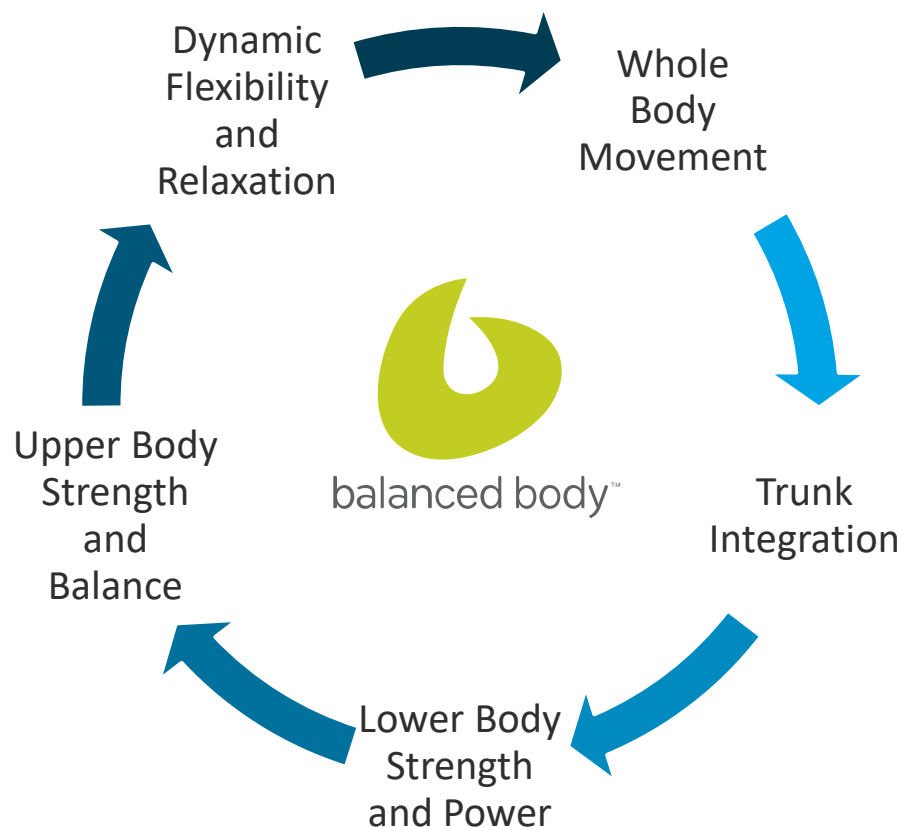


Small balls are a fun and inexpensive way to add variety, stability challenges, self massage and enhance the mind body connection (p14)



The progressive resistance of the band is similar to that of the springs on our equipment making the bands an excellent addition to your mat classes (p15)

Balanced Body Movement Principles (p16)



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Track Organization

Track 1 Trunk Integration

Track 2 Lower Body Work

Track 3 Upper Body Work

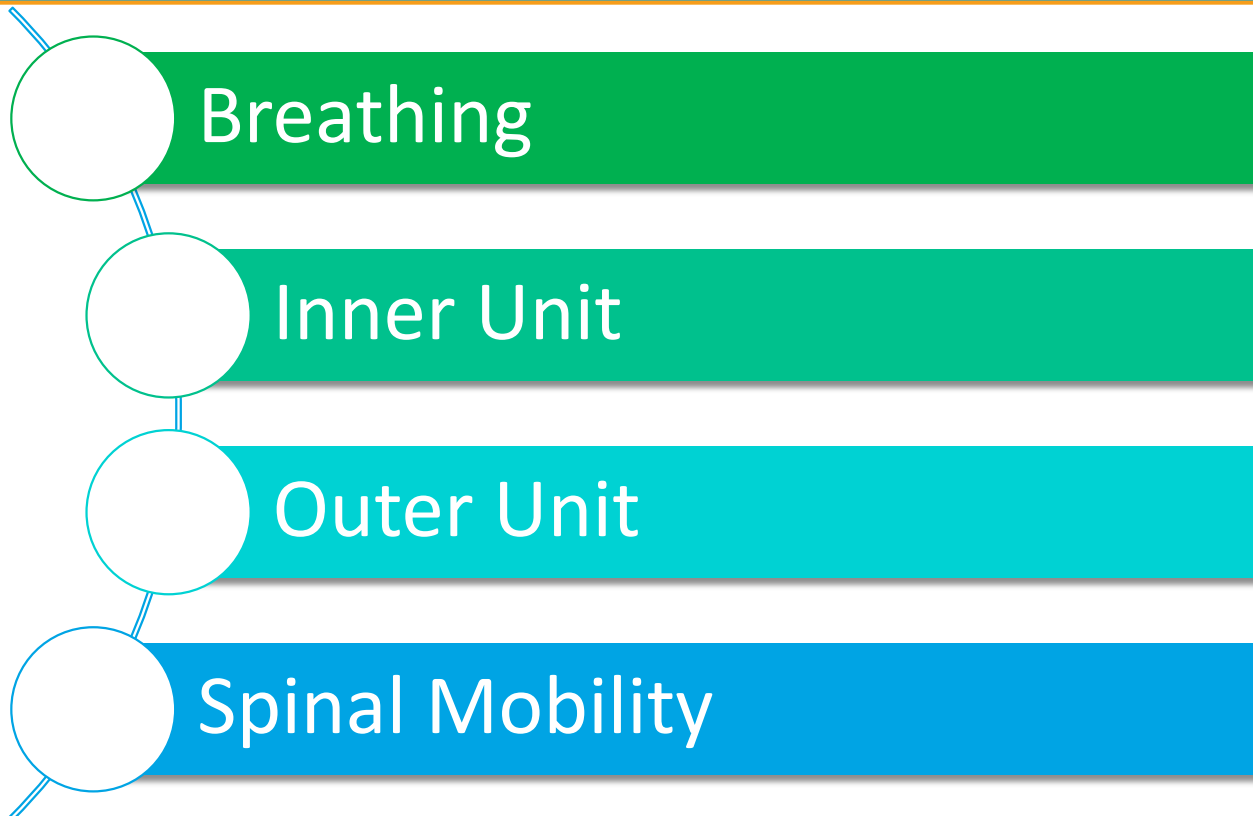
Track 4 Whole Body Movement

Track 5 Dynamic Flexibility



Trunk Integration (p17)

Trunk Integration includes



Trunk Integration (p17)

1. Transversus Abdominis
2. Multifidi
3. Pelvic Floor
4. Diaphragm

The Inner Unit

1. Deep Longitudinal System
2. Anterior Oblique Sling
3. Posterior Oblique Slings
4. Lateral System

The Outer Unit

The Inner Unit (p18)

The Inner Unit of the Core is a cooperative quartet including the diaphragm, pelvic floor, multifidi and transversus abdominis.

Diaphragm



Fig. 11.10.1. (Illustration: © Andrew Dal Nino)

The roof of the abdominal cavity

The floor of the abdominal cavity

Pelvic Floor

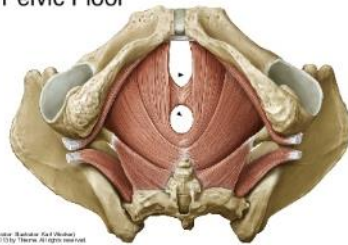


Fig. 11.10.2. (Illustration: © Andrew Dal Nino)

Multifidi

Intervertebral cabling providing structure and support for the joints of the spine. Works with the TA.



The internal vertical support

Provides integrity to the abdominal wall

Transverse Abdominus
TA creates the structural walls of the abdominal cavity. Its "hugging" action helps to support and stabilize the spine.



Fig. 11.10.3. (Illustration: © Andrew Dal Nino)

Lumbopelvic Stability (p19)

The 4 Outer Units

Deep Longitudinal System

Anterior Oblique Sling

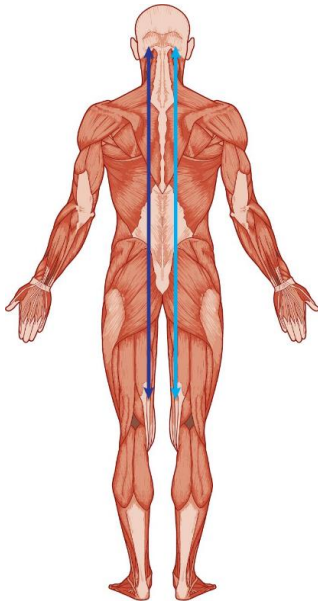
Posterior Oblique Sling

Lateral System

All four muscular systems work together to create harmonious movement of the torso, pelvis and legs.

The 4 Outer Units (p19)

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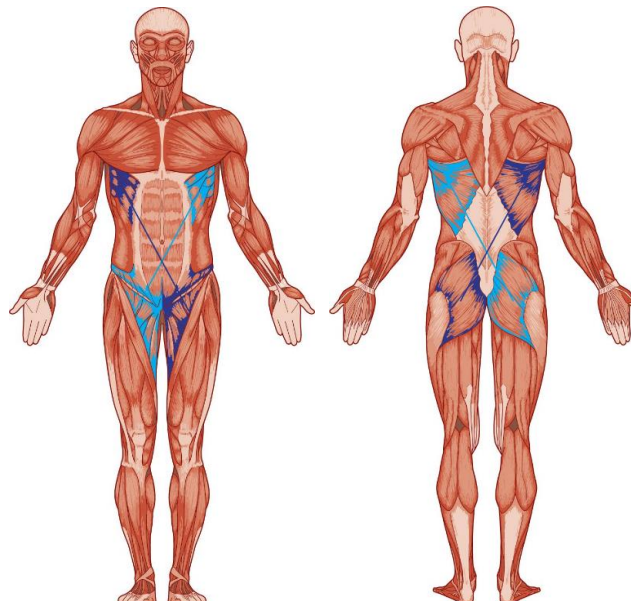


Deep Longitudinal System

- Erector Spinae, Quadratus Lumborum, Thoracolumbar Fascia, Sacrotuberous Ligament and the Biceps Femoris, Gastrocnemius, Plantar Fascia and Toe Flexors

Function

- This system holds us upright against gravity and creates spinal extension.

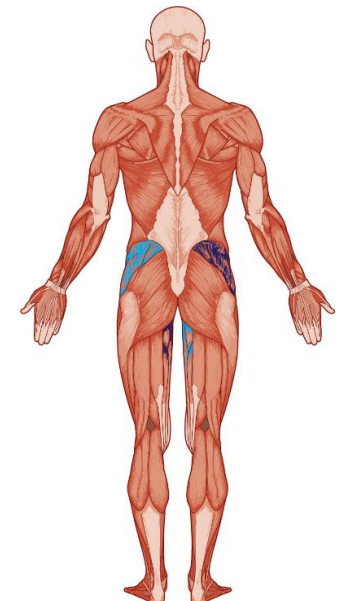


Anterior and Posterior Sling

- Anterior = Anterior serratus, External oblique, Contralateral internal oblique and adductors
- Posterior = Lattissimus dorsi and Contralateral glutes

Function

- Together stabilize the torso and in opposition create flexion, lateral flexion and rotation of the torso



Lateral System

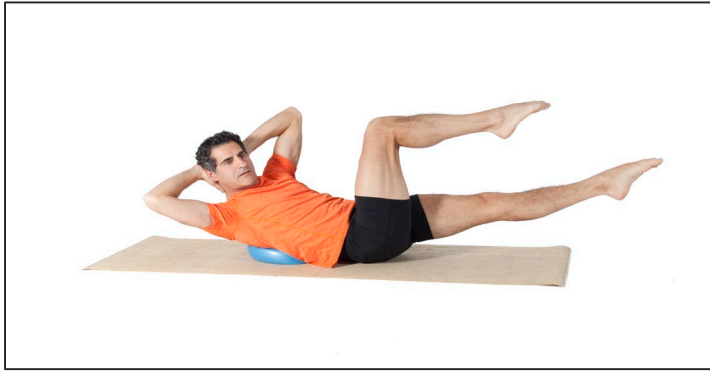
- Hip abductors and adductors
- Quadratus Lumborum

Function

- Keeps the pelvis balanced over the femurs when walking, running or balancing on one leg.
- Imbalances lead to an un-level pelvis when standing on both legs.

Let's Get Moving!

Track 1 Trunk Integration



Track 1

Trunk Integration & Lumbopelvic Stability

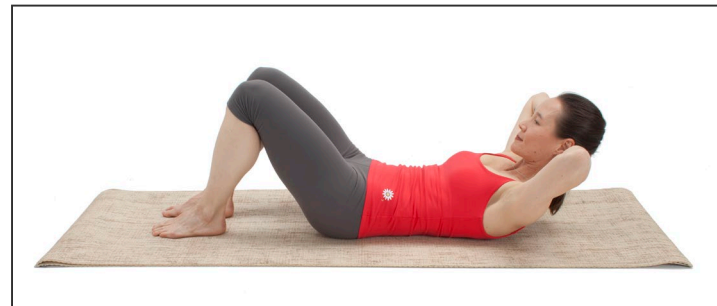
Core Warm Ups (p22)

Toe Taps

Knee Sway

Abdominal Curl

Oblique Abdominal Curl



Track 1

Trunk Integration - Lumbopelvic Stability

Core Warm Ups: Abdominal Strengthening (p24)

Ball
between
the
knees



Abdominal Curl



Oblique Curl



Knee Sway

Ball
behind
the back



Abdominal Curl



Oblique Curl



Toe Taps and Double Leg Lift

Track 1

Trunk Integration - Lumbopelvic Stability

Core Warm Ups: Abdominal Strengthening (p26)

Ring
between
the
knees



Adductor Core Engagement



Abductor Core Engagement



Knee Sway

Ring
between
the
knees



Abdominal Curl



Oblique Curl



Oblique Reach, legs lifted

Track 1

Trunk Integration

Core Warm Ups: Abdominal Strengthening (p28)

Ring in
the
Hands



Abdominal Curl



Oblique Curl



Hands inside the ring

Roller,
Lying
supine



Abdominal Curl



Toe Taps and Marching



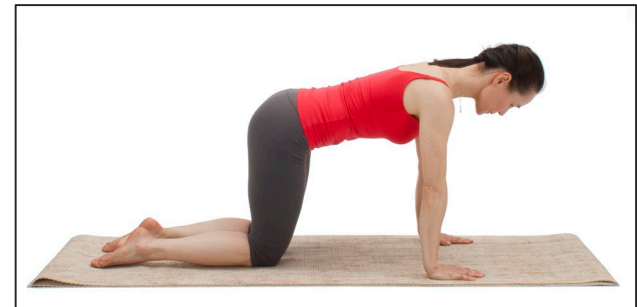
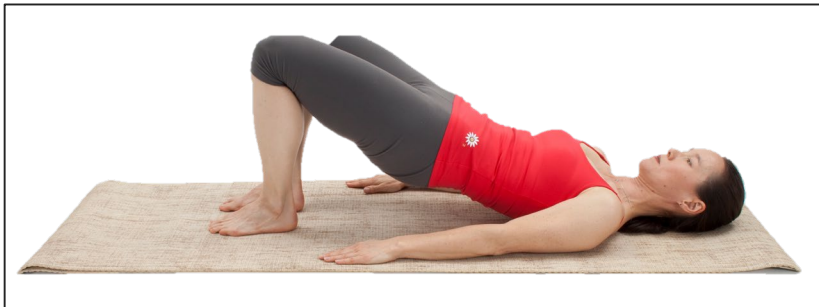
Diagonal Press

Core Warm Ups: Mat Foundations

Focus: Trunk Integration and Lumbopelvic Stability

Bridge (p30)

All Fours (p34)



Track 1

Trunk Integration; Lumbopelvic Stability

Core Warm Ups: Bridge (pgs 31-33)

Roller



Bridge, roller under feet



Bridge, variations



Bridge, roller in hands

Ball



Bridge, ball under pelvis



Bridge, variations



Bridge, feet on ball

Ring



Bridge, roller in hands



Bridge, variations



Bridge, roller under feet

Trunk Integration

Core Warm Ups: Opposite Arm and Leg (p35)

Roller



Roller under forearm



Roller under knee

Band



Band around outside of feet



Opposite Arm and Leg

Track 1

Trunk Integration, Lumbopelvic Stability

Hundred (p37)

Ball



Ball between ankles

Ring



Ring adduction

Band



Band around the feet



Ring abduction

Track 1

Trunk Integration, Lumbopelvic Stability

Single Leg Stretch (p38)

Ball



Ball behind the back

Band



Band around the feet

Double Leg Stretch (p39)

Ball



Ball behind the back

Band



Band around the feet

Single Straight Leg Stretch (p40)

Ball



Ball behind the back

Track 1

Trunk Integration, Lumbopelvic Stability

Double Straight Leg Stretch (p43)

Ball



Ball behind the back

Band



Band around the feet

Ring



Ring adduction or abduction

Criss Cross (p44)

Ball



Ball behind the back

Movement Principle

Spinal Mobility and Strength (p20)

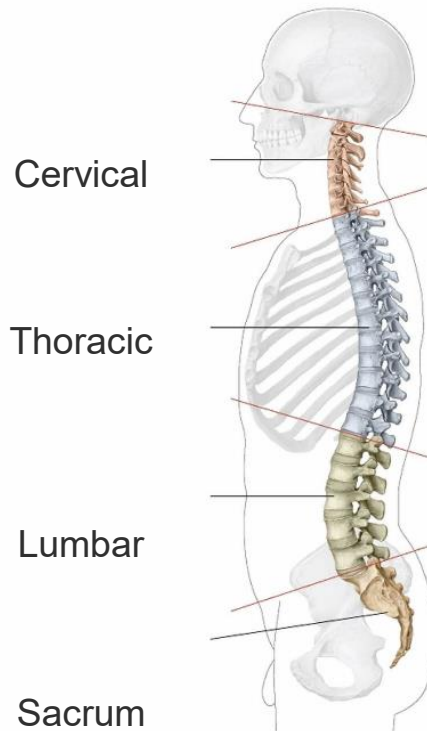


Fig. 1.1 A (Illustrator: Karl Vlesker)
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The Spine

Cervical

- 7 vertebrae (C1-C7).
- Vertebrae are small and delicate.
- C1 (Atlas) articulates with the occipital bone of the skull. Creates flexion and extension
- C2 (Axis) creates rotation.
- C3-C7 allows for lateral flexion, flexion, extension and rotation.
- Curve is concave - without postural support defaults to forward head and extension

Thoracic

- 12 vertebrae (T1-T12).
- Articulates with the ribs which protect the heart and lungs.
- Joint orientation allows for flexion, rotation and lateral flexion with a minimal amount of extension.
- Curve is convex - without postural support defaults to flexion/kyphosis.

Lumbar

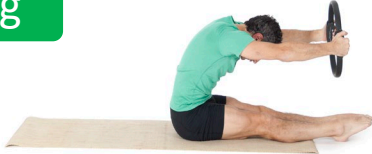
- 5 vertebrae (L1-L5).
- Largest of the vertebrae due to its role in weight bearing.
- Designed for stability, the lumbar has limited flexion, lateral flexion and extension and virtually no rotation.
- Curve is concave - without postural support defaults to extension/lordosis.

Track 1

Flexion

Roll Up (pgs 45 - 47)

Ring



Ring in hands

Ring



Ring around one foot

Roller



Roller in hands

Roller



Roller under ankles

Roller



Roller lying lengthwise

Band



Band around the feet

Track 1

Flexion

Rolling Like a Ball (p49 - 51)

Ring



Ring in hands

Ball



Ball between heels and pelvis



Ring between the ankles



Ball between thighs and body

Open Leg Rocker (p53)

Ring



Ring between ankles

Band



Band around the feet

Track 1

Flexion

Teaser (p54)

Ring



Ring between the ankles

Ball



Ball behind the back, Teaser 2

Band



Band around the feet

Ring



Ring in the hands

Ball



Ball in the hands

Band



Teaser 3 variation

Ring



Ring in the hands, rotation

Ball



Ball between the ankles

Band



Teaser adding arm work

Track 1

Extension

Swan (p58)

Roller



Lying on Roller, Cross Crawl



Roller under hands, Full Swan

Ball



Ball under chest, Low Swan



Ball under chest, rotation

Band



Band across upper back

Track 1

Extension

Swimming (p63)

Ball



Ball under pelvis

Roller



Roller under hands

Single Leg Kick (p65)

Ball



Prone Hip Extension

Ball



Ball under the chest

Double Leg Kick (p67)

Ring



Ring between the ankles

Band



Band around feet

Track 1

Lateral Flexion

Banana Prep (p69)

Ball



Ball under ribs

Ball



Ball under ribs

Ball



Ball under ribs

Banana (p70)

Ball



Ball between the ankles

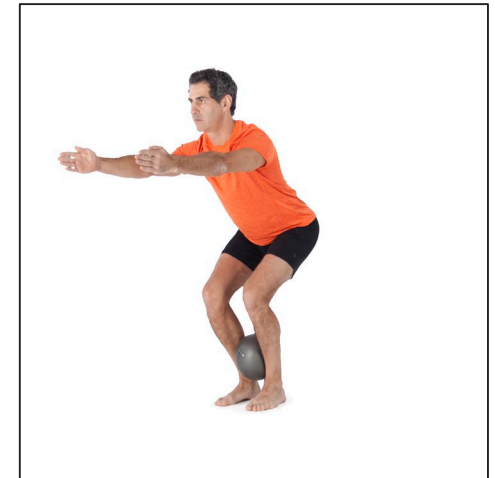
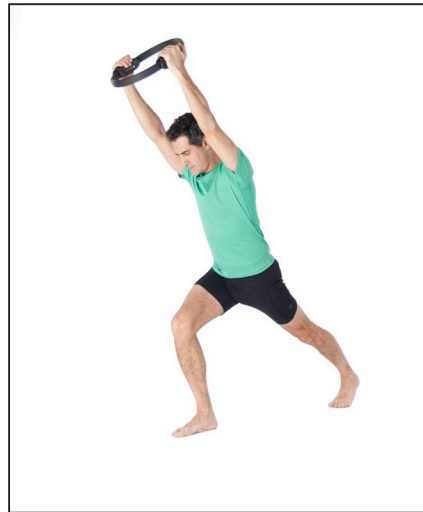
Ring



Ring between ankles

Let's Get Standing!

Track 2 Lower Body Work (p73)



Lower Body Strength and Power (p74)

To create lower body muscular balance include exercises for:

- Hip flexion and extension
- Knee flexion and extension
- Hip abduction and adduction
- Ankle dorsiflexion and plantar flexion
- Movement in multiple planes
- Balance and coordination

Track 2

Lower Body Work (p76)

Pelvic Floor Awareness

Roller



Pelvic floor activation on roller

Hip Mobility

Ball



Scissor, ball under hips

Roller



Scissor, roller under hips

Exercise Variations

- Psoas and Hamstring Stretch
 - Scissors
 - Bicycle
 - Helicopter
 - Bookends
 - Leg Lowers

Track 2

Lower Body Work

Footwork (p81)

Ball



Footwork, ball under feet

Roller



Footwork, roller under feet

Exercise Variations

- Legs parallel and turned out
 - Hip Opener
- Single Leg Footwork

Hip Extension (p84)

Ring



Hamstring Press, supine

Ring



Hip Extension, prone

Track 2

Lower Body Work

Side Lying Leg Work (p86)

Ball



Basic starting position

Ring



Basic starting position

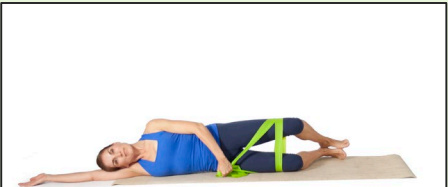
Band



Basic starting position

Exercise Variations

- Leg Kicks
- Leg Lifts
- Bicycle
- Leg Circles
- Bend and Stretch
 - Clam



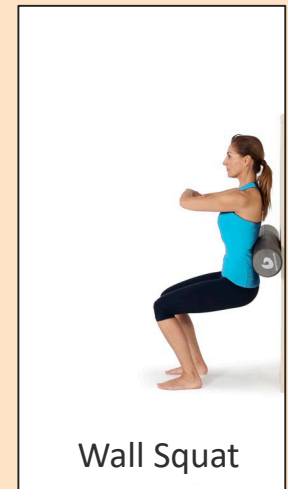
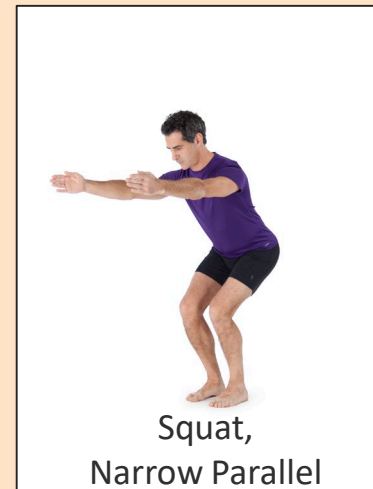
Clam starting position

Movement Principle

Lower Body Work – Creating Strength and Power

Squats (p 92)

- Starting Positions
 - Narrow Parallel
 - Narrow Turned Out
 - Wide Parallel
 - Wide Turned Out



Track 2

Lower Body Work

Knee Bend (p94)

Roller



Ball



Track 2

Lower Body Work

Squat (p95)

Roller



Roller between the ankles

Ball



Ball between the ankles

Band



Band under the feet

Track 2

Lower Body Work

Wall Squats (p96)

Roller



Roller in hands

Roller



Roller behind back

Ball



Ball in hands

Ball



Ball behind back

Movement Principle

Lower Body Work – Creating Strength and Power

Lunges (p98)



90/90 Lunge



Forward Lunge



Diagonal Lunge

Track 2

Lower Body Work

Lunge (p99)

Roller



Roller under the knee

Roller



Roller in hands

Ring



Ring in hands

Track 2

Lower Body Work

Standing Leg Work (p100)

Ring



Ring b/w ankles or
just below knees

Adductor Squeeze

- Parallel
- Turned Out
- Heel Lift

Band



Band around ankles

Standing Balance

- Abduction
- Flexion and Extension

Band



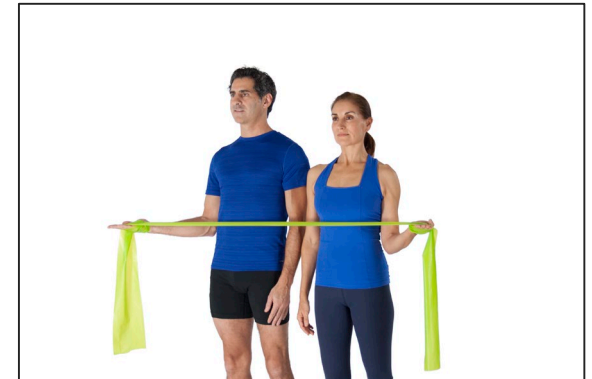
Band around ankles

Stepping Out

- Abduction
- Flexion and Extension

Let's Work Upper Body!

Track 3 Upper Body Work (p104)



Movement Principles

Training the Upper Body (p105)

In humans the shoulder is designed for maximum mobility.

This creates challenges in circumstances where stability is required for the safety of the joints

The stability of the joints is created primarily by the muscles that support them.



Upper Body Training Principles

To train the upper body effectively,
three concepts are key:

1. Understand
and create good
movement
patterns in the
joints.

2. Correct any
limitations in
mobility that
inhibit optimum
movement
patterns.

3. Work to
develop balanced
strength in all the
actions of the
shoulder girdle.

Upper Body Workout Protocol

1) Create stability and balance of the rotator cuff.

2) Optimize the mobility and stability of the scapula.

These 4 steps provide a framework for training the upper body

3) Perform exercises to address the majority of the functional movement patterns of the upper body.

4) Integrate upper body movements into the thorax and lower body.

Upper Body Work

Upper Body Warm Ups (p106)

Roller



Upper Body Warm Ups

Exercise Variations

- Chest Stretch
- Hug the Air
- Book Ends
- Flip Flops
- Angels in the snow
- Climb a Rope

Upper Body Work

Glenohumeral Stability (p108)

Band

Arm Work Standing

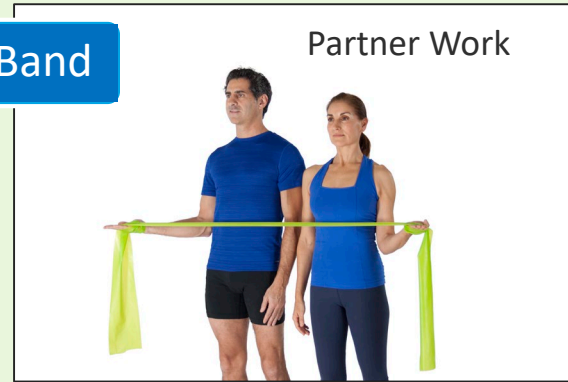


Exercise Variation

- Lateral Rotation
- Single Arm
Lateral Rotation
- Medial Rotation

Band

Partner Work



Partner Work Variations

- Lateral Rotation
- Medial Rotation

Track 3

Upper Body Work

Shoulder Mobility (p110)

Roller



Sternum Drop

Roller

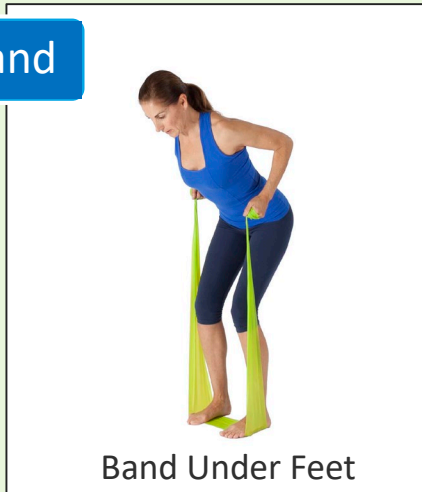


Scapula Glide

Upper Body Work

Posterior Shoulder (p112)

Band

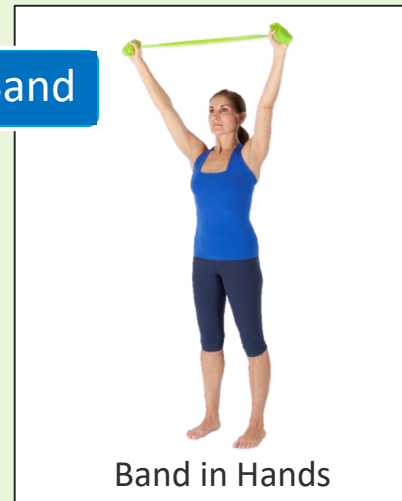


Band Under Feet

Exercise Variations

- Rows
- Goal Post Arms
- Posterior Shoulder Raise
- Triceps Press

Band



Band in Hands

Exercise Variations

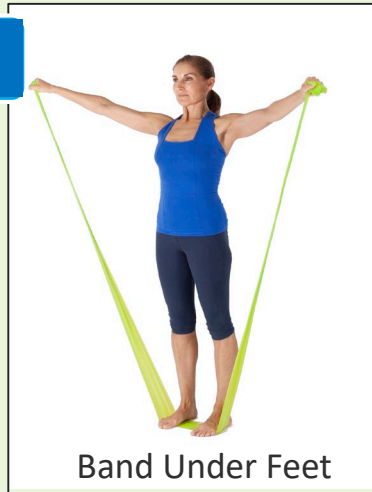
- Latissimus Dorsi Pull
- Lat Pull, straight arm

Track 3

Upper Body Work

Anterior Shoulder (p114)

Band

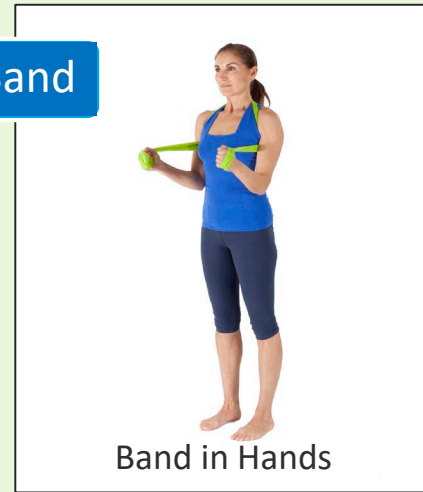


Band Under Feet

Exercise Variations

- Supraspinatus Raise
- Anterior Deltoid Raise
- Overhead Press
- Biceps Curl

Band



Band in Hands

Exercise Variations

- Chest Press
- Alternating Chest Press with Twist

Track 3

Upper Body Work

Rowing (p116)

Band



Round Back

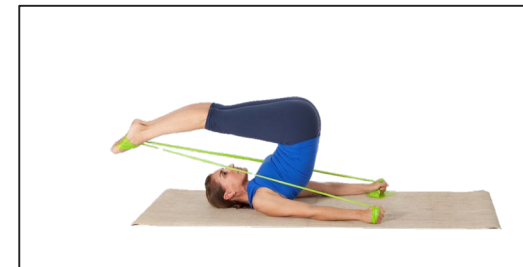
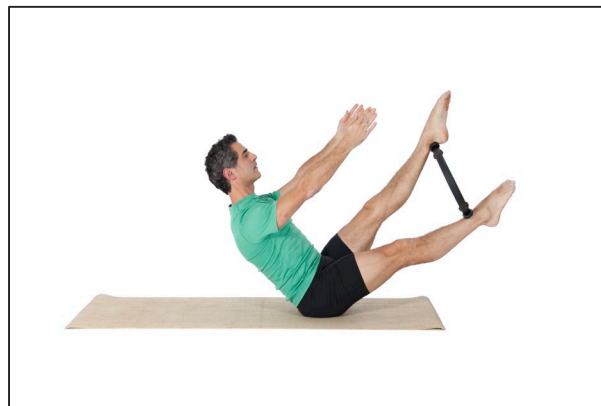
Band



Flat Back

Let's Work the Whole Body!

Track 4 Whole Body Movement (p120)



Whole Body Movement

Plank (p122)

Roller



Hands on Roller

Ball



Feet on Ball

Band



Band around upper back

Roller



Feet on Roller

Plank Challenges

- Plank
- Push Up
- Leg Pull Down
- Knee Stretch

Whole Body Movement

Side Plank (p126)

Roller



Feet on Roller

Ball



Feet on Ball

Side Plank Challenges

- Side Hover
- Side Bend

Whole Body Movement

Reverse Plank (p128)

Roller



Feet on Roller

Ball



Feet on Ball

Reverse Plank Challenges

- Reverse Plank
- Leg Pull Up
- Tendon Stretch

Track 4

Whole Body Movement

Roll Over (p133)

Ball



Ball between the legs

Ring



Ring between the legs

Band



Band around feet

Corkscrew (p135)

Ball



Ball between the feet

Ring



Ring between the legs

Jackknife (p137)

Ball



Ball between the ankles

Ring



Ring between the ankles

Track 4

Whole Body Movement

Boomerang (p138)

Ring



Ring between the legs

Ta – Da!!!

Let's Roll and Stretch!

Track 5 Dynamic Flexibility (p140)



Track 5

Myofascial Release (p141-143)

Posterior Hip Massage

Roller



Roller under pelvis

Ball



Ball under pelvis

Hamstring Massage

Roller



Roller under thigh

Ball



Ball under thigh

Calf Massage

Roller



Roller under gastrocnemius

Track 5

Myofascial Release (p144-146)

Quadriceps Massage

Roller



Roller under quadriceps

Iliotibial Band Massage

Roller



Roller under iliotibial band

Ball



Ball under pelvis

Adductor Massage

Roller



Roller under adductors

Track 5

Myofascial Release (p147-149)

Psoas Massage

Ball



Prone on ball

Lateral Shoulder Massage

Roller



Roller under side ribs

Ball



Ball under side ribs

Upper Back Massage

Roller



Roller under upper back

Track 5

Myofascial Release (p150-152)

Posterior Shoulder Massage

Ball



Ball under shoulder

Neck Release

Roller



Roller under head and neck

Ball



Ball under head and neck

Foot Massage

Ball



Ball under feet

Dynamic Flexibility (p153)

Stretching Techniques

Contract/Release
Alternately
isometrically
contract/release
muscle 6 secs, then
hold for 30 secs.

Active Isolated
Stretch– AIS Creates
natural
neuromuscular
relaxation by
activating the
antagonist muscle.
6-10 reps then hold

Static Stretching
Stretch held for a
specific period of
time (30-45 secs)
repeat 2 to 4 times

Dynamic Flexibility

Lower Body Stretches (p154-156)

Roller



Roller under pelvis

- Hamstring/Hipflexor
- Adductor/Abductor
- Piriformis/Posterior Hip
- Hip Sways/Knees to Chest

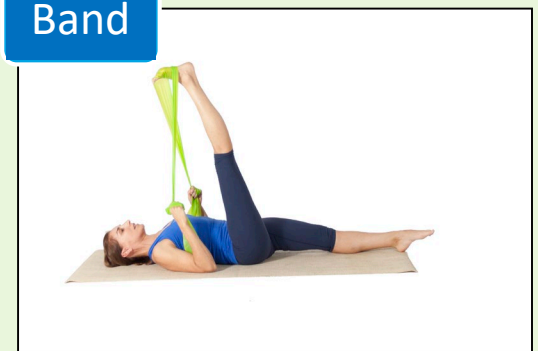
Ring



Ring on one foot

- Hamstring

Band



Band on one foot

- Hamstring
- Adductor
- Abductor
- Torso Rotation

Balanced Body Pilates Instructor Training

Requirements for Completing Mat

Prerequisites:

10 Pilates Mat Classes required

6 months experience recommended

Complete Movement Principles

Complete Mat Course Work

Mat 1

Mat 2

Mat 3

Complete 20 personal sessions, 15 observation hours and 35 student teaching hours

Take the final exam

Mat 3 Complete!

Your next step is to practice the exercises, practice teaching and gain confidence in helping your friends and clients achieve greater health and wellbeing.

Schedule your Mat practical and written exam after you have completed your personal practice, observation and student teaching hours or continue on to the Reformer and Apparatus training.

We recommend taking your Mat exam at least 6 months from completion of coursework

Thanks for joining the Balanced Body Pilates Instructor Training Program!