



Balanced Body

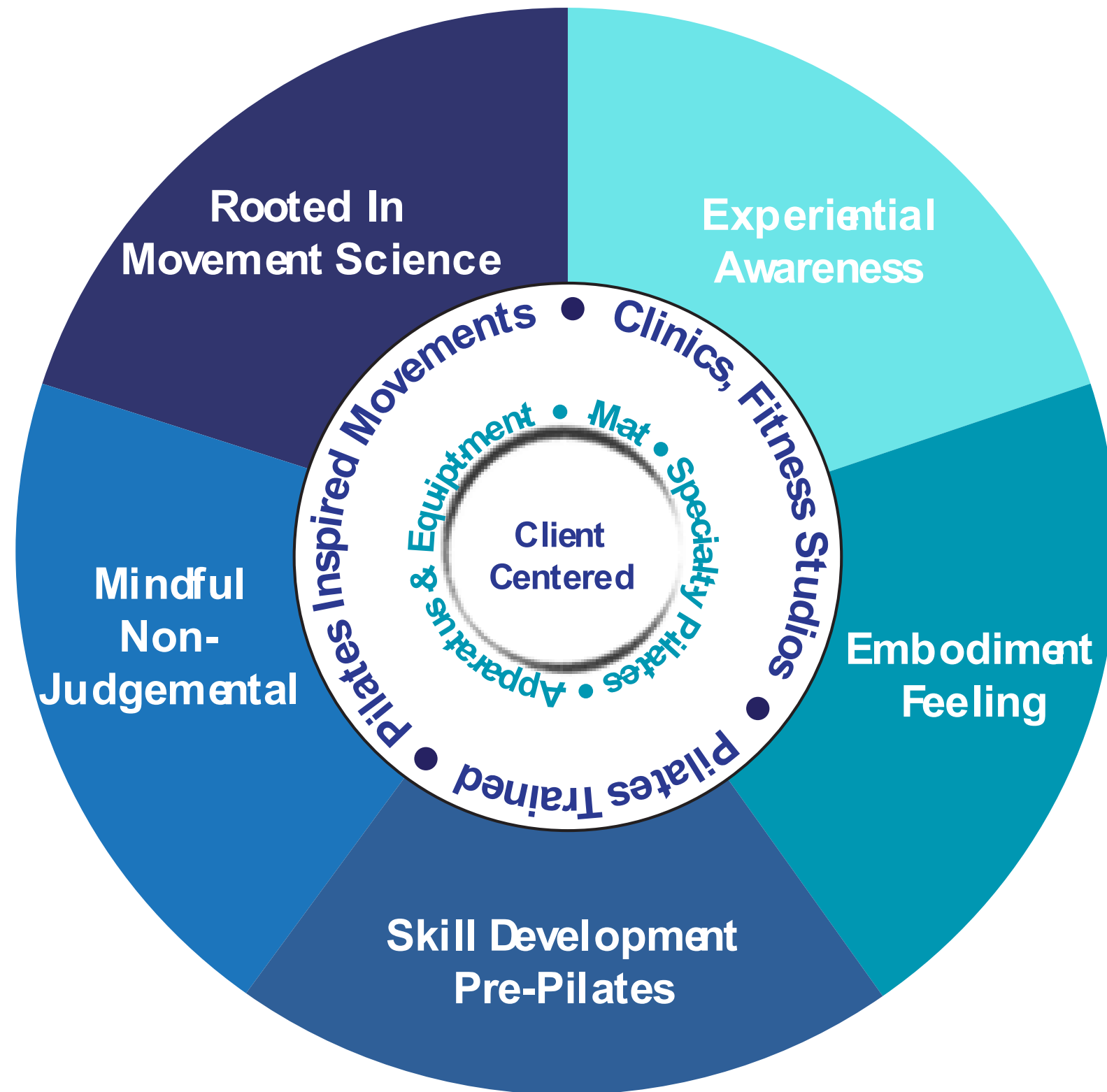
Mat 1

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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 <b>setup</b>, <b>movement sequence</b>, and <b>execution</b> 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 <b>2 - 3 Pre-Pilates Essentials Exercises</b> 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><b>Embody the Mat 1 Exercises and their related Pre-Pilates Essentials Sequences</b> 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 <b>key terms</b> when cuing your classes to familiarize yourself and your clients with key <b>Pre-Pilates Essentials Exercises</b> and <b>Pilates Exercise Names</b>.</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 <b>THEIR</b> 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
<b>Attend</b> and <b>Complete</b> 16-Hour Mat 1 Course
Respectfully <b>Engage</b> in the course by actively participating and collaborating with fellow attendees.
<b>Understand</b> and <b>Practice</b> exercise setup, starting body position, movement sequence, safety protocols, as well as exercise progressions and regressions.
<b>CLARA:</b> Watch <b>Movement Principles Video: Part 3 - Lower Body Strength and Power</b> and take quiz
<b>CLARA:</b> Take module quiz, including Pregnancy and Osteoporosis lecture questions. Completion is required to receive your course certificate.

Recommended Practice and Teaching Expectations prior to Mat 2 or Reformer 2		
Minimum of 7-hours of <b>personal practice</b>	Minimum of 5-hours of <b>observation hours</b>	Minimum of 12-hours of <b>teaching hours</b>
<ul style="list-style-type: none"> <li>• <i><u>Personal Practice</u> consists of you practicing on your own or in group class or private training session.</i></li> <li>• <i>Up to 50% of your <u>observation hours</u> may be taken on-line, with a preference of a Balanced Body Teacher.</i></li> <li>• <i><u>Teaching Hours</u> may be through teaching friends or family or may be a paid position through a studio or gym.</i></li> </ul>		
<p><b>Lesson Planning</b> – 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
<b>Complete</b> all course material as outlined in the <b>Hour by Hour</b> within the time frame of the course.
<b>Provide</b> students with learning and integration opportunities including breakouts and <b>teach backs</b> throughout the course.
<b>Lead</b> the class through a verbal and practical <b>experience</b> of basic anatomy and biomechanics.
<b>Teach</b> movement sequences, <b>safety protocols</b> , setup, progressions and regressions, precautions, and contraindications for all exercises.
<b>Assess</b> and provide <b>feedback</b> on student participation, teaching, exercise application, movement skills, and practice as it relates to breakouts and teach-backs.

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



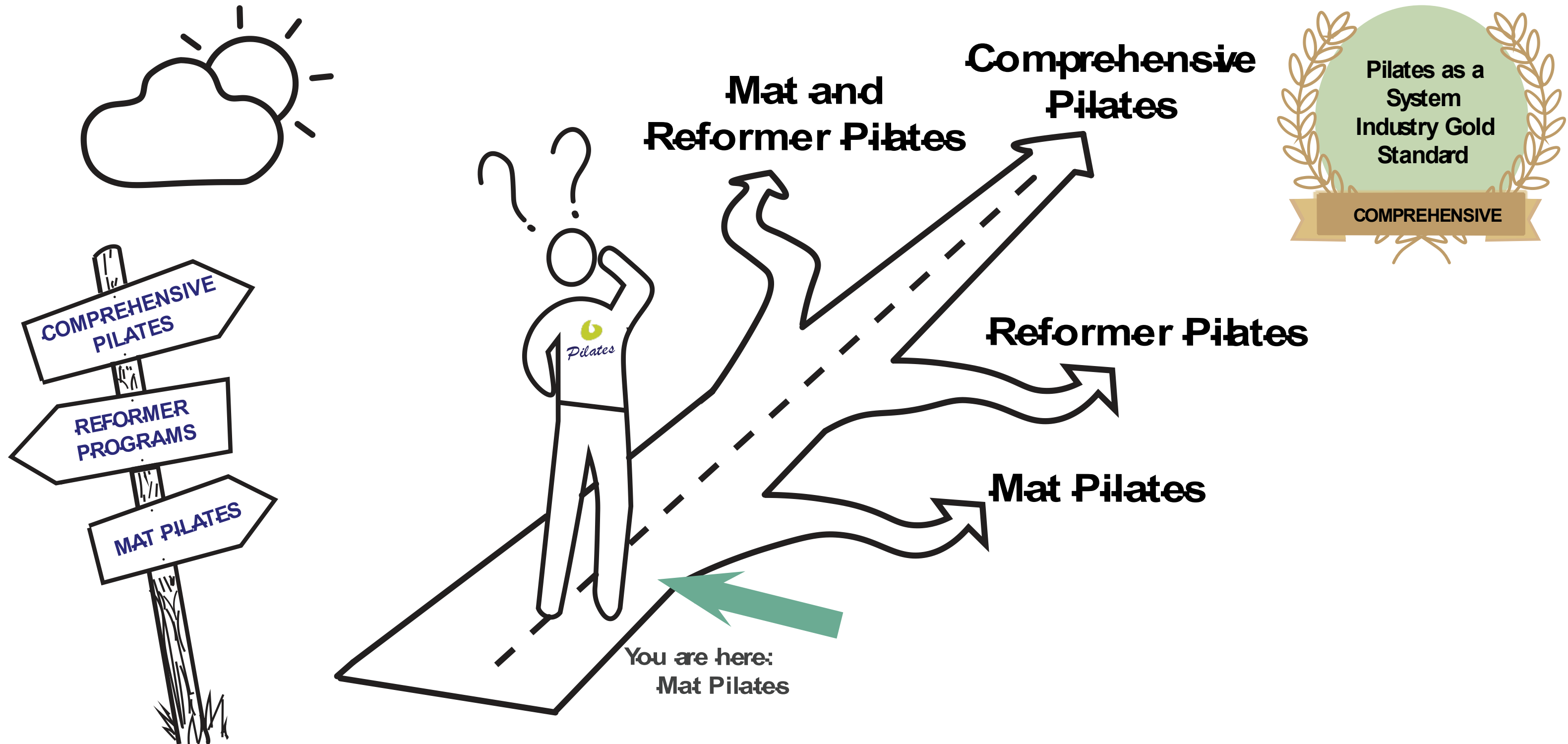
# Balanced Body Pilates

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## Teacher Training Program



# Balanced Body Instructor Path



# Balanced Body Pilates Instructor Training Program Organization

Pilates Course Work			
<p><b>Movement Principles and the Pilates Essentials</b></p> <p>*includes video and in class practical</p> <p>Movement Principles is intended to be your <b>first course</b>. Only an educator can give you permission to begin with either Mat 1 or Reformer 1 before Movement Principles.</p>	<p><b>Mat Courses</b></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><b>Reformer Courses</b></p> <p><u>Reformer 1</u> – Introduction to Reformer  <u>Reformer 2</u> – Deepening Reformer Skills  <u>Reformer 3</u> – Advanced Reformer</p>	<p><b>Apparatus Courses</b></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

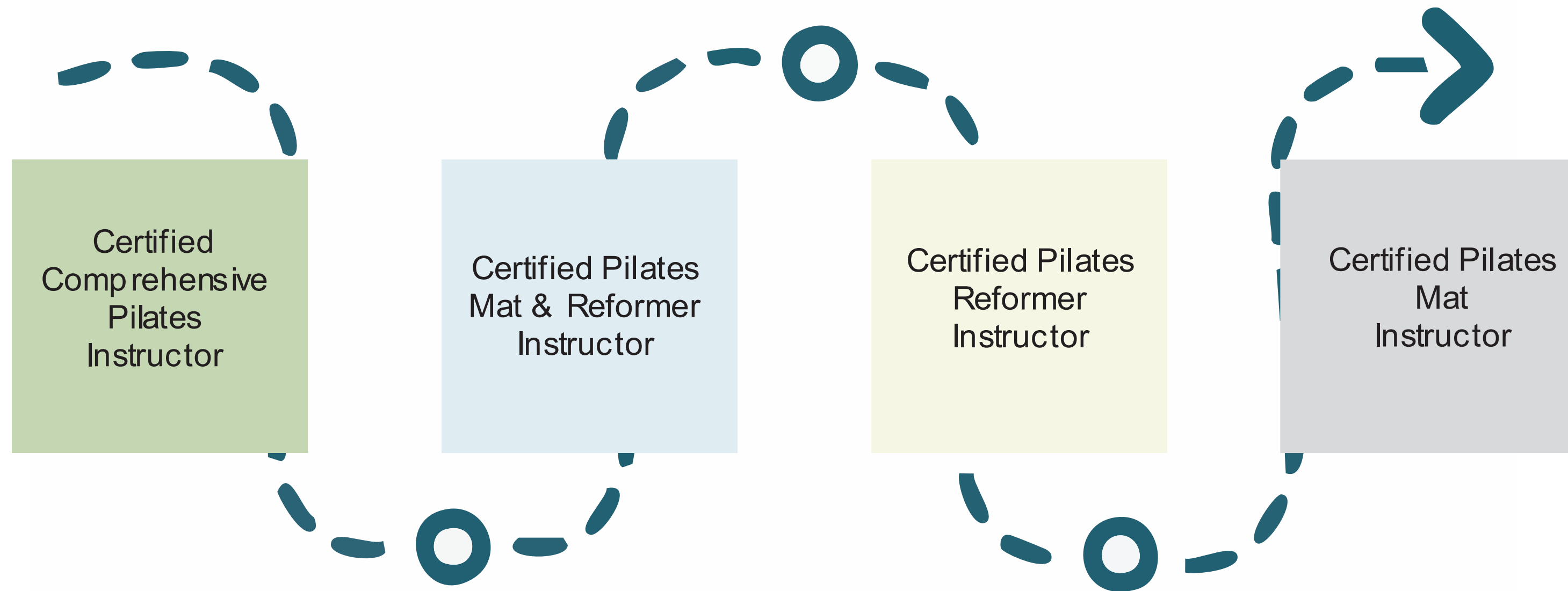
## Total Hours: 134

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

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## Your New Student Resource





### Groups



AI3D Educators



Educator Training Su...



MOTR Educators



Pilates Educators

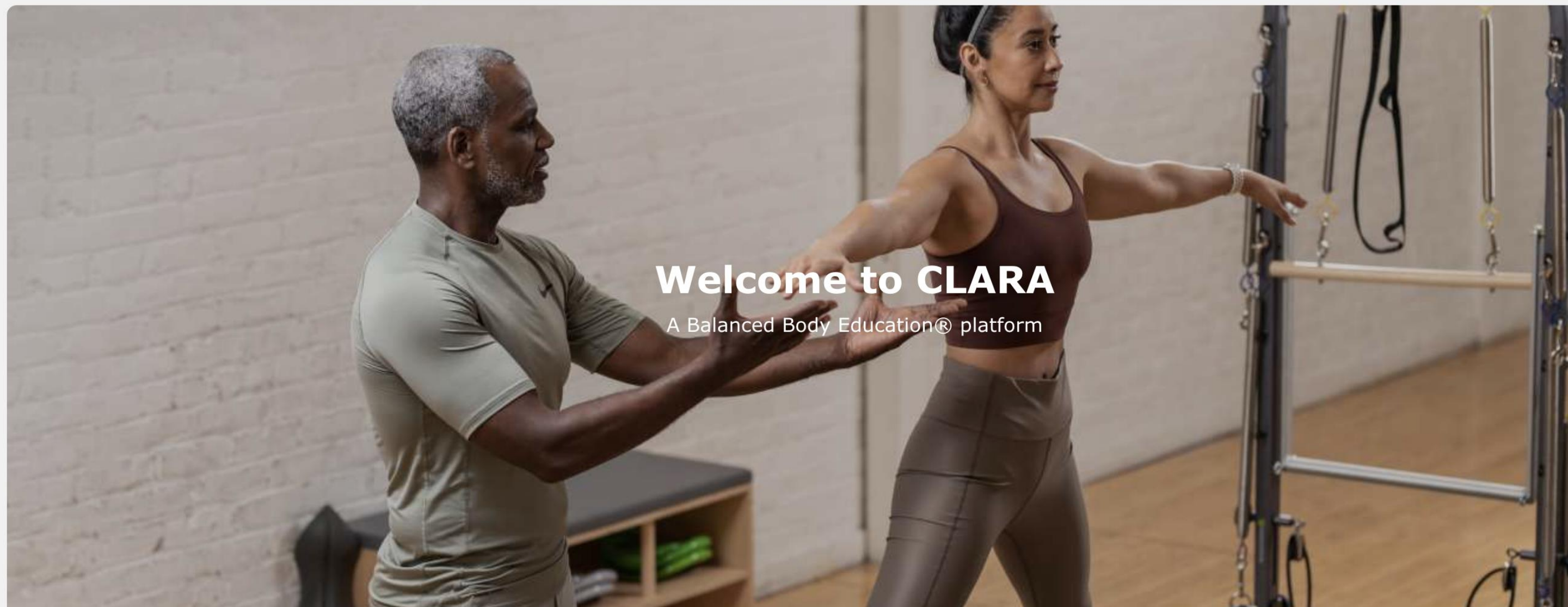


CoreAlign Educators

### 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.



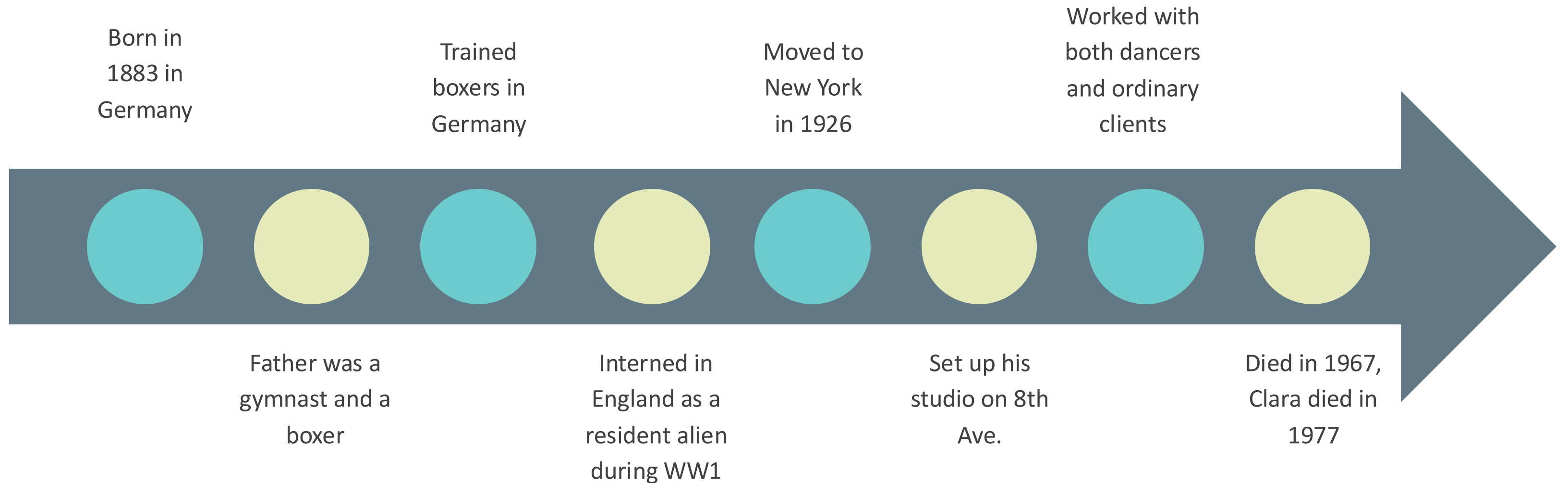
# Pilates: The Art and Science of Contrology

“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.”

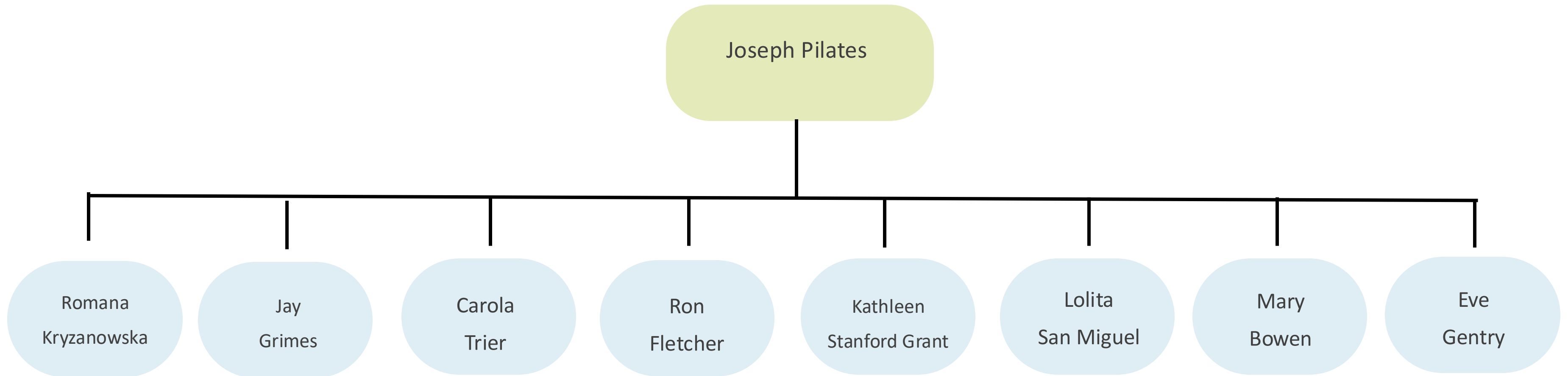
– Joseph H. Pilates



# 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

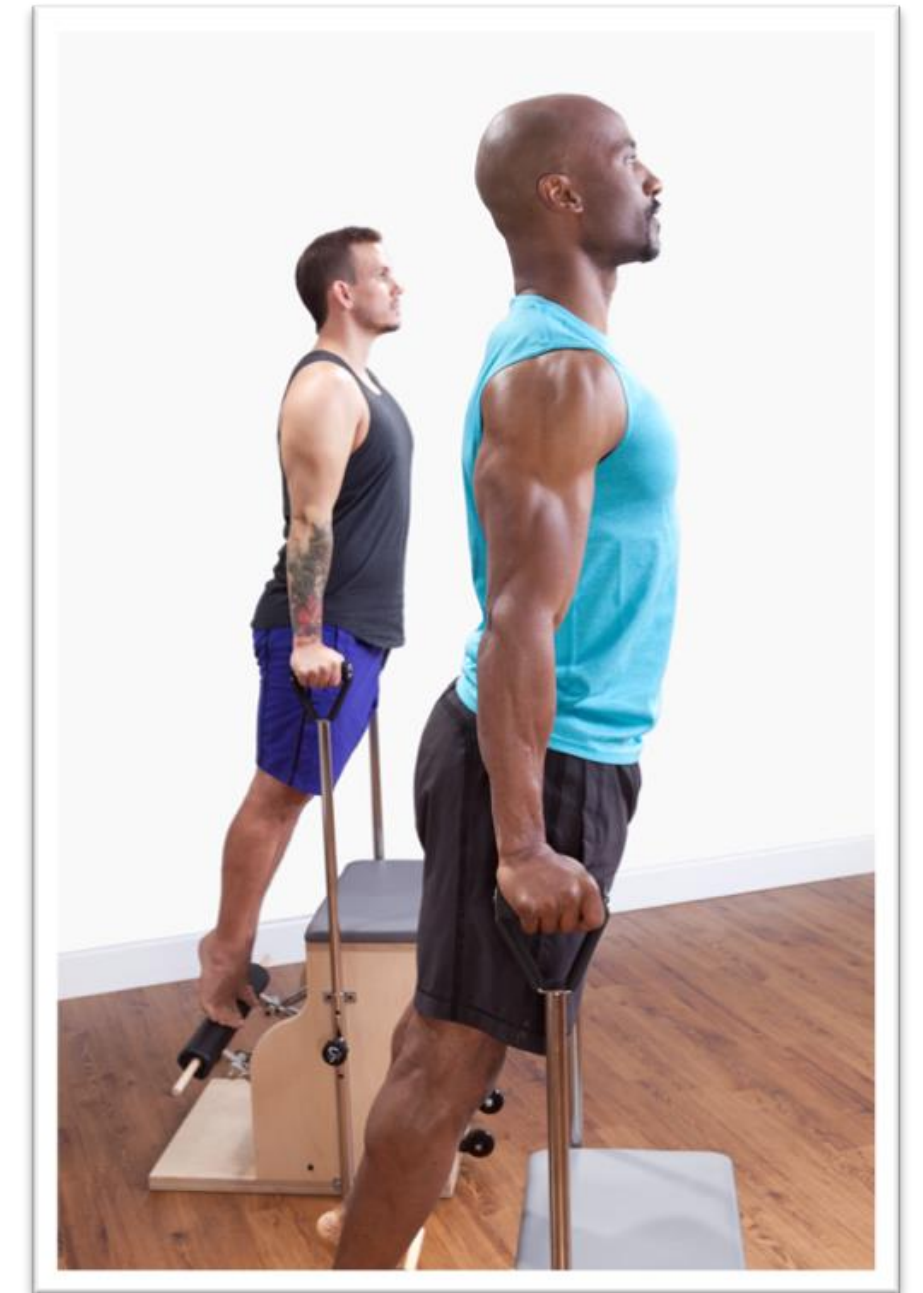
Precision

Balanced Muscle Development

Rhythm/Flow

Whole Body Movement

Relaxation



# Balanced Body Mat 1

## Setting the Intention

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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



# Balanced Body Mat 1

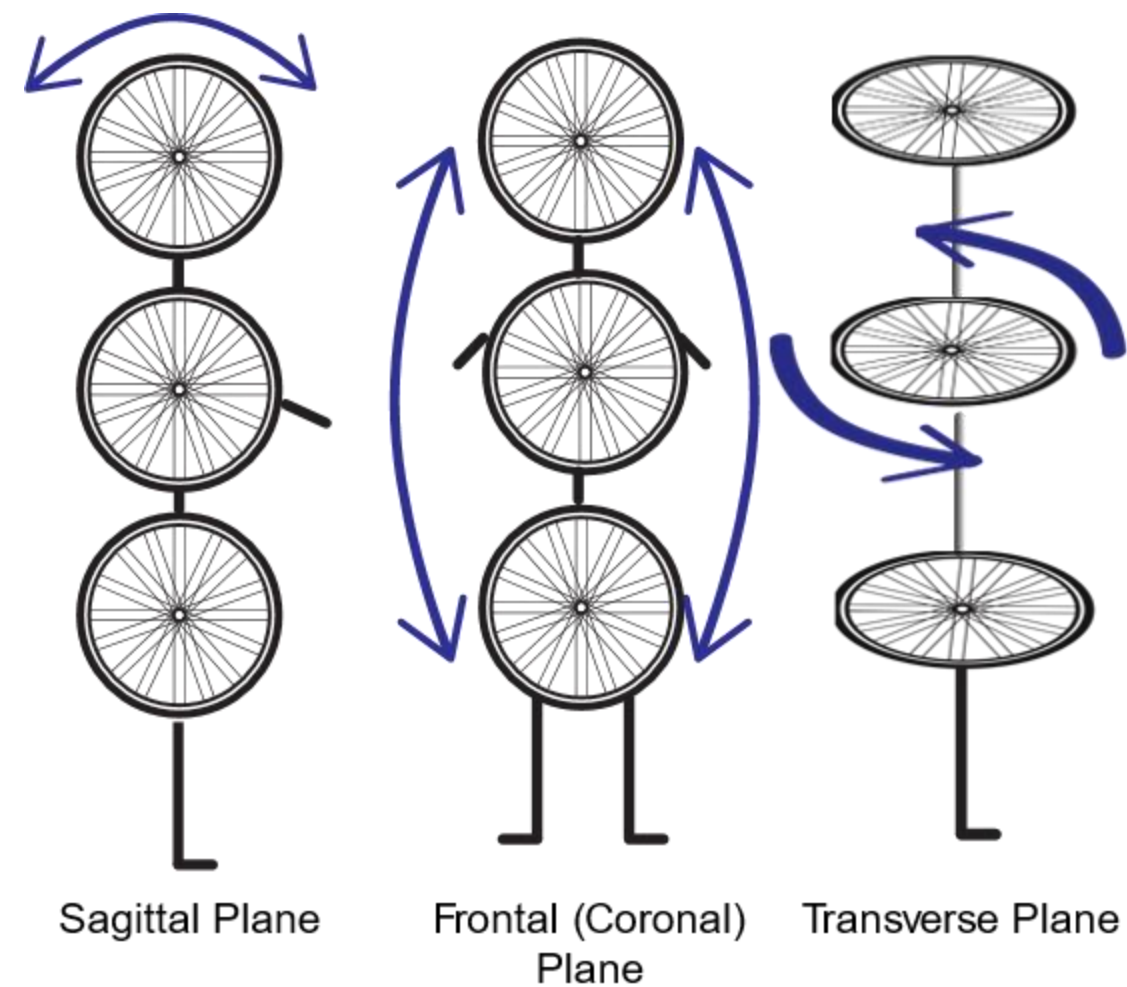
## Seated Mobility

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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.

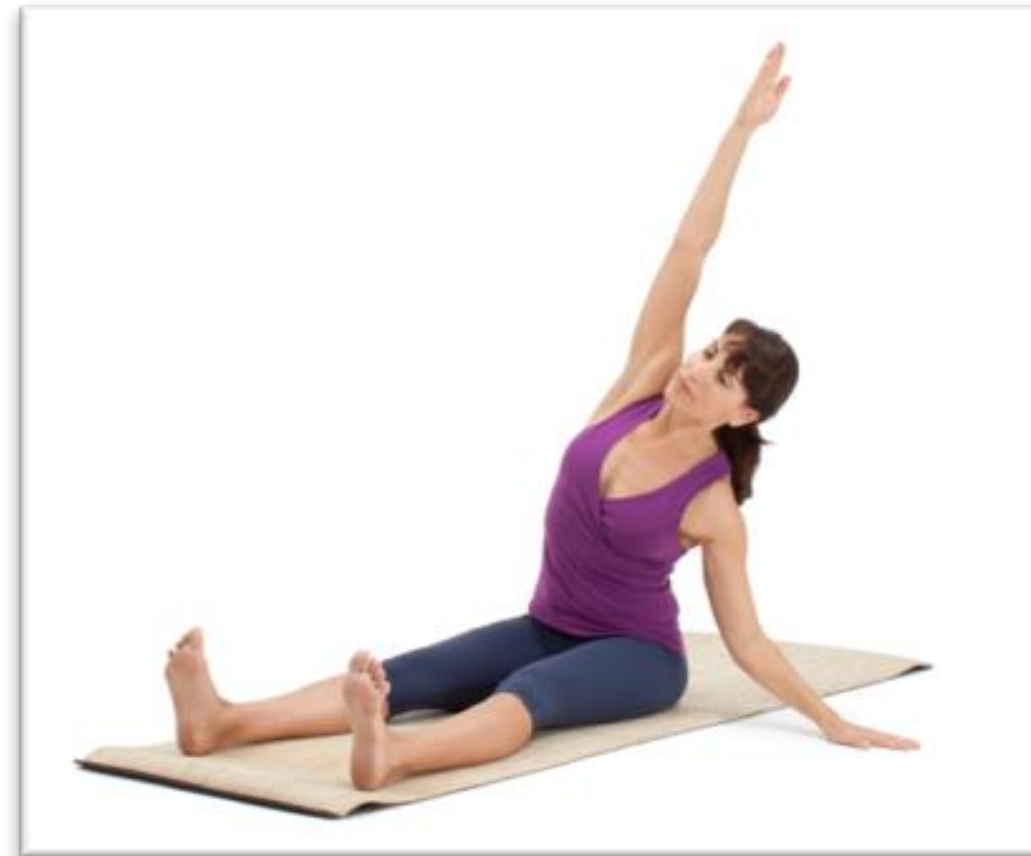


# Spine Stretch Forward, Spine Stretch Side, Saw

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

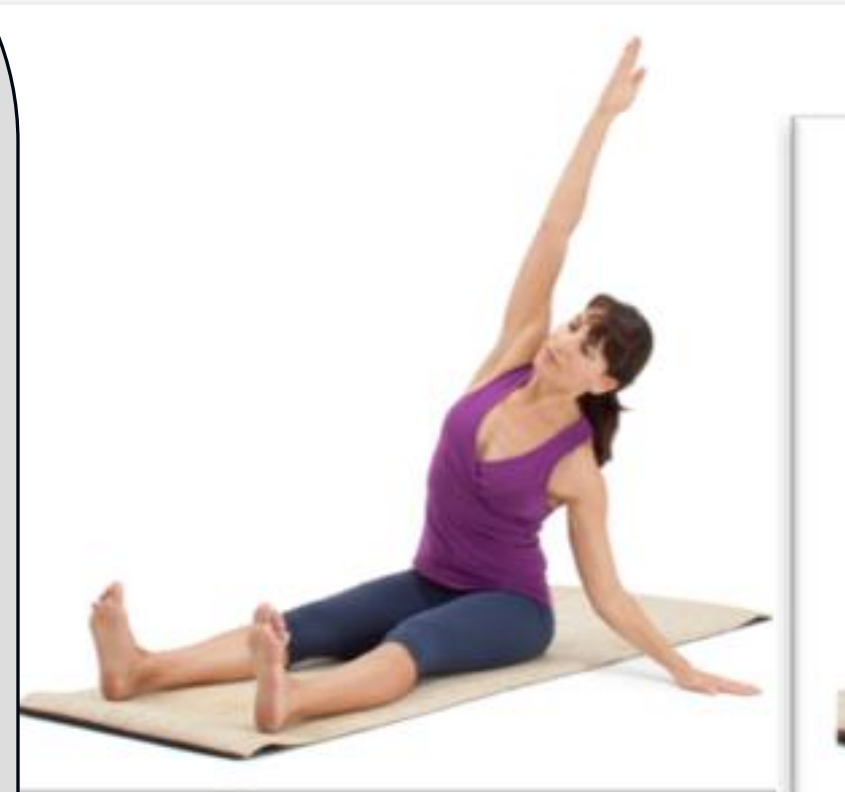
Scapular Mobility

## Related Mat Exercises

Roll Up

Open Leg Rocker

Roll Over



# Balanced Body Mat 1

## Dynamic Control

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



# Dynamic Control: Leg Circles, Single Leg Stretch, Double Leg Stretch, & Single Straight Leg Stretch

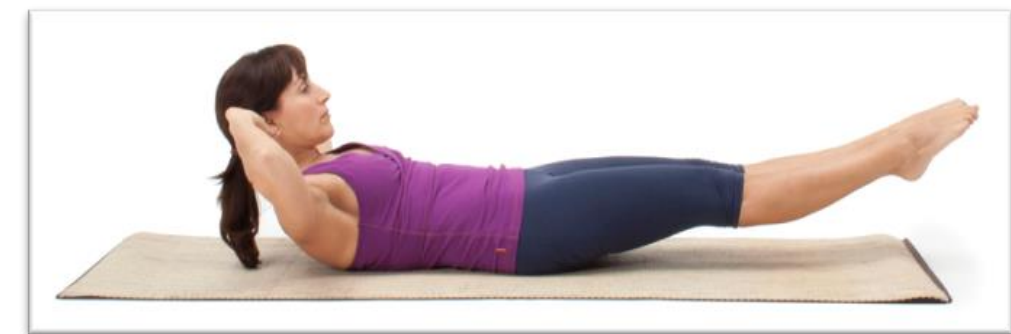
Leg Circles



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



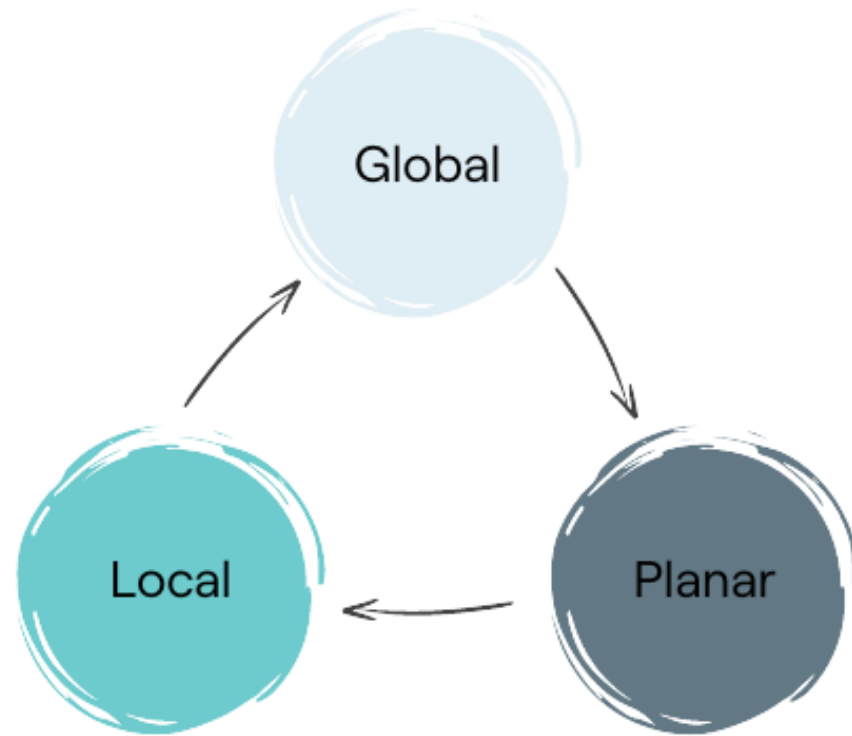


# Observing Movement Patterns Mat 1



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.

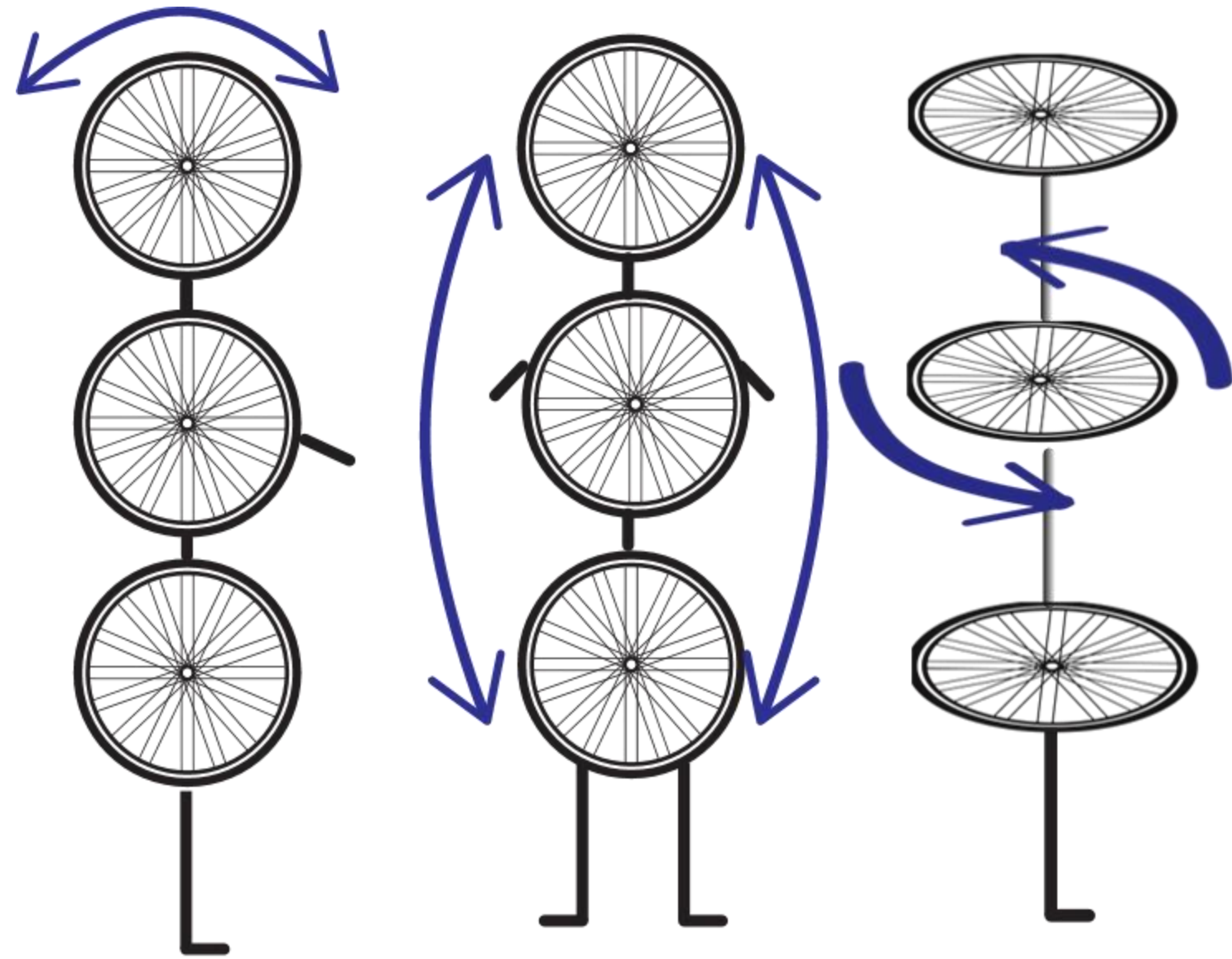


## Local Movement Pattern

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



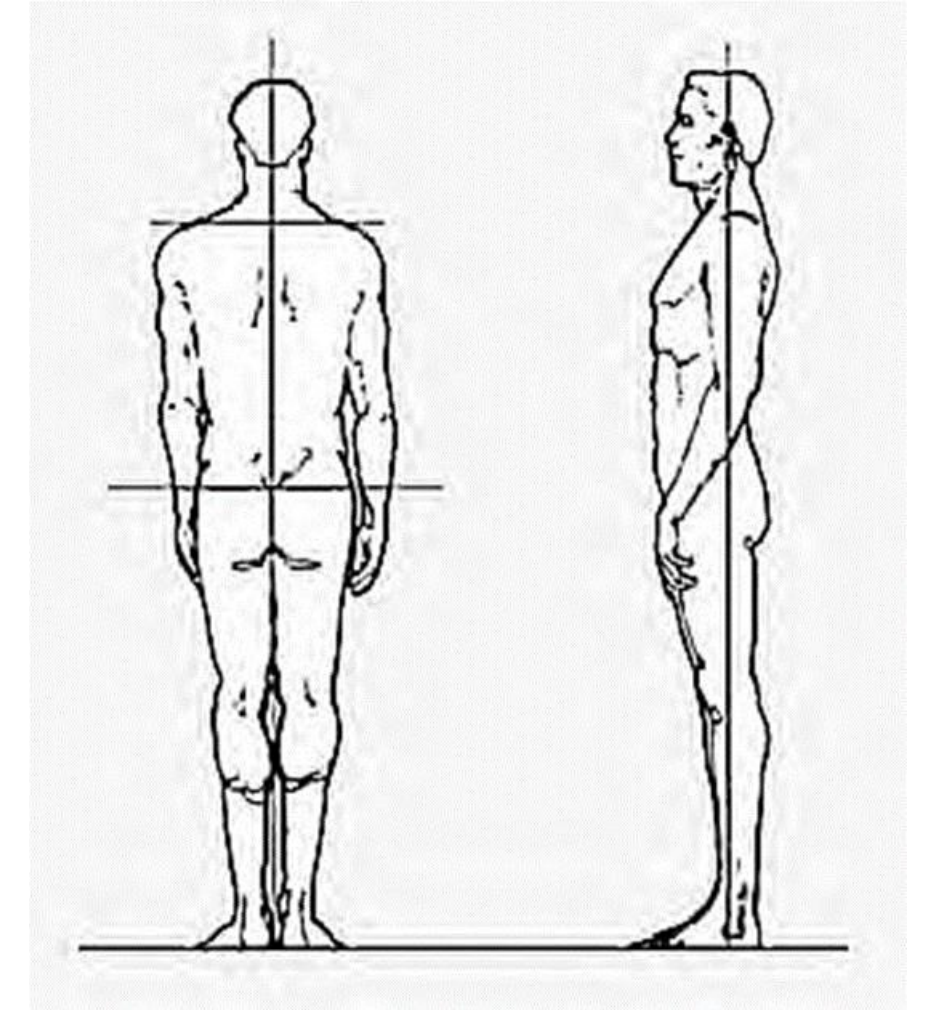
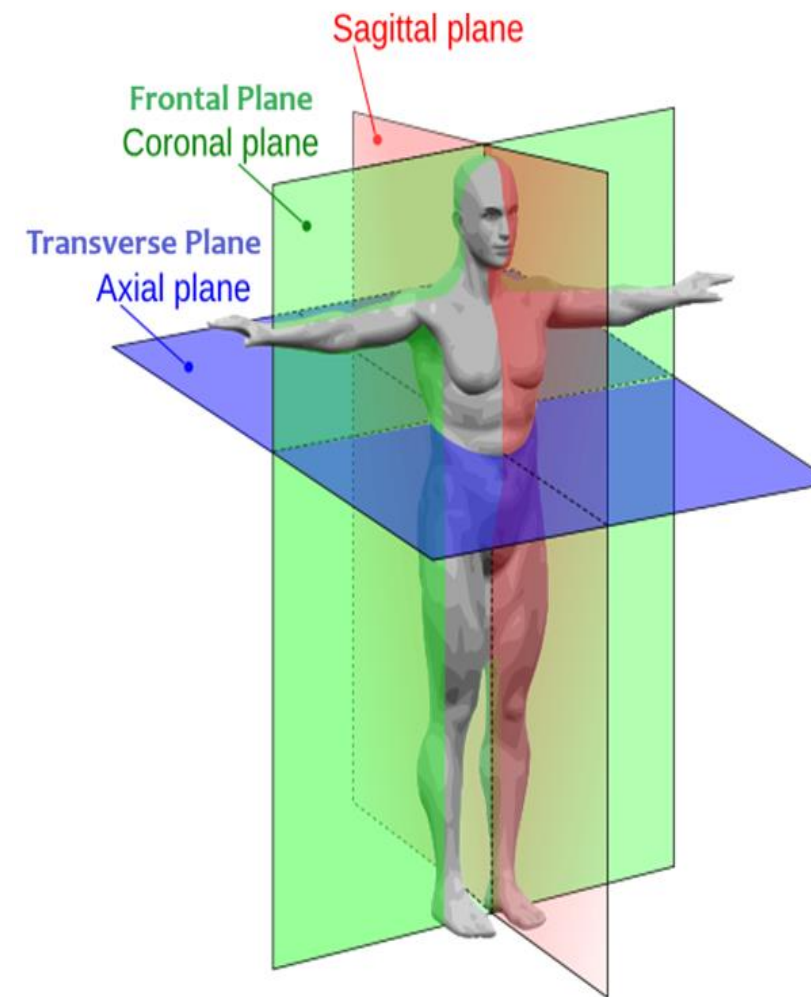
# Aligning Practice Observing Movement Patterns



Sagittal Plane

Frontal (Coronal)  
Plane

Transverse Plane



# 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

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Balanced Body Education



# Cueing Protocol Template: Essential Cues

## EXERCISE CUEING

Be Straightforward, Simple, & Consistent

Exercise  
Name

Equipment  
Set Up

Body  
Position

Movement  
Sequence

Number of  
Reps

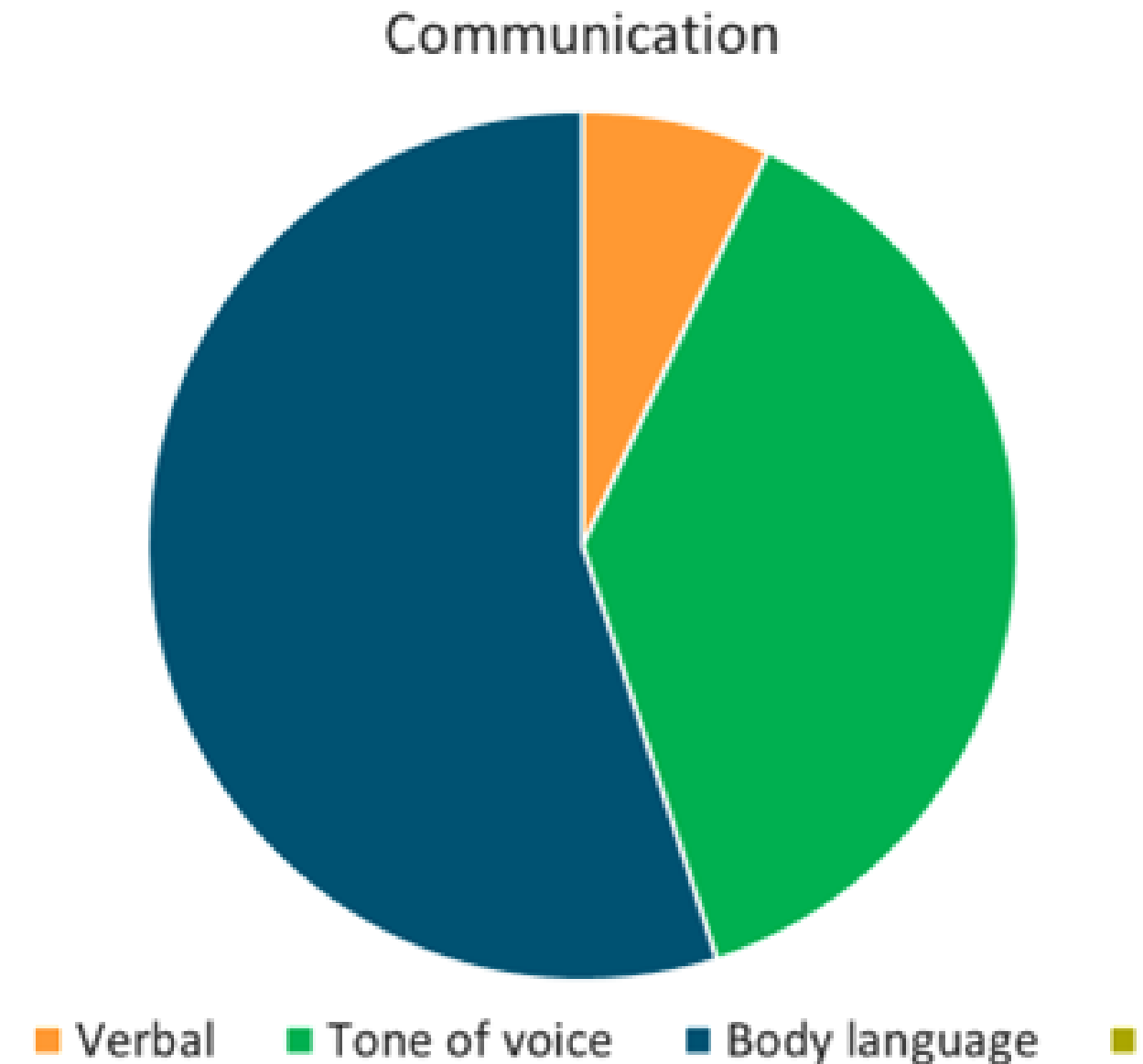


# Verbal and Non-Verbal Cues

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

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- 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

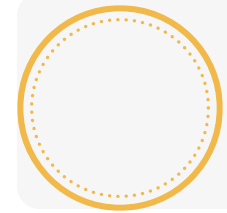
DISTANCE  
Proximal  
Distal

DIRECTION  
Towards  
Away

DESCRIPTION  
Action Verb  
Analogy

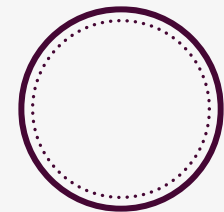


# Cueing & Coaching



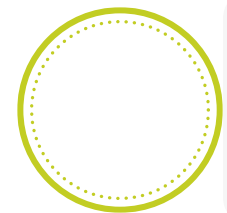
Provide Clear Direction -

- 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?

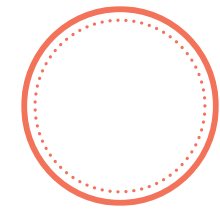


# Layering Cues



## 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

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

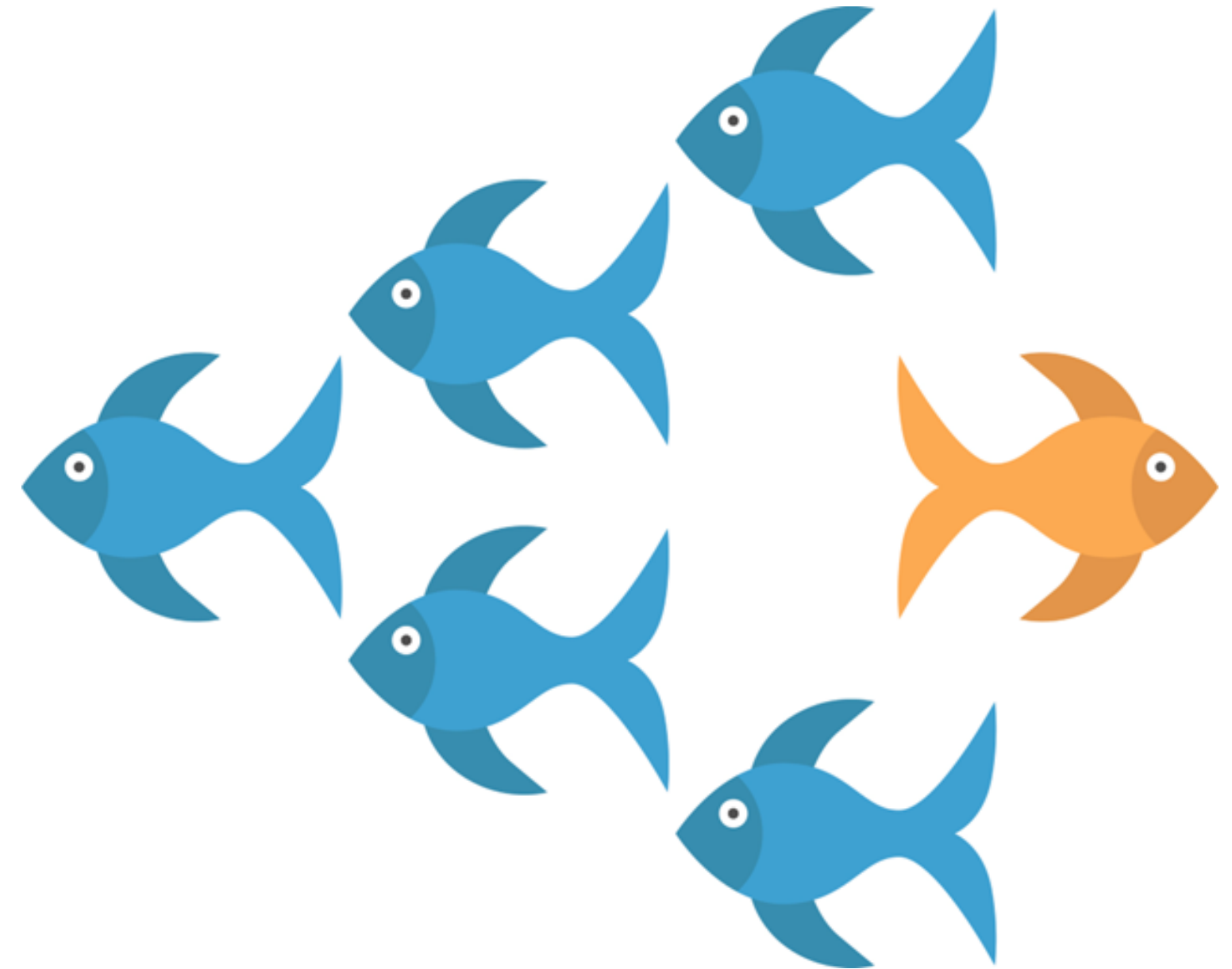
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Incorporating changes to your tone of voice and your body language will also create depth and greater understanding to what is being said.

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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. 😊

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# Touch & Tactile Cueing

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

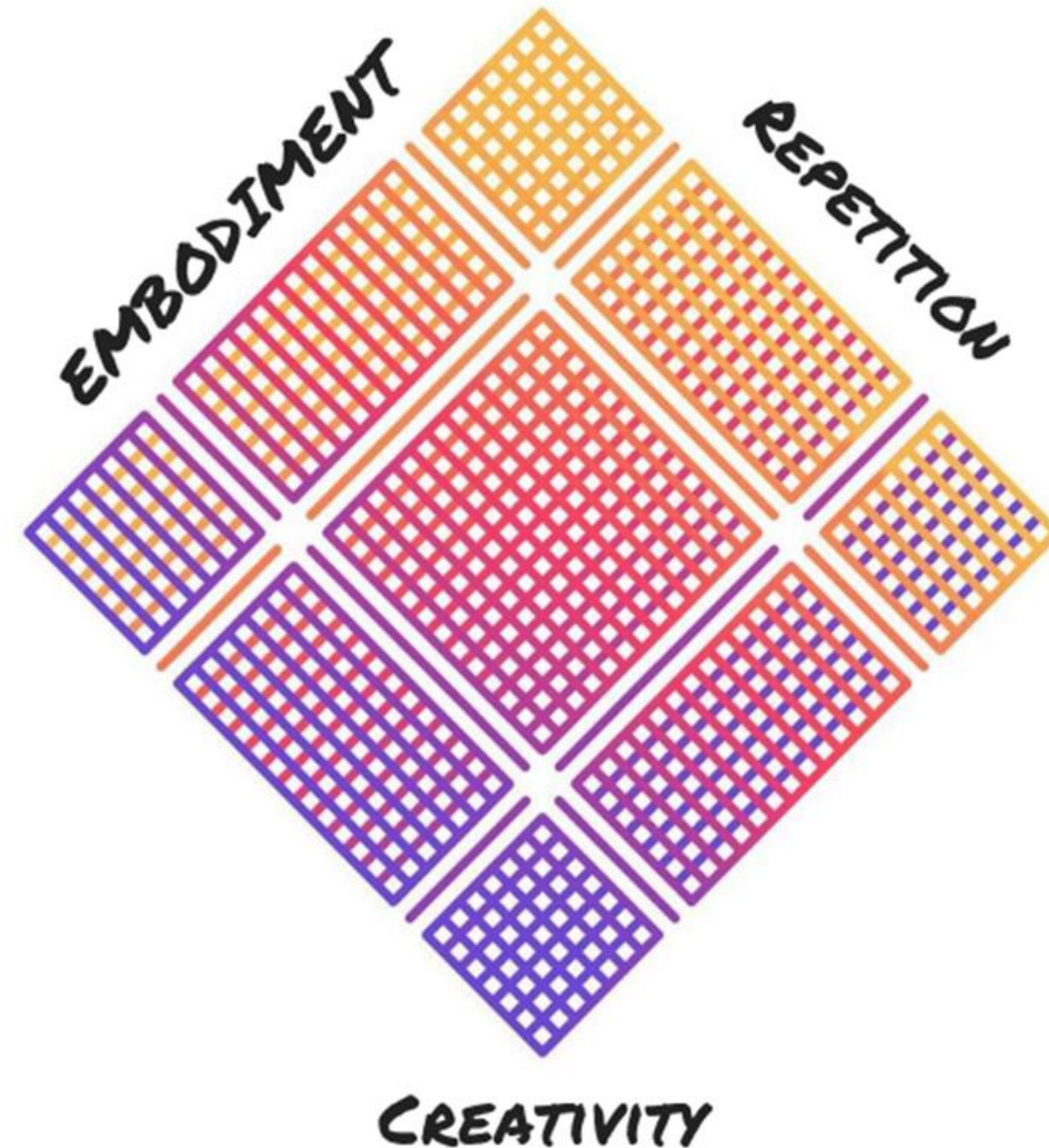
Asking for consent before using tactile cues is essential to respect clients' preferences and comfort levels.

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



# Balanced Body Mat 1

## Finding your best extension

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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



# Balanced Body Mat 1

## Lateral Integration

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### 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



# Balanced Body Mat 1

## Rolling to Plank

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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

Axial Elongation

Wheel Integration  
Spinal Flexion

Femur Folds

Rib Cage Arms

Cats

## Related Mat Exercises

Spine Stretch Forward

Roll Up

Rolling Like a Ball

Seal



- 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

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Thank you for trusting us  
with your Pilates education!

