



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

Balanced Body Education



Learning Objectives

<p>Knowledge of Exercises/Theory</p>	<p>Memorize the correct setup, movement sequence, and execution for the Mat 3 Exercises.</p>	<p>Gain a basic understanding of anatomical alignment and body placement when practicing and observing Mat 3 Exercises.</p>	<p>Teach 2 - 3 Pre-Pilates Essentials Exercises that lead into a Mat 3 Exercise.</p>
<p>Personal Practice</p>	<p>Increase awareness of your body's strengths and areas for improvement through the Mat Pilates Exercises incorporating use of props.</p>	<p>Develop a consistent personal Pilates practice and be able to independently guide yourself through a intermediate/advanced mat workout, performing the exercises to the best of your personal ability and utilizing modifications as needed.</p>	<p>Embody the Mat 3 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 3 exercises before progressing to the next level or preparing for your test out.</p>	<p>Focus on delivering cues that are tailored to individual needs, using fewer words for greater impact.</p>	<p>Take time to observe common patterns that tend to repeat themselves in group and private training environments. Find ways to utilize impactful cues that aim to refine movement patterns.</p> <p>Resist the urge to over correct or over cue.</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 safety procedures for advanced exercises and progressions.</p>	<p>Work on developing programming for safe setup and execution utilizing props in client and group-based sessions. Develop an awareness for prop location/storage when they are not in use during group sessions.</p>

Mat 3 Student Responsibilities

Student Responsibilities
Attend and Complete 16-Hour Mat 3 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.
CLARA: Watch Movement Principles Video: Part 5 - Mobility and Restoration
CLARA: Take Part 5 Quiz. Completion is required to receive your course certificate.

Recommended Practice and Teaching Expectations prior to Reformer 3 or Apparatus 1		
Minimum of 6-hours of personal practice	Minimum of 5-hours of observation hours	Minimum of 11-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 intermediate-advanced level mat classes with regressions and progressions that incorporates props.</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.*



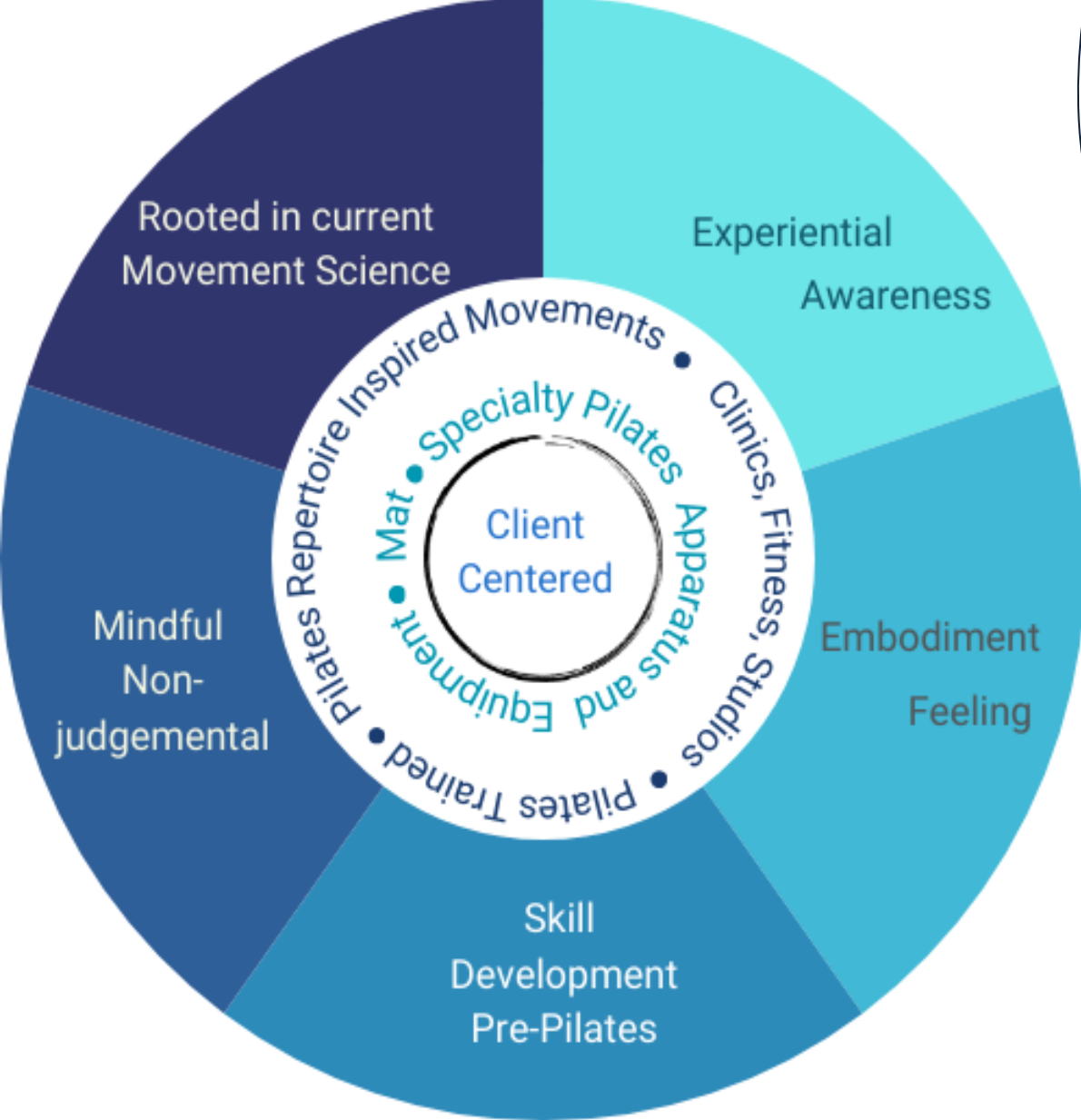
Educator and Company Responsibilities

✓	Course Objectives - Educator Responsibility
	To complete all course material as outlined in the Hour by Hour within the time frame of the course.
	To provide students with learning and integration opportunities including breakouts and teach backs throughout the course.
	To integrate the Pre-Pilates essentials language into the Mat 2 course materials and teach how to develop the skills necessary to learn and teach Mat 2 exercises
	To teach movement sequence, safety protocols , body position options, progressions and regressions; precautions and contraindications, and application for each exercise
	To teach 1 Essentials and Mat 1 and Mat 2 based movement classes/progressions and 1 Mat with Props Class to model cueing and coaching and integration of the essentials
	To assess student participation . Mat 3 assessment includes: understanding of movement sequence, body position, safe positioning, recommended progressions and regressions as needed. Manual may be used.

✓	Course Objectives - Balanced Body Responsibility
	To provide you with timely and respectful service
	To answer questions and provide opportunity and suggestions for future growth
	To continually update and supply you with exceptional resources that are designed to amplify your learning process
	To 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
	To provide you with ongoing professional development opportunities



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

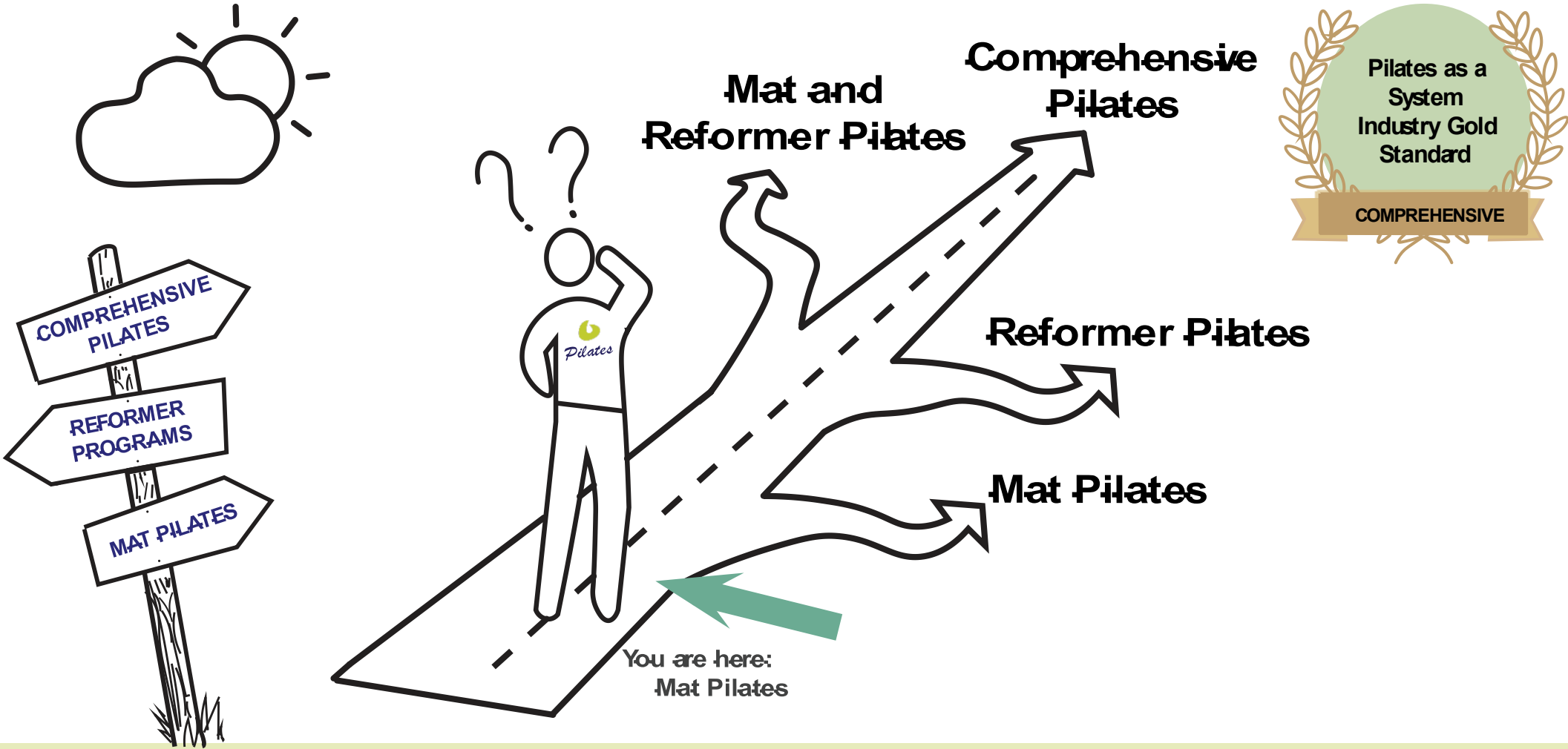
Encourages **Embodiment** and **Awareness**

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

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



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</u>, <u>Chair</u> <u>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

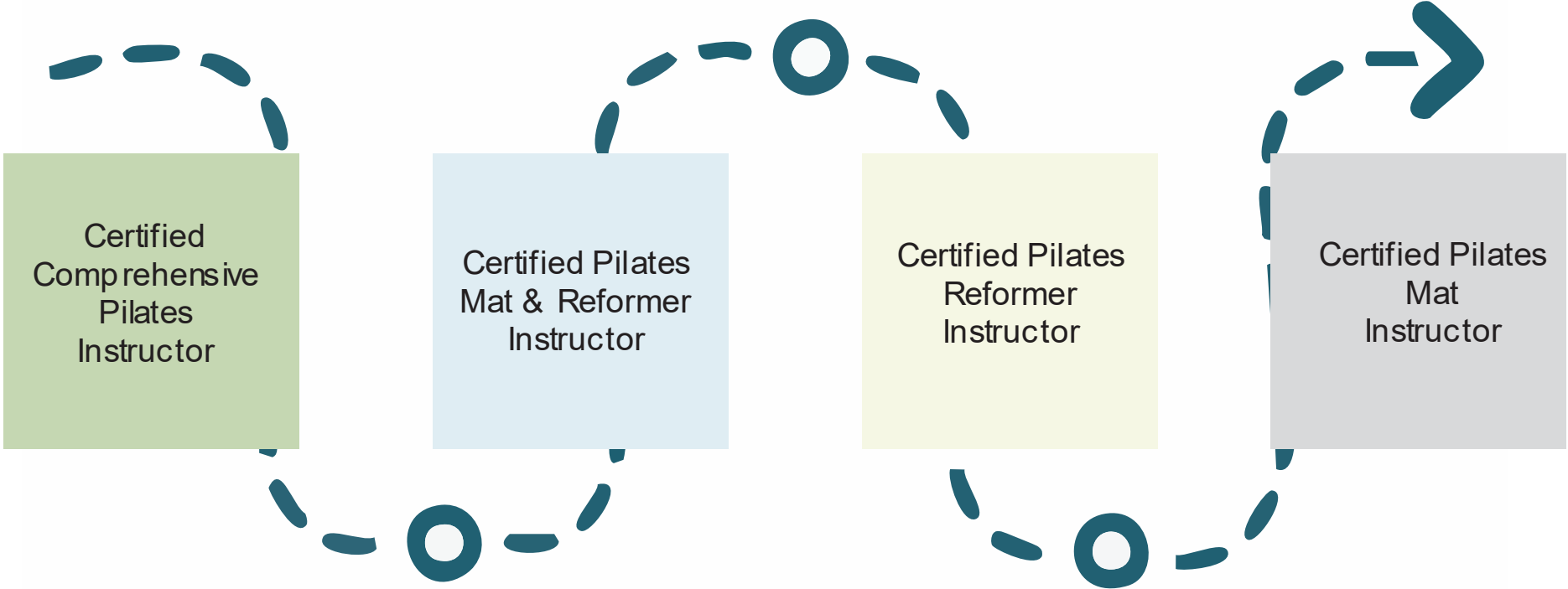
Total Hours: 134

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

Balanced Body Mat Pilates Instructor



Balanced Body Pilates Instructor Pathways



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)



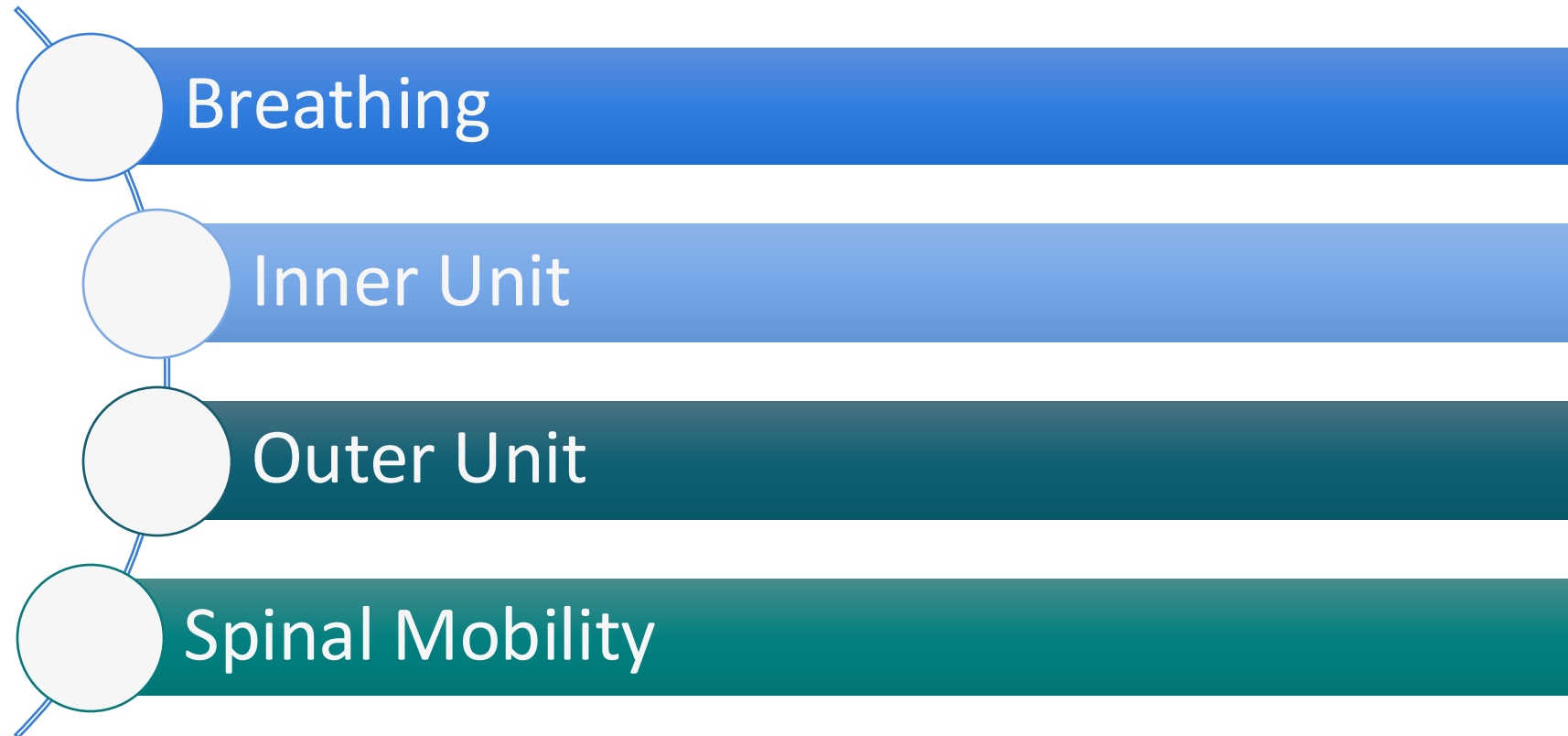
Small balls are a fun and inexpensive way to add variety, stability challenges, self massage and enhance the mind body connection (p14)



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)



Trunk Integration



The Inner Unit

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

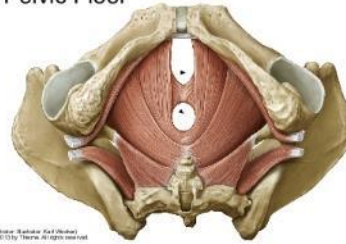
Diaphragm



The roof of the abdominal cavity

The floor of the abdominal cavity

Pelvic Floor



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



The internal vertical support

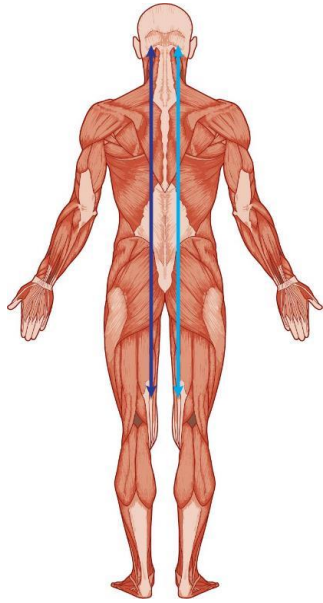
Provides integrity to the abdominal wall

Transverse Abdominus

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



The 4 Outer Units

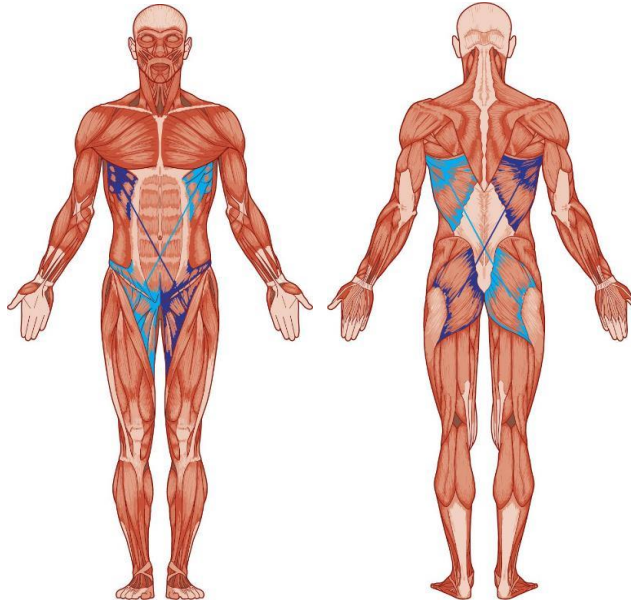


Deep Longitudinal System

- 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.

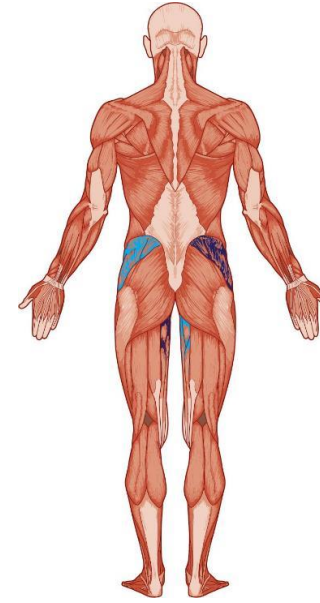


Anterior and Posterior Sling

- 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



Trunk Integration & Lumbopelvic Stillness

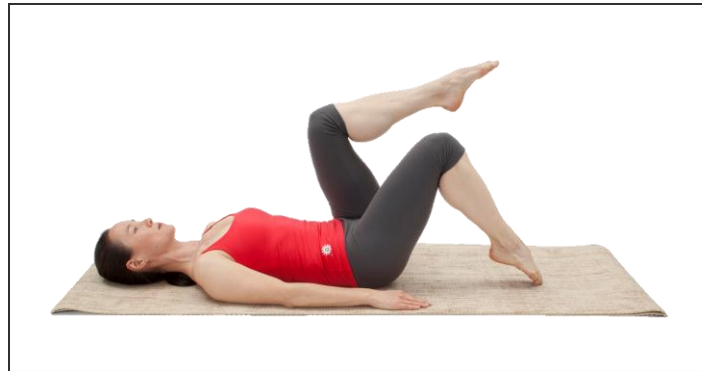
Core Warm Ups (pre-Pilates Essentials)

Toe Taps

Knee Sway

Abdominal
Curl

Oblique
Abdominal Curl



Core Warm-Ups: Abdominal Strengthening

Ball
between
the knees



Abdominal Curl



Oblique Curl



Knee Sway

Ball
behind
the back



Abdominal Curl



Oblique Curl



Toe Taps and Double Leg Lift



Core Warm Ups: Abdominal Strengthening

Ring
between
the knees



Adductor Core Engagement

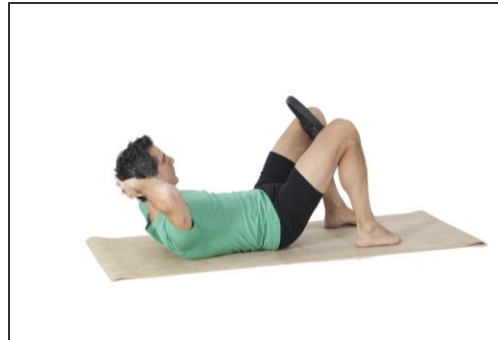


Abductor Core Engagement



Knee Sway

Ring
between
the knees



Abdominal Curl



Oblique Curl



Oblique Reach, legs lifted

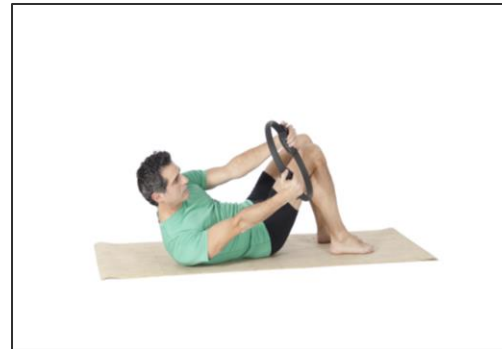


Core Warm Ups: Abdominal Strengthening

Ring in
the
Hands



Abdominal Curl



Oblique Curl



Hands inside the ring

Roller,
Lying
supine



Abdominal Curl



Toe Taps and Marching



Diagonal Press



Focus: Trunk Integration & Lumbopelvic coordination: mobile pelvis



Bridge

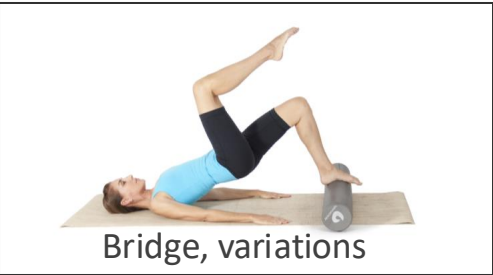


All Fours

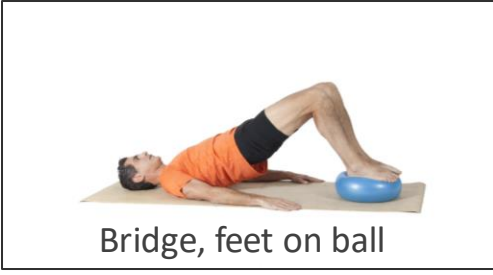
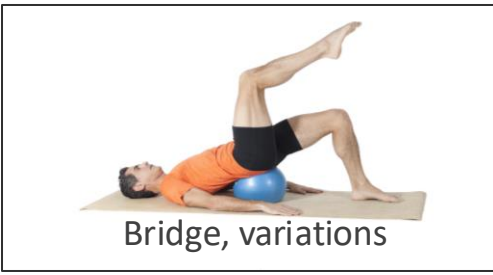


Core Warm Ups: Bridge

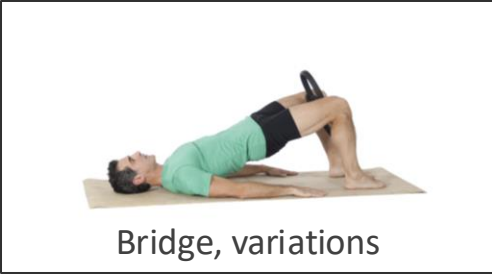
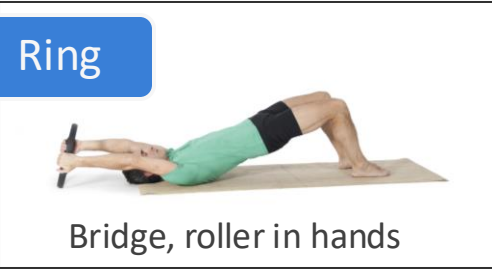
Roller



Ball



Ring



Core Warm Ups: Opposite Arm and Leg

Roller



Roller under forearm

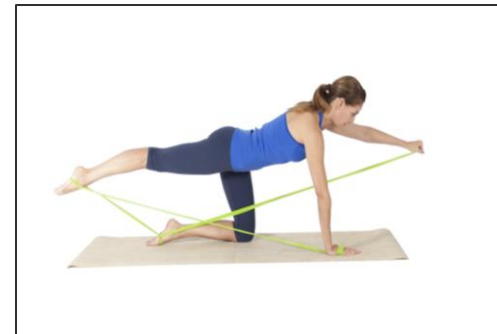
Band



Band around outside of feet



Roller under knee

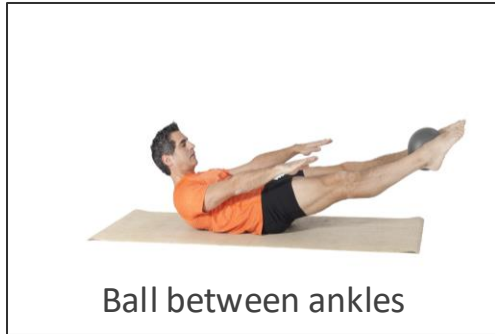


Opposite Arm and Leg



Hundred

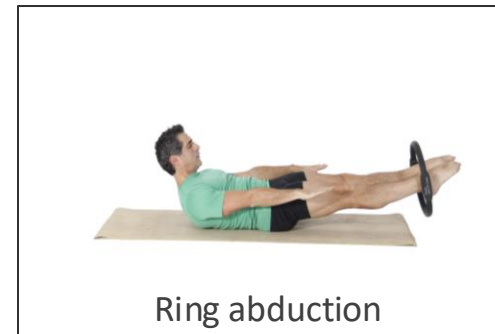
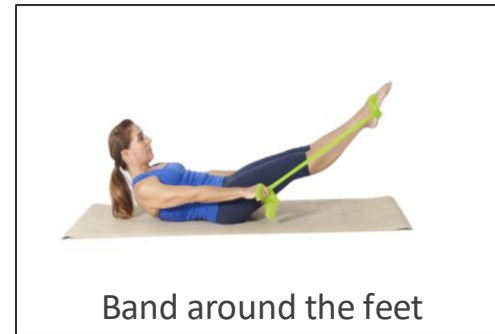
Ball



Ring



Band



Single Leg Stretch

Ball



Ball behind the back

Double Leg Stretch

Ball



Ball behind the back

Single Straight Leg Stretch

Ball



Ball behind the back

Band



Band around the feet

Band



Band around the feet



Double Straight Leg Stretch

Ball



Ball behind the back

Band



Band around the feet

Ring



Ring adduction or abduction

Criss Cross

Ball



Ball behind the back



Movement Principle Spinal Mobility and Strength

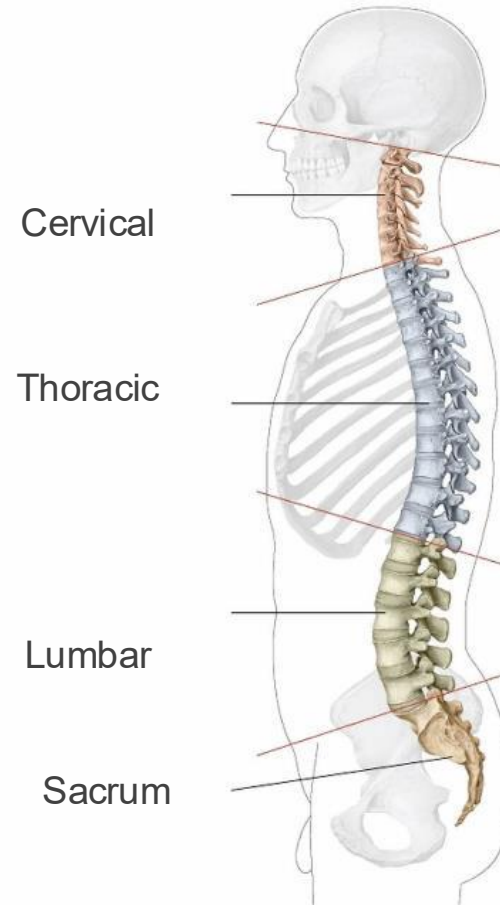


Fig. 1.1 A (Illustrator: Karl Wesker)
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The Spine

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.



Spinal Flexion

Roll Up

Ring



Ring in hands

Roller



Roller in hands

Band



Band around the feet

Ring



Ring around one foot

Roller



Roller under ankles

Roller



Roller lying lengthwise



Spinal Flexion

Rolling Like a Ball

Ring



Ring in hands

Ball



Ball between heels and pelvis



Ring between the ankles



Ball between thighs and body

Open Leg Rocker

Ring



Ring between ankles

Band

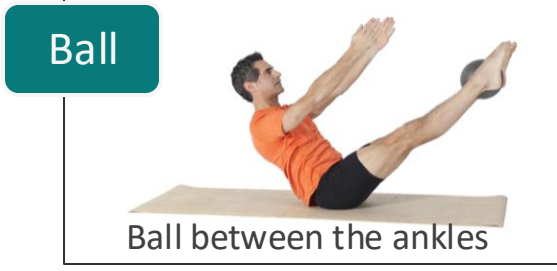
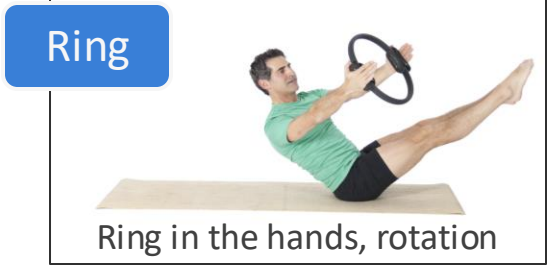
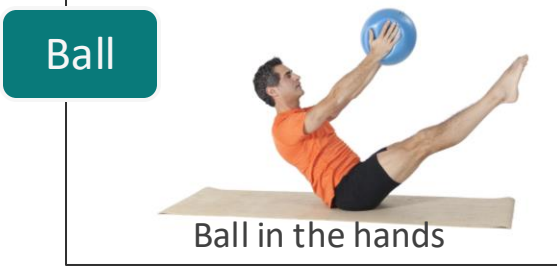
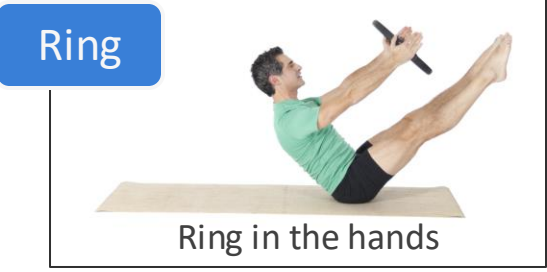
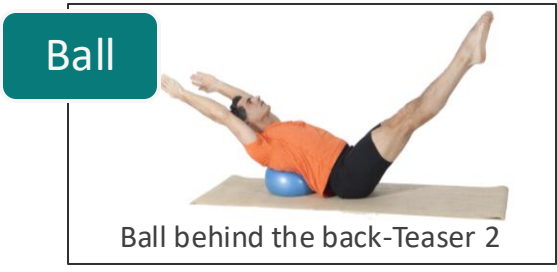


Band around the feet



Spinal Flexion

Teaser



Spinal Extension

Swan

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



Spinal Extension

Swimming

Ball



Ball under pelvis

Single Leg Kick

Ball



Prone Hip Extension

Double Leg Kick

Ring



Ring between the ankles

Roller



Roller under hands

Ball



Ball under the chest

Band



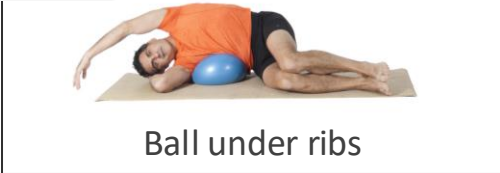
Band around feet



Spinal Lateral Flexion

Banana Prep

Ball



Ball under ribs

Ball



Ball under ribs

Ball



Ball under ribs

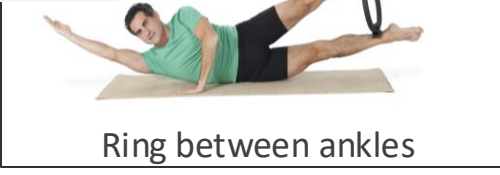
Banana

Ball



Ball between the ankles

Ring

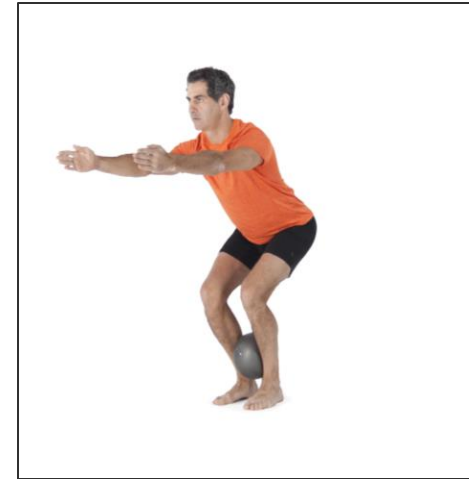


Ring between ankles



Let's Get Standing!

Lower Body Work: MP Video 3



Movement Principle

Lower Body Strength and Power

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



Lower Body Work

Pelvic Floor Awareness

Roller



Pelvic floor activation on roller

Hip Mobility

Ball



Scissor, ball under hips

Roller



Scissor, roller under hips

Exercise Variations

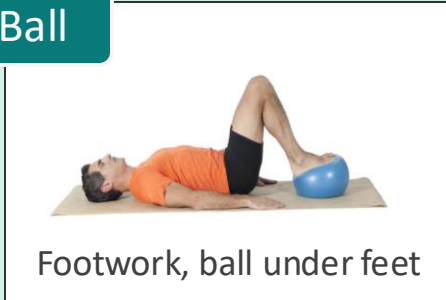
- Psoas and Hamstring Stretch
- Scissors
- Bicycle
- Helicopter
- Bookends
- Leg Lowers



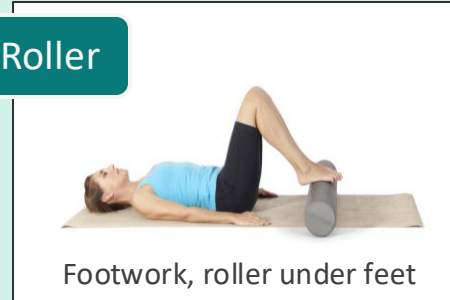
Lower Body Work

Footwork

Ball



Roller

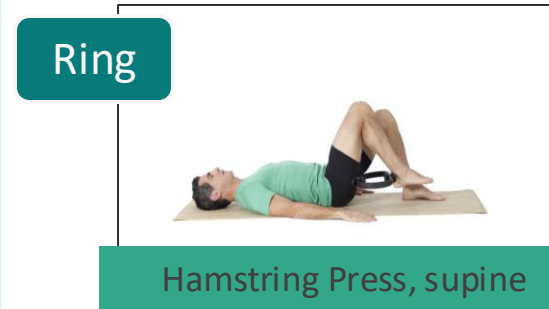


Exercise Variations

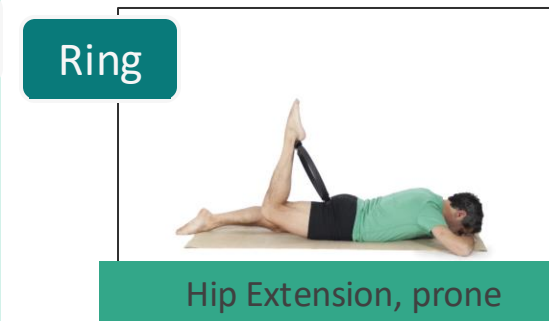
- Legs parallel and turned out
- Hip Opener
- Single Leg Footwork

Hip Extension

Ring



Ring



Lower Body Work

Side Lying Leg Work

Ball



Basic starting position

Ring



Basic starting position

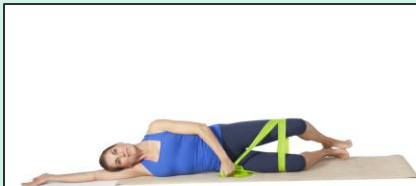
Band



Basic starting position

Exercise Variations

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



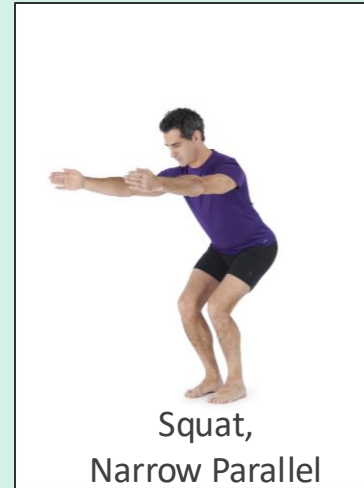
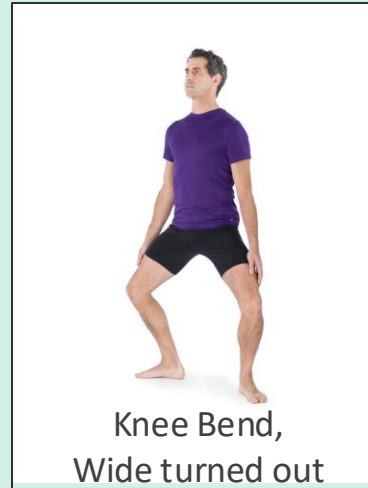
Clam starting position



Lower Body Work – Creating Strength and Power

Squats

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



Lower Body Work

Knee Bend

Roller



Ball



Lower Body Work

Squat

Roller



Roller between the ankles

Ball



Ball between the ankles

Band



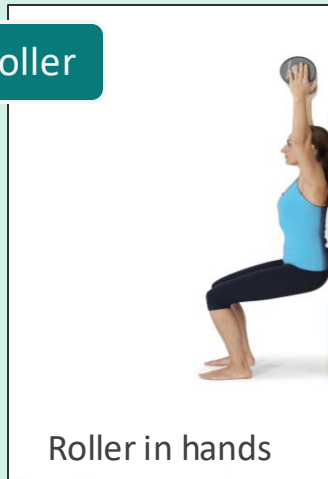
Band under the feet



Lower Body Work

Wall Squats

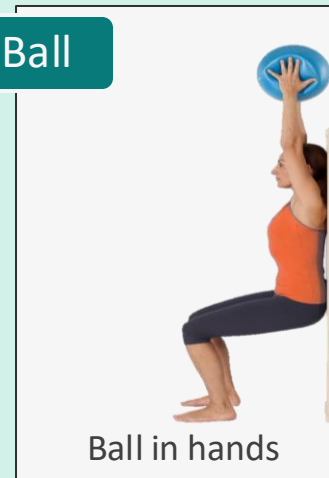
Roller



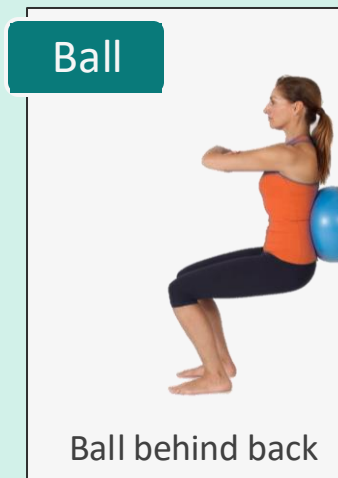
Roller



Ball

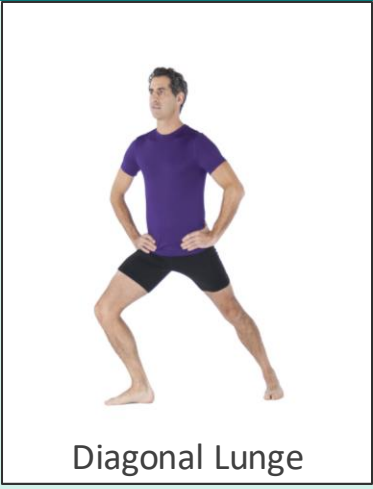


Ball



Lower Body Work – Creating Strength and Power

Lunges



Lower Body Work

Lunge

Roller



Roller under the knee

Roller



Roller in hands

Ring



Ring in hands



Lower Body Work

Standing Leg Work

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

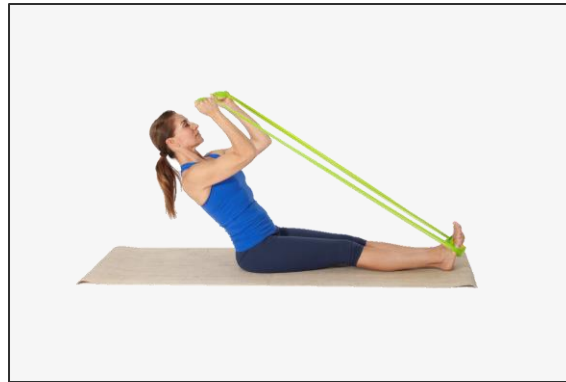
Stepping Out

- Abduction
- Flexion and Extension



Let's Work Upper Body!

Upper Body Work: MP Video 4



Training the Upper Body

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

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



Upper Body Work

Shoulder Mobility

Roller



Sternum Drop

Roller



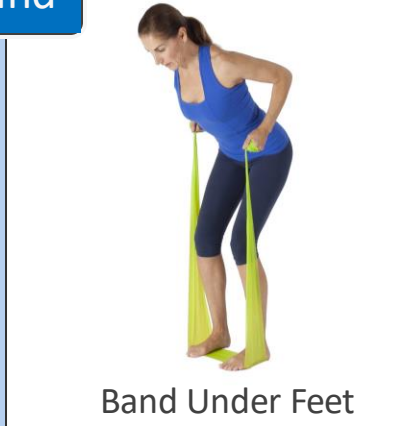
Scapula Glide



Upper Body Work

Posterior Shoulder

Band

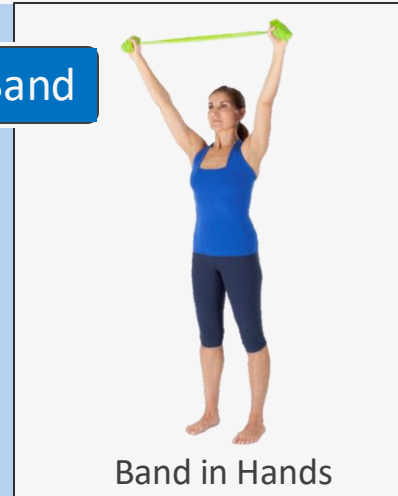


Band Under Feet

Exercise Variations

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

Band



Band in Hands

Exercise Variations

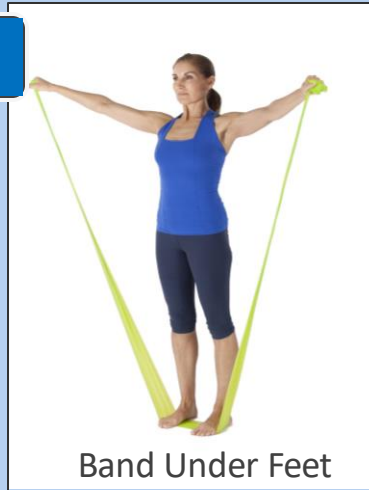
- Latissimus Dorsi Pull
- Lat Pull, straight arm



Upper Body Work

Anterior Shoulder (p114)

Band



Exercise Variations

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

Band



Exercise Variations

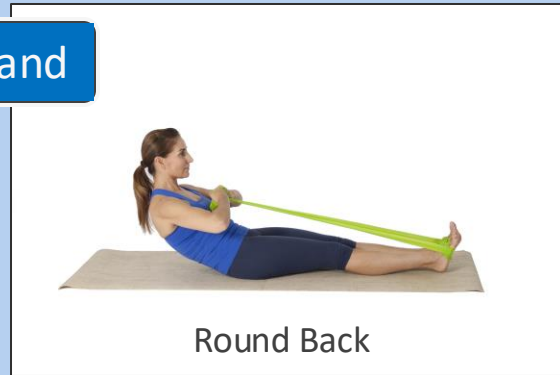
- Chest Press
- Alternating Chest Press with Twist



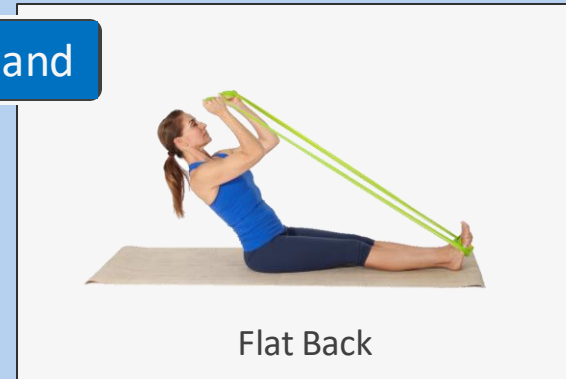
Upper Body Work

Rowing

Band

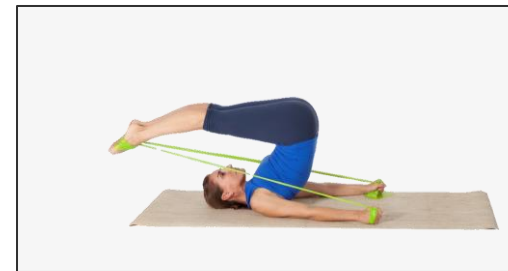
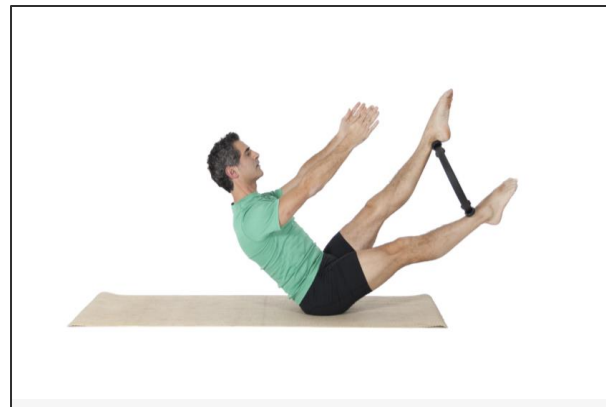


Band



Let's Work the Whole Body!

Whole Body Movement



Whole Body Movement

Plank

Roller



Hands on Roller

Ball



Feet on Ball

Band



Band around upper back

Roller



Feet on Roller

Plank Challenges

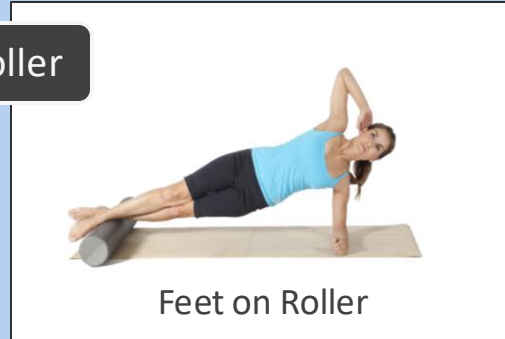
- Plank
- Push Up
- Leg Pull Down
- Knee Stretch



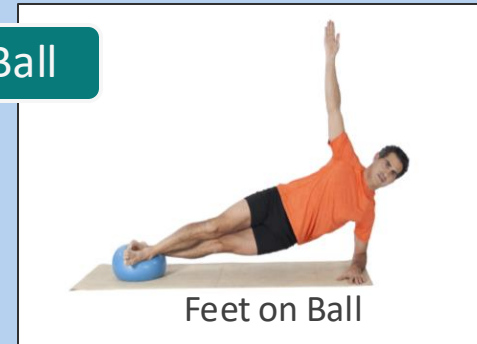
Whole Body Movement

Side Plank

Roller



Ball



Side Plank Challenges

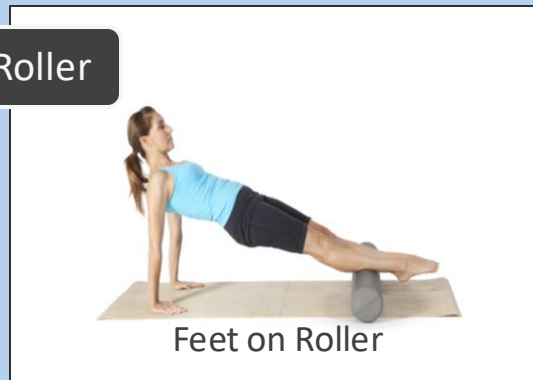
- Side Hover
- Side Bend



Whole Body Movement

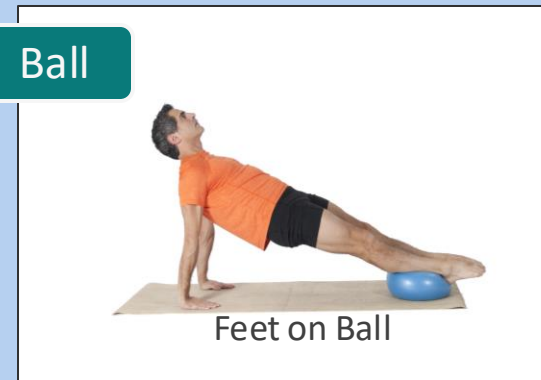
Reverse Plank

Roller



Feet on Roller

Ball



Feet on Ball

Reverse Plank Challenges

- Reverse Plank
- Leg Pull Up
- Tendon Stretch



Whole Body Movement

Roll Over

Ball



Ball between the legs

Ring



Ring between the legs

Band



Band around feet

Corkscrew

Ball



Ball between the feet

Ring



Ring between the legs

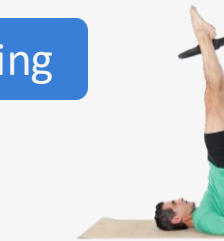
Jackknife

Ball



Ball between the ankles

Ring



Ring between the ankles



Whole Body Movement

Boomerang

Ring



Ring between the legs



Let's Roll and Stretch!

Dynamic Flexibility : MP Video 5



The Importance of Mobility and Restoration

How Pilates can Help



Mobility and Restoration

The Value of Rest and Recovery

CLARA

Whole
Body
Module
5

Physical Restoration

- Rest allows muscles to repair and grow, reducing the risk of injury and overtraining

Mental Rejuvenation

- Recovery reduces stress, enhances focus, and boosts mental clarity

Performance Improvement

- Proper rest improves strength, endurance, and overall physical performance

Injury Prevention

- Recovery time helps avoid burnout, chronic pain, and repetitive stress injuries

Nervous System Reset

- Rest balances the autonomic nervous system, aiding in better sleep, digestion, and overall well-being



Mobility and Restoration

Self Care for Recovery and Restoration

- Rest is key for our body to have the ability to repair itself, eliminate waste, and build strength and resiliency.

- Awareness through breath work, self-massage, and embodied movement can play an active role in self-care and recovery.

- Embodiment work through education and movement exploration builds interoception skills, supports well-being, and can enhance performance.



Mobility and Restoration

The Autonomic Nervous System

The Sympathetic Nervous System

Fight or Flight

Responds to Stimuli from our External Environment

Our Sympathetic Nervous System the “Ready to Go and Do Things” System

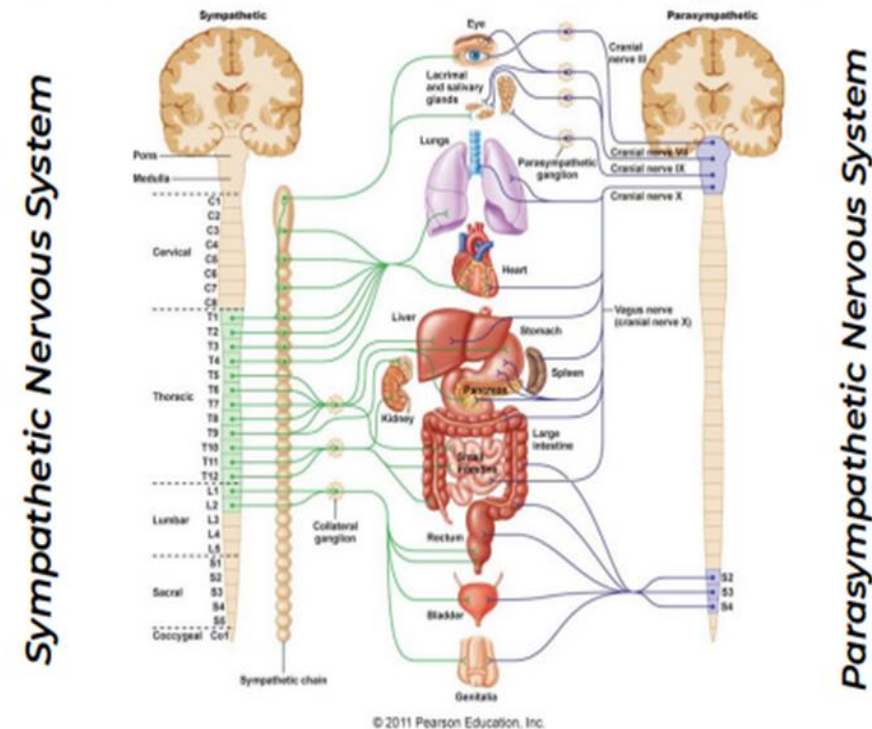
The Parasympathetic Nervous System

Rest and Digest System

Monitors our internal system through interoceptive stimulus

The parasympathetic system regulates the sympathetic system: when stress and trauma are too high sympathetic tone becomes hyperactive

Autonomic Nervous System



Mobility and Restoration

Recovery Tools

Proprioception

- Where you are in space and how fast you are moving.

Stretch Reflex

- Protects the joints from extreme ranges of motion.

Reciprocal Inhibition

- Limitations in range of motion on one side of a joint leads to decreased activation on the opposite side of the joint.



Stretching activates sensors in muscles and tendons that send information about muscle length and tension to the brain and spinal cord.

The nervous system then adjusts muscle tone to either relax or activate the muscles as needed.

The stretch reflex and reciprocal inhibition are key processes that control how muscles work and move. Golgi tendon organs (GTOs), found near where muscles and tendons meet, also play a role in this process.



Mobility and Restoration

Recovery Tools & Stretching Concepts

Mobility

Static Stretching

Dynamic Stretching

Prop/Assisted Stretching

Recovery

Breath Work

Restorative Movement

Myofascial Release

Static Stretching

Holding and Sustaining a Stretch Position

Dynamic Stretching

Actively Moving through a Full Range of Motion

Contract/Relax

Actively contracting a muscle then relaxing it for a deeper stretch

Active/Isolated

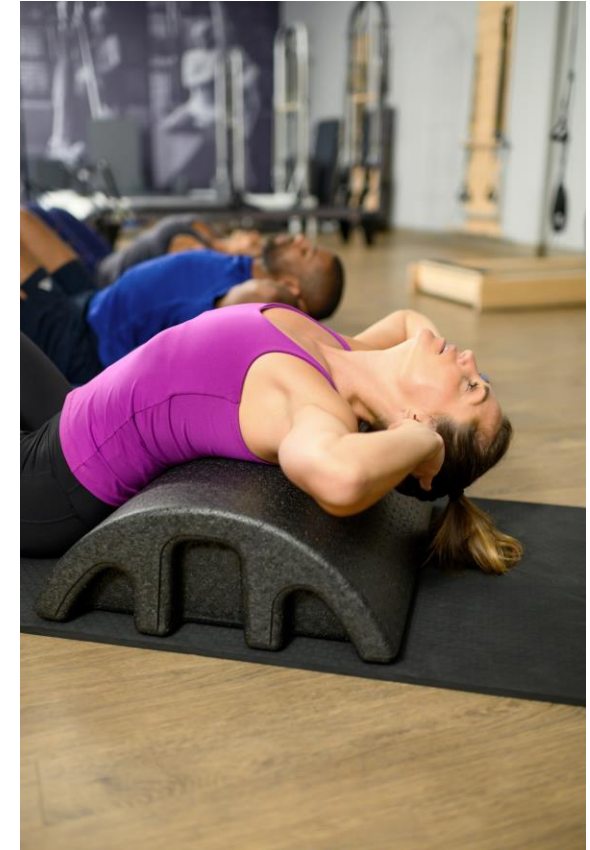
Actively contracting the muscle opposite the one you are intending to stretch



Mobility and Restoration

How Pilates Supports Rest and Recovery

Low-Impact Movement	Pilates provides gentle, controlled exercises that strengthen without overtaxing the body
Improved Flexibility and Mobility	Helps release tension and restore optimal movement patterns
Core Strengthening	Protects the spine and enhances postural alignment, reducing strain during recovery periods.
Mind-Body Connection	: Breathwork and mindful movement calm the nervous system, promoting relaxation and stress relief.
Focus on Joint Health	Encourages safe, full-range motion to maintain joint integrity without overloading.
Adaptability	Exercises can be modified to suit energy levels, injury status, or recovery needs.
Supports Active Recovery	Engages muscles lightly, promoting circulation for faster healing and reduced soreness.



Myofascial Release

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



Myofascial Release

Quadriceps Massage

Roller



Roller under quadriceps

Iliotibial Band Massage

Roller



Roller under iliotibial band

Adductor Massage

Roller



Roller under adductors

Ball



Ball under pelvis



Myofascial Release

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



Myofascial Release

Posterior Shoulder Massage

Ball



Ball under shoulder

Neck Release

Roller



Roller under head and neck

Foot Massage

Ball



Ball under feet

Ball



Ball under head and neck



Dynamic Flexibility

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

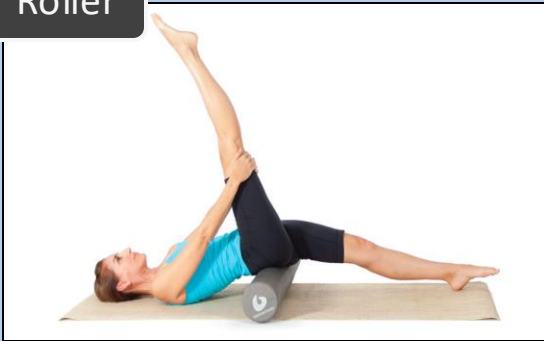
Static Stretching
Stretch held for a
specific period of
time (30-45 secs)
repeat 2 to 4 times



Dynamic Flexibility

Lower Body Stretches

Roller



Roller under pelvis

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

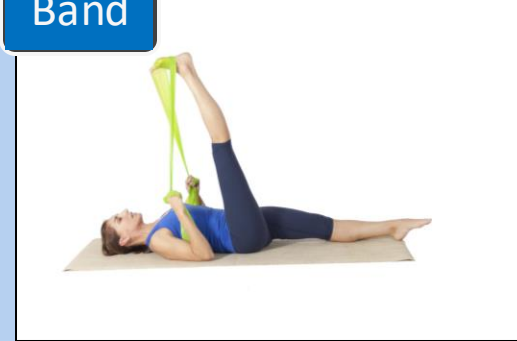
Ring



Ring on one foot

- Hamstring

Band

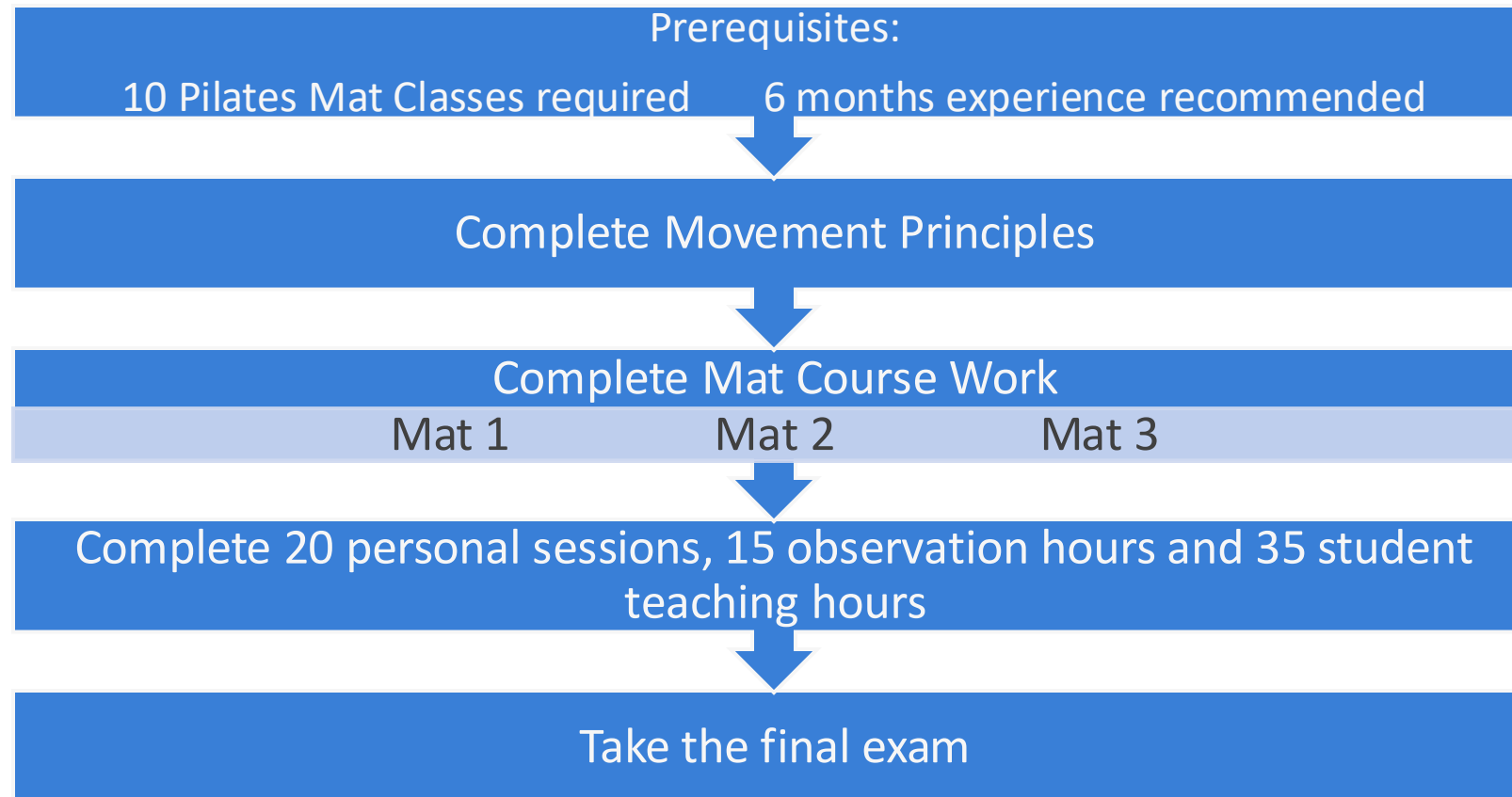


Band on one foot

- Hamstring
- Adductor
- Abductor
- Torso Rotation



Requirements for Completing Mat



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!

