

Pilates On Tour[®], Chicagoland

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Work The Core In 3 Dimensions: CoreAlign

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NCPT - Pilates

Work the Core in 3 Dimensions

CoreAlign

Get ready to elevate your Pilates game and unleash a whole new level of excitement! It's time to move beyond the basics of front/back and side-to-side. Let's dive into dynamic, full-body movements paired with athletic-inspired patterns that will truly take your clients to new heights. Join us in bringing the joy back to movement, all while introducing powerful, challenging sequences that only the CoreAlign can offer. Come and discover the fun in fitness together!

Work the Core in 3 Dimensions

CoreAlign

Planes of Motion

- Sagittal Plane
- Frontal Plane
- Transverse Plane

Spinal Motions

- Flexion
- Extension
- Lateral Flexion
- Rotation
- Combinations of the above

Work the Core in 3 Dimensions

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The core, powerhouse or inner unit provides support to the lower spine during dynamic movement.

The elements of the core include:

- Diaphragm
- Transversus abdominis
- Multifidi
- Pelvic floor

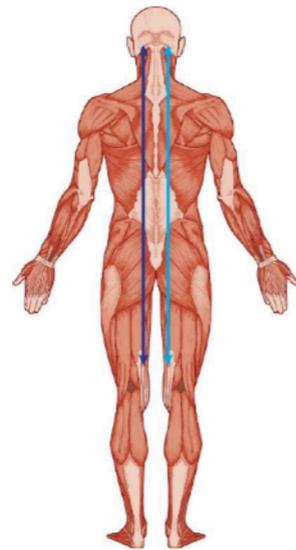
The core stabilizes the spine through a complex series of interconnections between the fascia, the muscles and the bones.

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The 4 Outer Units

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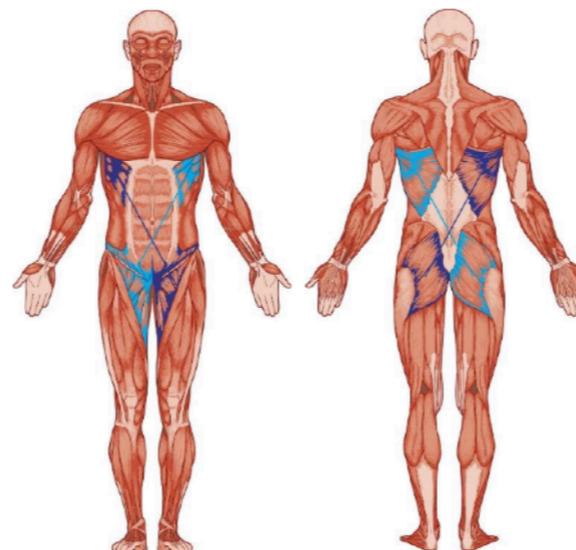


Deep Longitudinal System

- 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.

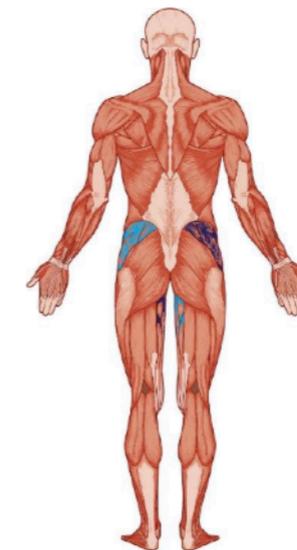


Anterior and Posterior Sling

- Anterior = Anterior serratus, External oblique, Contralateral internal oblique and adductors
- Posterior = Latissimus 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.

Work the Core in 3 Dimensions

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Theraband Standing Facing Side

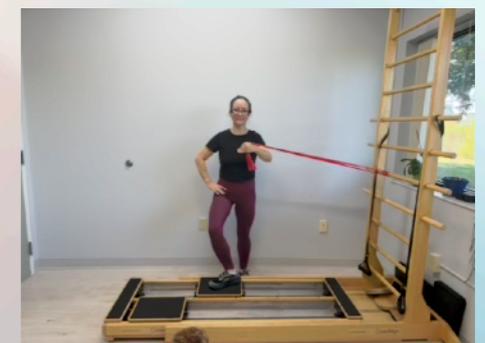
Intermediate

Equipment: CoreAlign, Ladder, theraband

Setup: 1 Peach - 1 Blue on back

Theraband attached to ladder chest height

- Rhythmic punch across theraband only, no cart
- Rhythmic adductor cart pull, no band
- Static band in front of sternum, rhythmic adductor pull
- Rhythmic everything



Work the Core in 3 Dimensions

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Theraband Facing (Ladder) Front

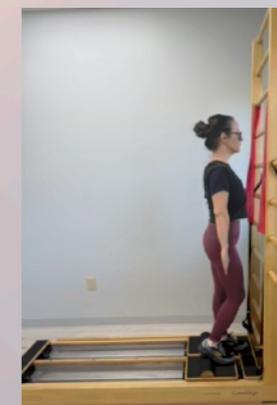
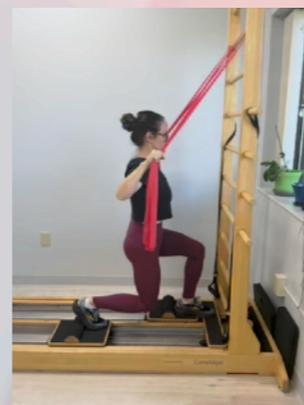
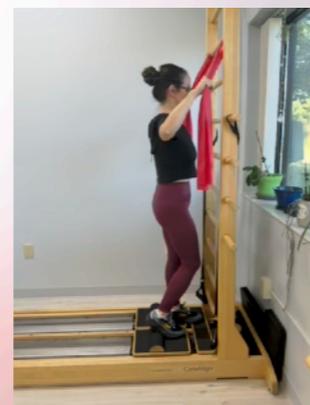
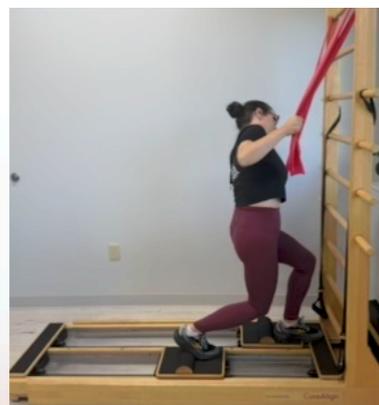
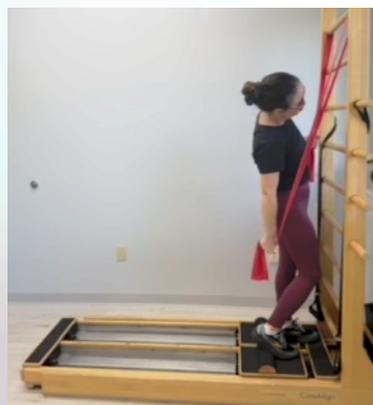
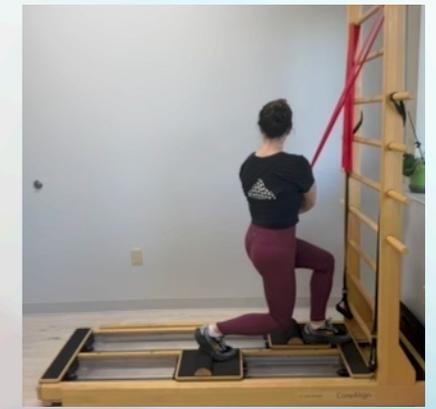
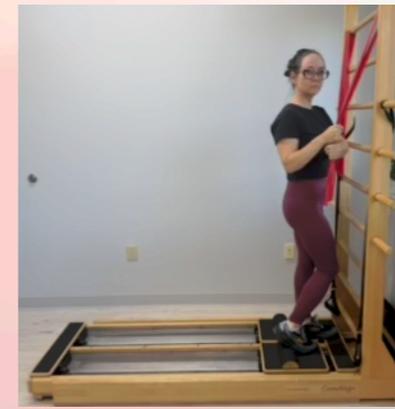
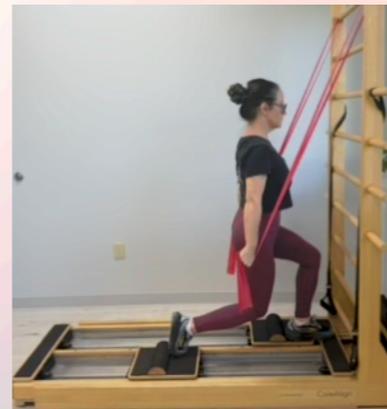
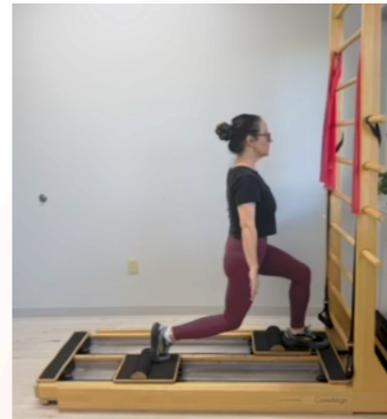
Intermediate

Equipment: CoreAlign, Ladder, theraband, starter blocks

Setup: 1 Grey + 1 Blue on front

Theraband attached to ladder up high

- 90/90 lunges into 90/90 lunges with torso rotation and torso side bending
- 90/90 lunges with theraband lat pull into torso rotation and torso side bending - all single arm in band
- 90/90 lunges with theraband high rows - both arms into alternating arms
- Hinge lunge
- Hinge lunge with theraband straight arm pull back - both arms



Work the Core in 3 Dimensions

CoreAlign

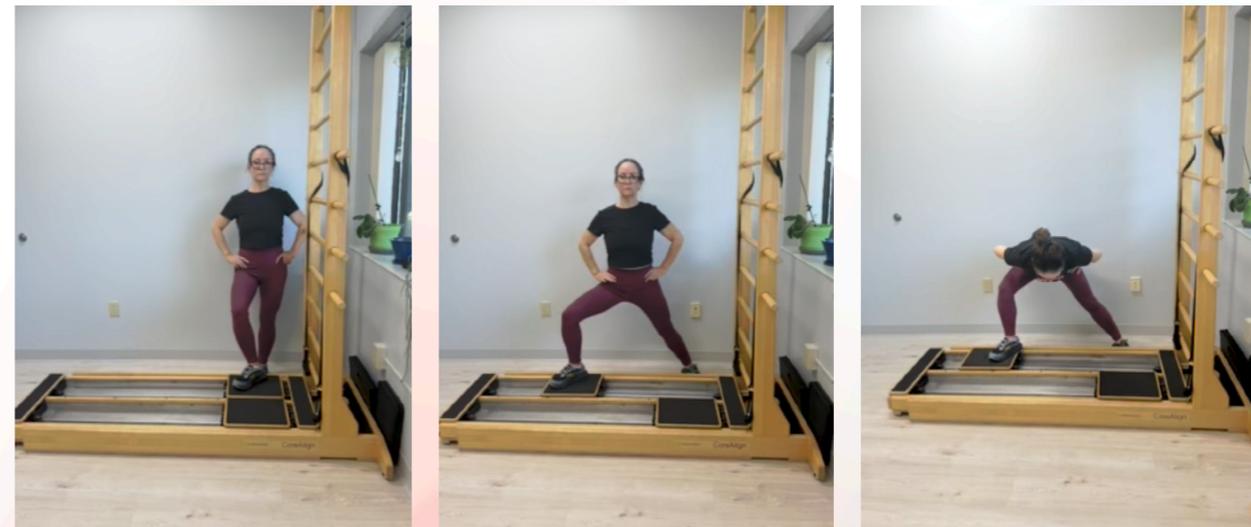
Standing Facing Side - Fencing Series

Beginner

Equipment: CoreAlign

Setup: 1 Blue to 1 Grey on front

- Lateral lunge
- Lateral lunge and hinge forward
- Lateral Lunge with torso rotation and side bending
- Static lateral lunge with rhythmic knee extension



Work the Core in 3 Dimensions

CoreAlign

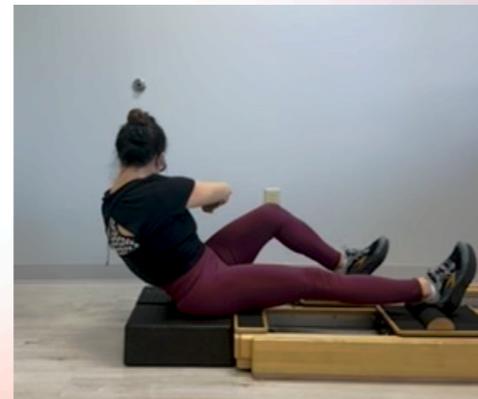
Seated Rollbacks

Intermediate

Equipment: CoreAlign, Long Box or Moon Box, starter blocks

Setup: 1 peach or 1 blue on front

- Seated hamstring pulls
- Rollbacks with static hamstring pull
- Rollback and hamstring pull all rhythmic
- Stay in rollback and rhythm hamstring pulls into torso rotations
- Arms overhead series plus rotation



Work the Core in 3 Dimensions

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Kneeling Abdominals

Beginner to Intermediate

Equipment: CoreAlign

Setup: 1 blue on back OR 1 peach on front (with break blocks on)

- Neutral out / rounded in
- Neutral out / rounded in - tail wag
- Both hands on one cart Neutral out / rounded in - tail wag into HOVERED knees



Work the Core in 3 Dimensions

CoreAlign

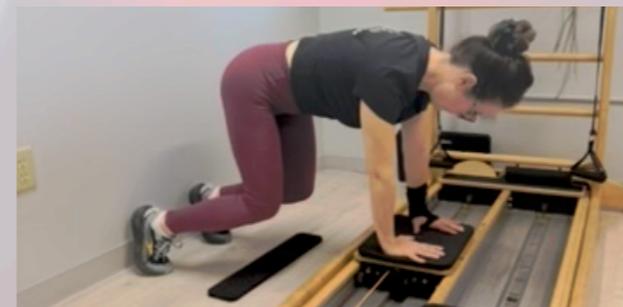
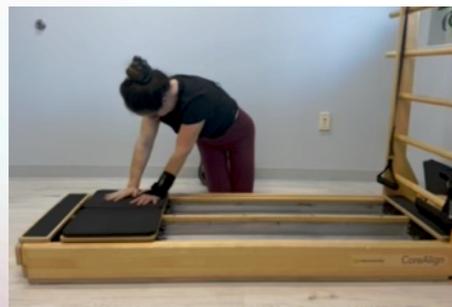
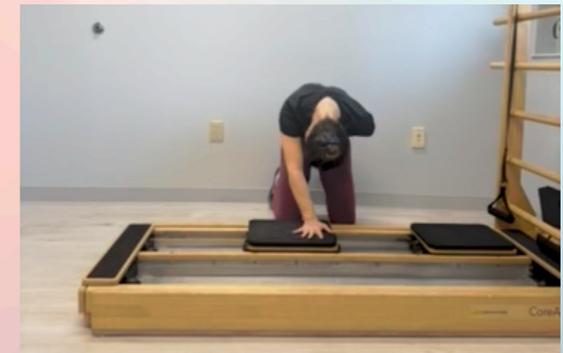
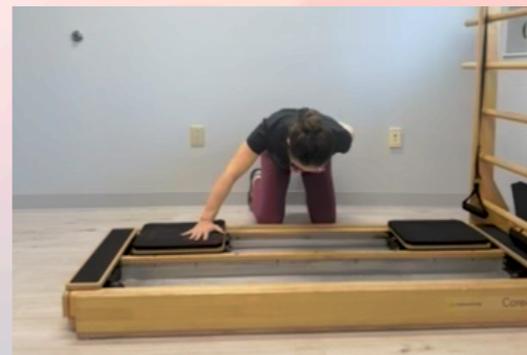
Kneeling Abdominals Facing Side

Beginner to Intermediate

Equipment: CoreAlign

Setup: Both carts in same track. 1 blue on front, 1 blue on back

- Hug a Tree in spinal flexion using both carts
- Single arm adduction in spinal flexion using one cart
- Both hands on one cart - spinal rotation right / left
- Add Hover



Work the Core in 3 Dimensions

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Standing Lean Forward

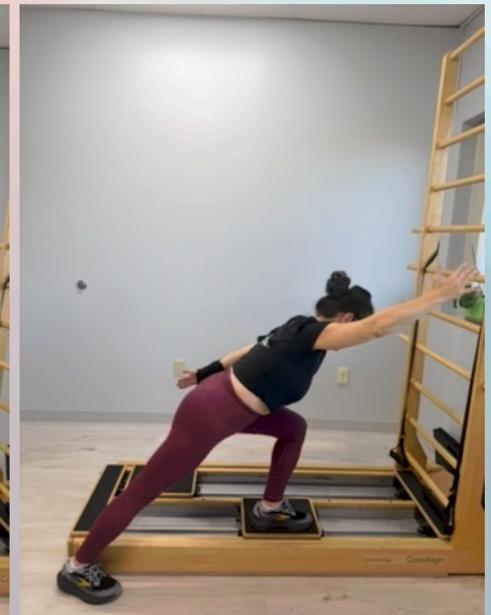
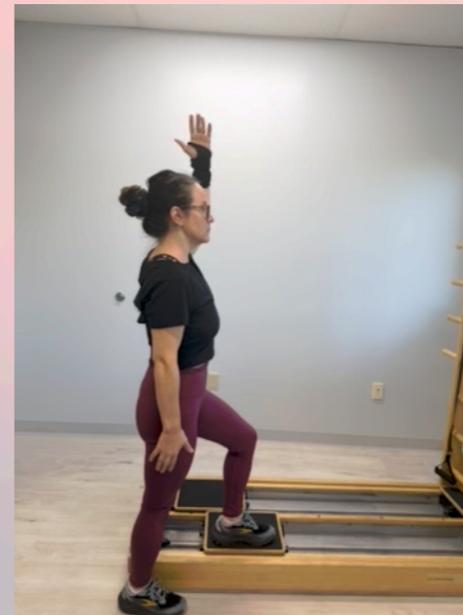
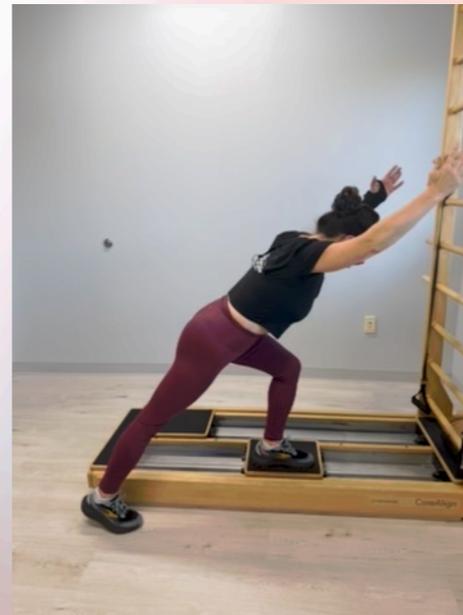
Intermediate

Equipment: CoreAlign

Setup: 1 blue to 1 grey on back

One foot on floor, one foot on cart facing front from side

- Forward Lunge Hinge
- Add Arms Overhead
- Running Straight Arms
- Add Torso Rotation
- Add Knee Extension



Work the Core in 3 Dimensions

CoreAlign

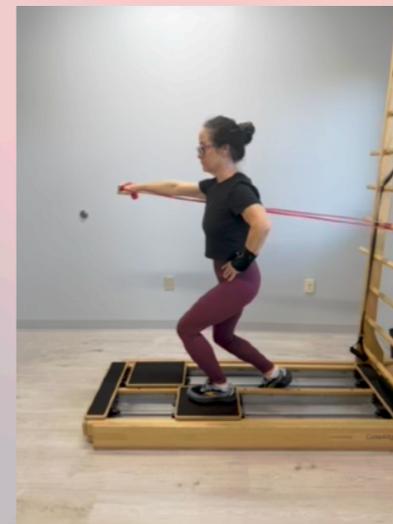
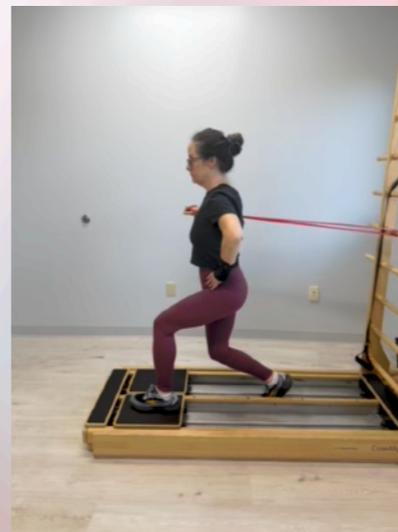
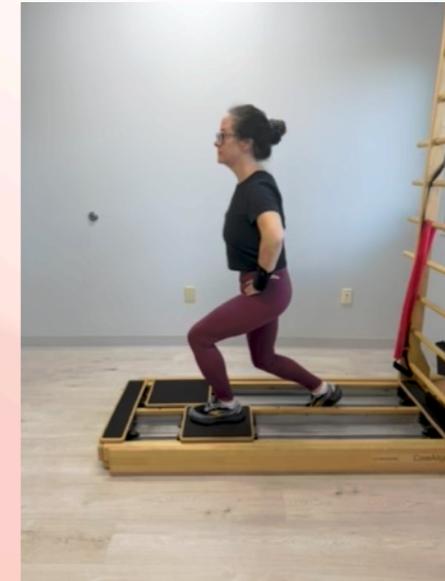
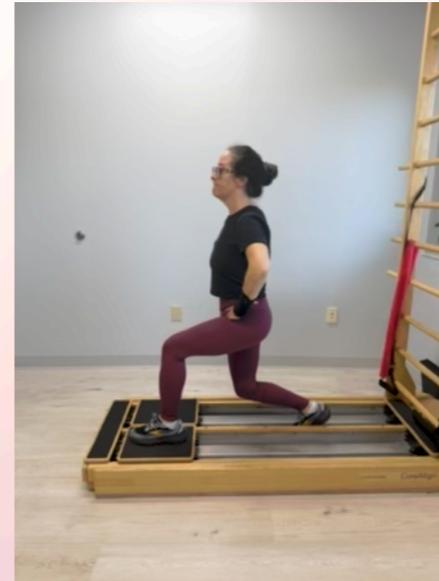
Hamstring Pull & Punch Series

Intermediate

Equipment: CoreAlign

Setup: 1 blue on back

- Hamstring pull from 90/90
- add single arm chest press
- Add torso rotation



Work the Core in 3 Dimensions

CoreAlign

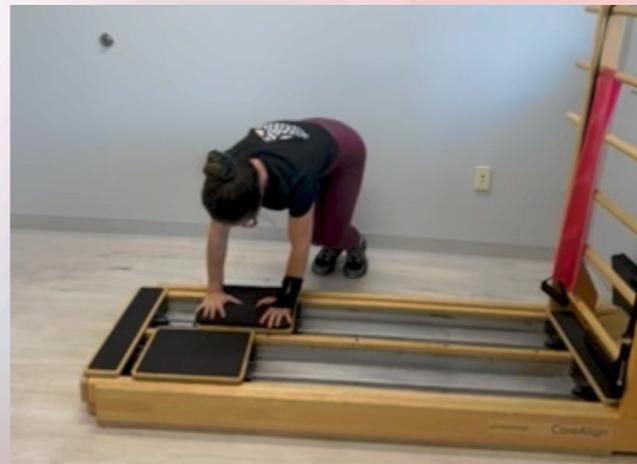
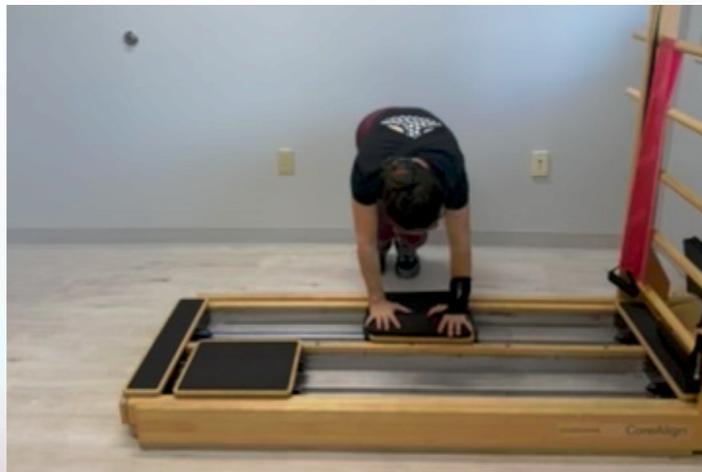
Bent Knee Hover Lateral Slides

Intermediate

Equipment: CoreAlign

Setup: 1 blue on either side

- Lateral slides to each end



Work the Core in 3 Dimensions

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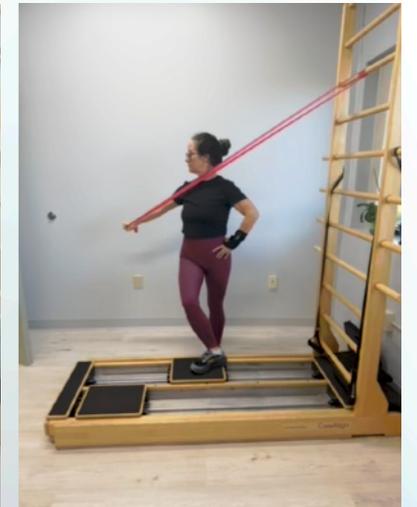
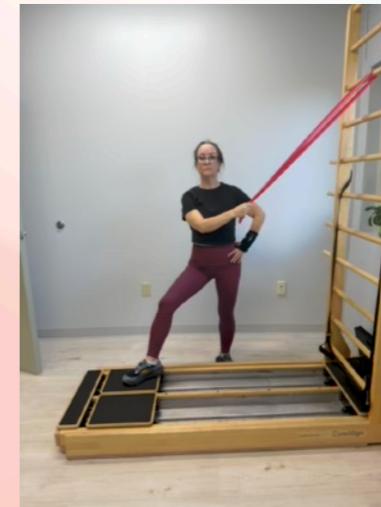
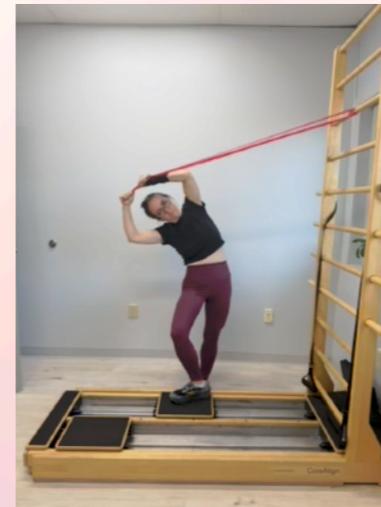
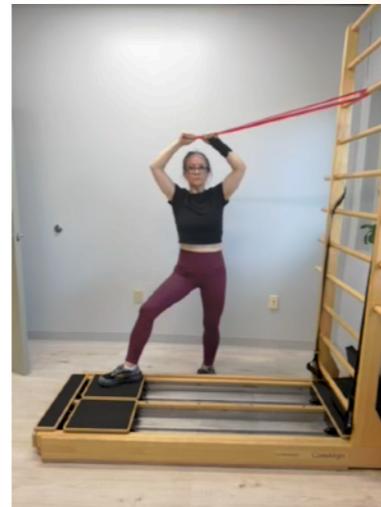
Standing Theraband Obliques

Intermediate

Equipment: CoreAlign and theraband

Setup: 1 peach to 1 blue on back

- Overhead side bend
- Low pull and rotation



Theraband Facing (Ladder) Front

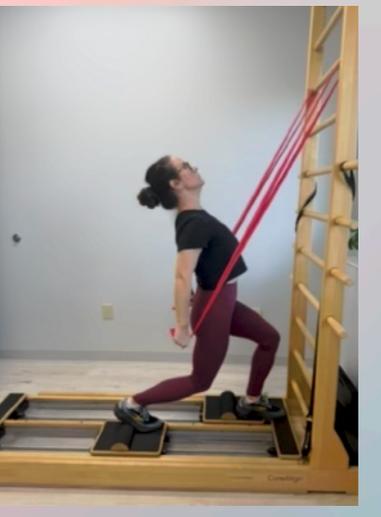
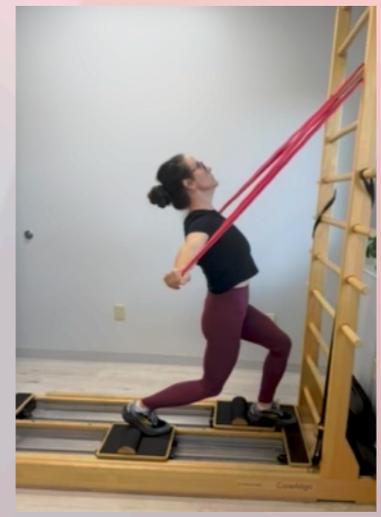
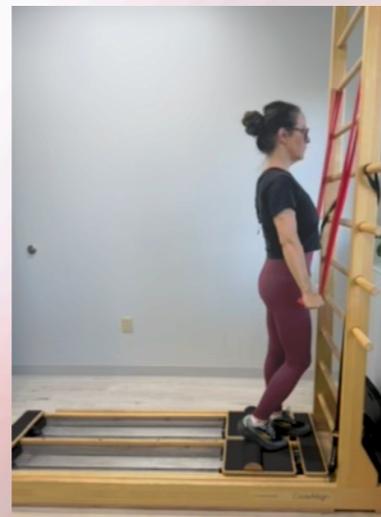
Intermediate

Equipment: CoreAlign, Ladder, theraband, starter blocks

Setup: 1 Grey + 1 Blue on front

Theraband attached to ladder up high

- Lunge with arm circle and spinal extension



Work the Core in 3 Dimensions

CoreAlign

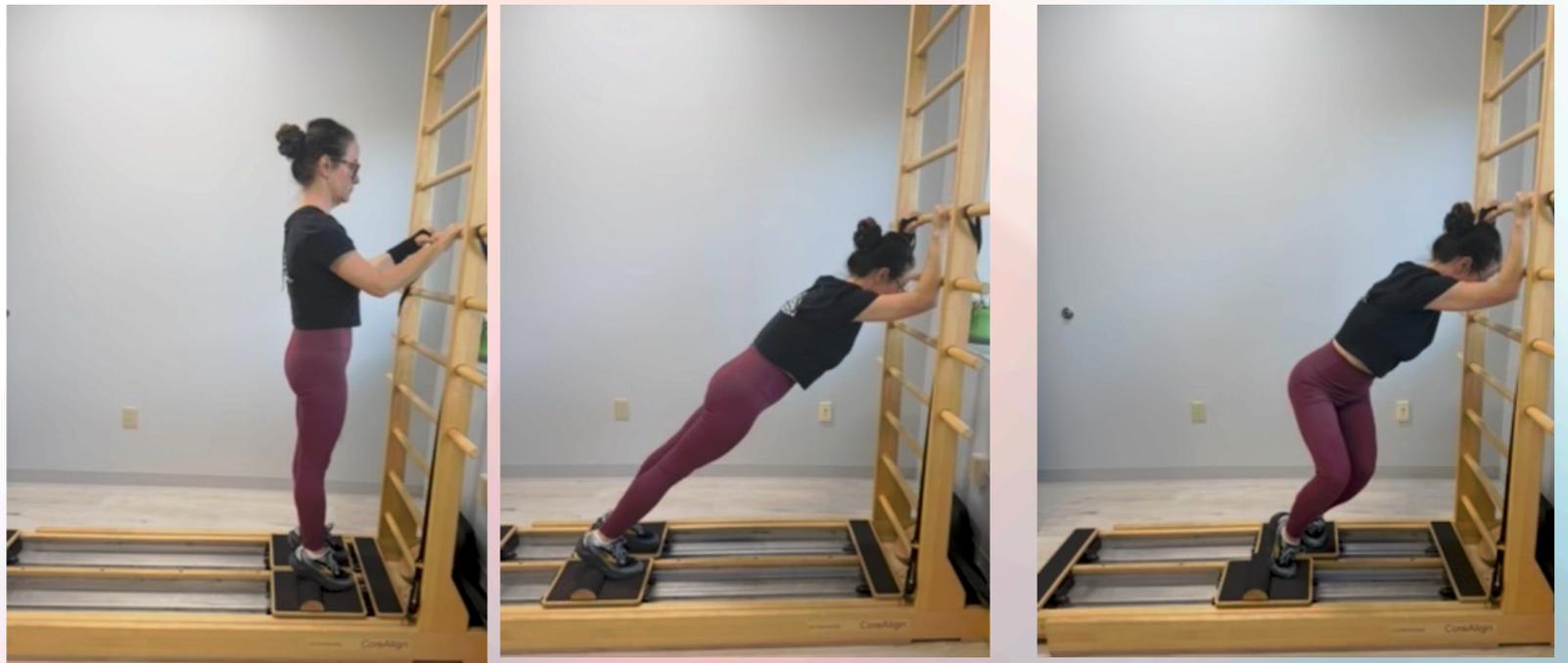
Forearm Ski Lean & Twist

Intermediate

Equipment: CoreAlign

Setup: 1 blue to 1 grey on front

- Hand to forearm on ladder - Plank
- Hand to forearm on ladder - Twisted Hip Plank
- Hand to forearm on ladder - Twisted Hip Plank Knee Bends



Work the Core in 3 Dimensions

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- 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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