

Pilates Springboard Meets BOSU

Presented by

NICO GONZALEZ

NCPT, ACE-PT

Balanced Body Principal Educator

Founder of Pocket Pilates

Founder of Vital Lab

Founder of Fitness Physiques



HANDOUT

Pilates Springboard Meets BOSU



vitalonlinewellness.com

NEUROMOTOR TRAINING

Definition of Neuromotor Training

- The ability of the nervous system to communicate with the musculoskeletal and fascial systems.

Benefits of Neuromotor Training

- Improves our ability to process proprioceptive feedback with the somatosensory, The somatosensory system is also known as the somatic senses, touch or tactile perception. Anatomically speaking, the somatosensory system is a network of neurons that help humans recognize objects, discriminate textures, generate sensory-motor feedback and exchange social cues.
- Improves our ability to process proprioceptive feedback with the visual system.
- Improves our ability to process proprioceptive feedback with the vestibular system. The vestibular system is a sensory system that creates the sense of balance and spatial orientation for the purpose of coordinating movement with balance.

Goals of Neuromotor Training

- To enhance movement quality
- Enhance fitness
- Improve movement skills

Strategies for Neuromotor Training

- Balance
- Range
- Tempo

Pilates Springboard Meets BOSU



vitalonlinewellness.com

Strategy #1 - BALANCE

The ability to maintain equilibrium and body control when stationary or moving, whether or not the center of gravity is over the base of support.

- More stable / less stable foundation
- Connect / disconnect from base of support
- Increase / decrease visual and vestibular tasks

Pilates Springboard Meets BOSU



vitalonlinewellness.com

Strategy #2 - RANGE

- Scale or scope of movement (range of motion)
- Quantity or amount of movement
- Move lower and upper body segments in opposite directions to load eccentric tensile forces into the fascia or fascial lines

Pilates Springboard Meets BOSU



vitalonlinewellness.com

Strategy #3 – TEMPO

- Rhythm patterns / Cadence
- Timing (acceleration / deceleration at precise moments in the skill)

Pilates Springboard Meets BOSU

Seated BOSU Rollbacks

BEGINNER

Equipment: Tower, BOSU

Springs: 2 Short or 2 Long Yellows chest height

- Flat back hinge back/forth
- Flat back hinge back / roll forward
- Rollback into extension / roll up
- Rollback into extension / arch up



Pilates Springboard Meets BOSU

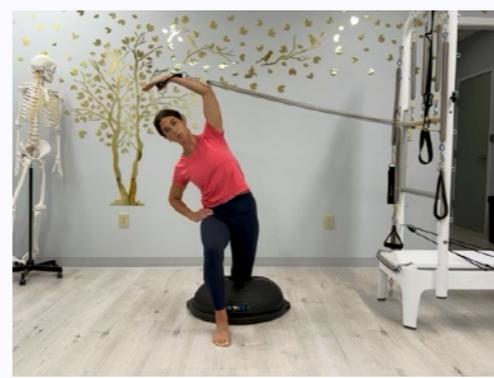
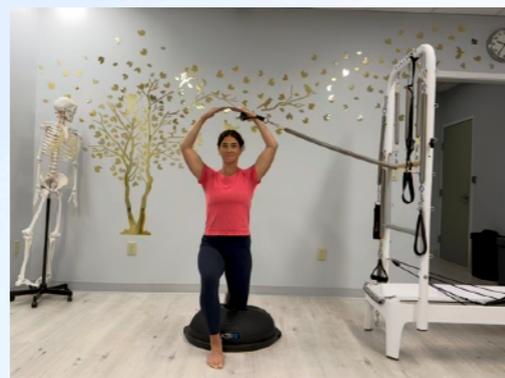
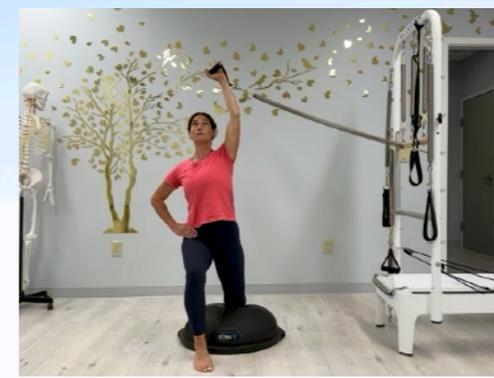
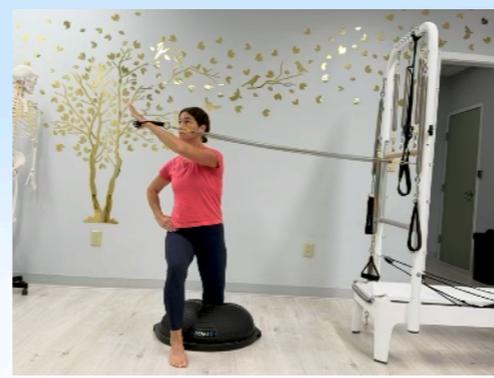
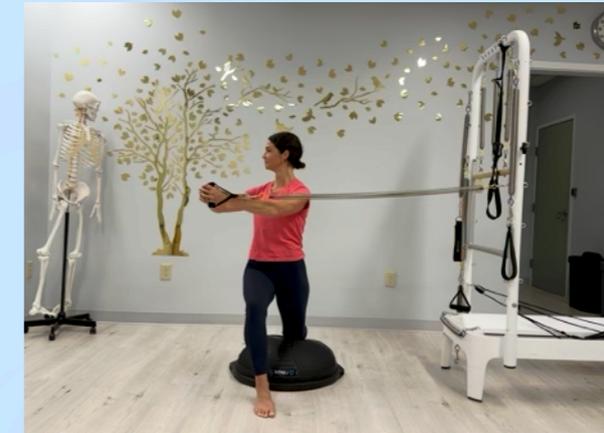
Kneeling on BOSU facing side

INTERMEDIATE

Equipment: Tower, BOSU

Springs: 1 Long Yellow chest height

- Proposal legs: Pull across with both arms
- Proposal legs: Scoop and wave
- Proposal legs: High 5th & side bend
- Proposal legs into split lunge: static arms



Pilates Springboard Meets BOSU

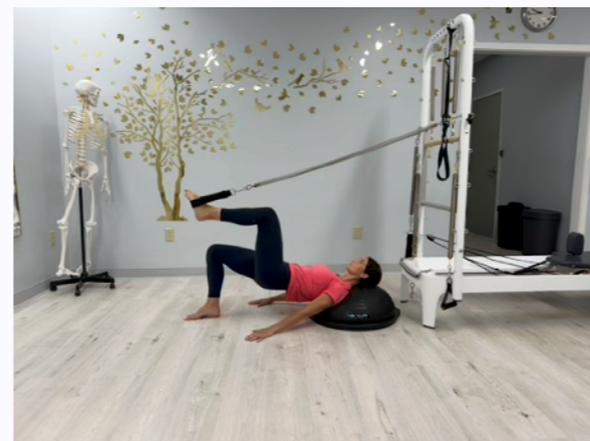
Reclined on BOSU Single Leg Work

BEGINNER to INTERMEDIATE

Equipment: Tower, BOSU

Springs: 1 Long Purple

- Single leg lower/lift
- Rhythmic bridge: leg lower/lift
- Static bridge: leg circles
- Static bridge: bicycles



Pilates Springboard Meets BOSU

Supine Single Leg Work with one foot on BOSU

BEGINNER to INTERMEDIATE

Equipment: Tower, BOSU

Springs: 1 Long Purple

- Single leg lower/lift
- Rhythmic bridge: leg lower/lift
- Static bridge: leg circles
- Static bridge: bicycles



Pilates Springboard Meets BOSU

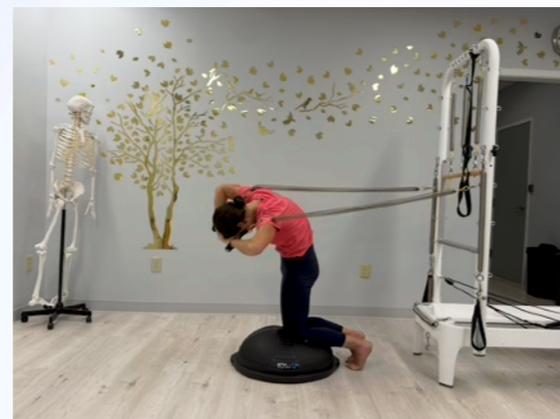
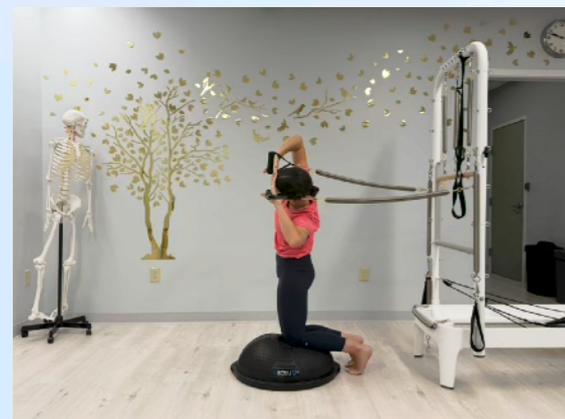
Proposal into high kneeling on BOSU Arms facing away from Tower

INTERMEDIATE

Equipment: Tower, BOSU

Springs: 2 Short or 2 Long Yellow in high position

- Lean forward / back in neutral
- Flex forward / neutral back
- Lean forward / flex to return
- Side bend into flex forward



Pilates Springboard Meets BOSU

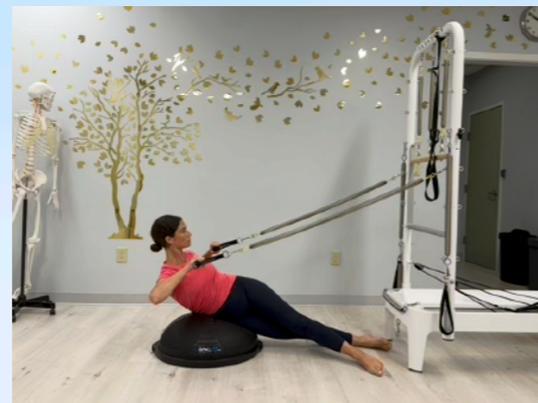
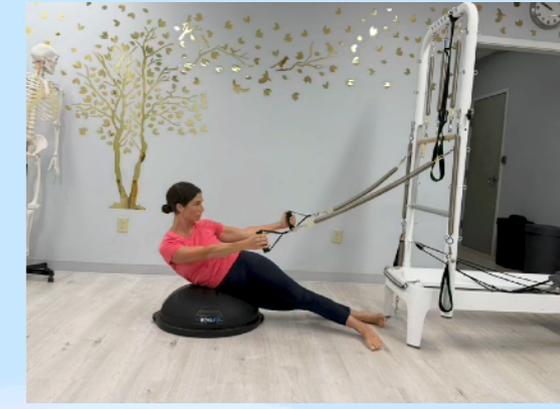
Side Lying Side Bend on BOSU

INTERMEDIATE

Equipment: Tower, BOSU

Springs: 2 Short or 2 Long Springs

- Side oblique lift
- Small and quick side oblique lift
- Oblique twist
- Oblique twist with double arm high row
- No tower: side body balance
- No tower: forearm side plank side leg series



Pilates Springboard Meets BOSU

Forearm Side Plank on BOSU with arms

INTERMEDIATE

Equipment: Tower, BOSU

Springs: 1 Long Yellow

- Hip lifts
- Static hip lift with biceps
- Rhythmic hip lift with overhead press



Pilates Springboard Meets BOSU

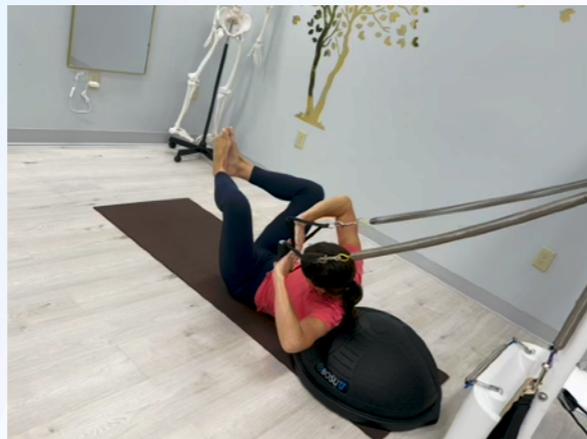
Reclined on BOSU Supine Arms & Abs

BEGINNER

Equipment: Tower, BOSU

Springs: 2 Long Yellow

- Arms pulls + ab curls
- Arm pulls, single knee lift + oblique curls
- Diamond legs, around the world in both directions



Pilates Springboard Meets BOSU

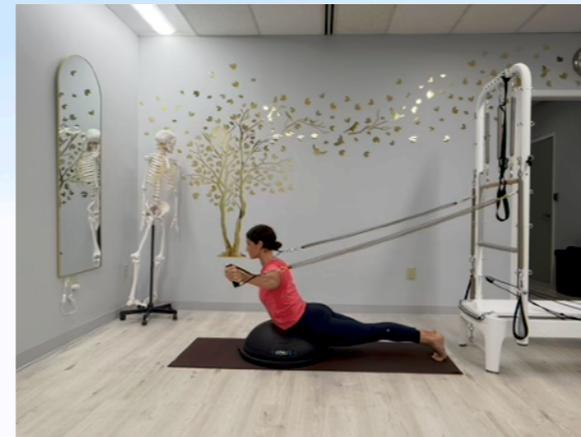
Prone Over BOSU with Strong Arms

INTERMEDIATE

Equipment: Tower, BOSU

Springs: 2 Long Yellow

- Kneeling on floor, prone over BOSU:
Breaststroke arms
-



Pilates Springboard Meets BOSU

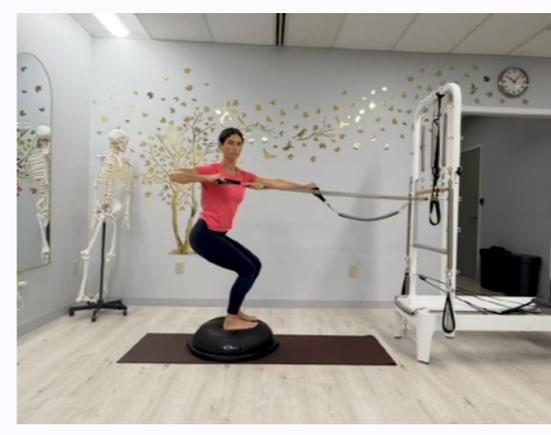
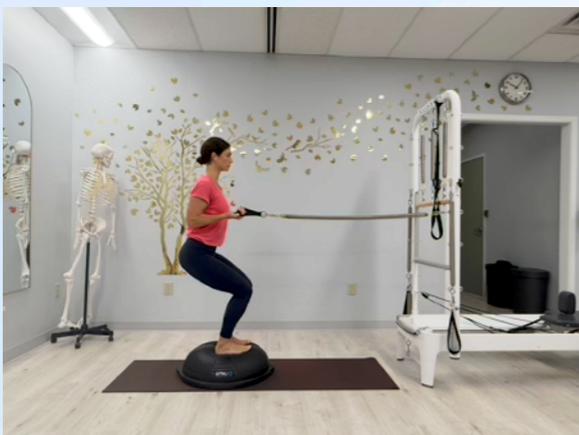
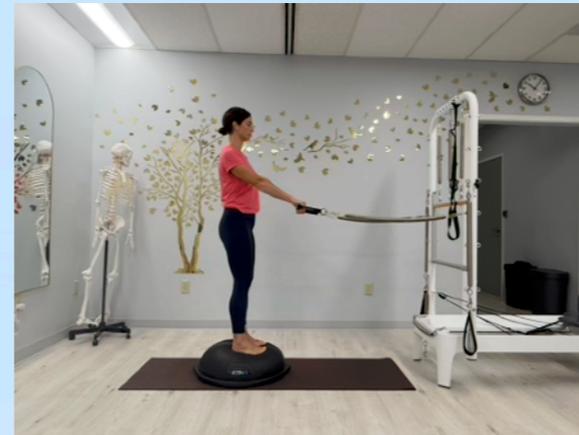
Standing on BOSU facing Tower

INTERMEDIATE

Equipment: Tower, BOSU

Springs: 2 Long Yellow

- Biceps into Squat Biceps
- High Rows into Squat High Rows
- High Row Squat Twist
- Low Row into Squat Low Rows
- Low Row Squat Twist



Pilates Springboard Meets BOSU



vitalonlinewellness.com

SCAN QR Code to receive:

- FREE 25min video playlist of Magic Ring on the Reformer
- Deep discount to Pocket Pilates app
- Updates on upcoming events with me



NICO GONZALEZ

info@pocketpilatesusa.com

www.pocketpilatesusa.com