

Pilates On Tour[®], Chicagoland

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Unlocking Mobility For Stronger Movement: Innovative Pilates Equipment Hacks

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Unlocking Mobility for Stronger Movement

Elevate your physical capabilities and optimize your movement patterns by adding more mobility sequences into your Pilates practice. This meticulously crafted session is tailored for teachers at all levels, offering an opportunity to delve into innovative exercises designed to enhance flexibility and functional mobility through the dynamic use of the Pilates method on a variety of different equipment. Trainers will engage in an interactive exploration of mobility techniques that specifically target critical areas such as the hips, spine, and shoulders.

Unlocking Mobility for Stronger Movement

OBJECTIVES:

- Define reciprocal inhibition and provide 2 examples.
- Define the methods of dynamic flexibility and contract / release and describe when it is appropriate to use.
- Demonstrate dynamic flexibility movements on the reformer.
- Demonstrate contract & release techniques on the reformer.

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RECIPROCAL INHIBITION

- Reciprocal inhibition in fitness refers to a physiological process where the contraction of one muscle group leads to the relaxation of its opposing muscle group. This mechanism is crucial during movements and exercises, as it helps to ensure smooth and coordinated motion.
- For example, when you perform a bicep curl, your biceps contract to lift the weight, while the triceps relax to allow that movement to occur. This coordination helps prevent injury and allows for more efficient movement. Understanding reciprocal inhibition can be beneficial for designing effective workout routines and improving overall performance by focusing on balanced muscle development.

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AN INTRODUCTION TO METHODS OF INCREASING MOBILITY

Dynamic Mobility

- Working the full range of a joint or area with resistance.
- Creates control and stability at the end ranges of motion.

Static Stretching

- Hold the stretch for 30 – 45 seconds or longer.

Contract / Release

- Isometrically contract the target muscle for 6 counts then deepen the stretch.
- Repeat 3 times then hold the stretch.

Active Isolated Stretch

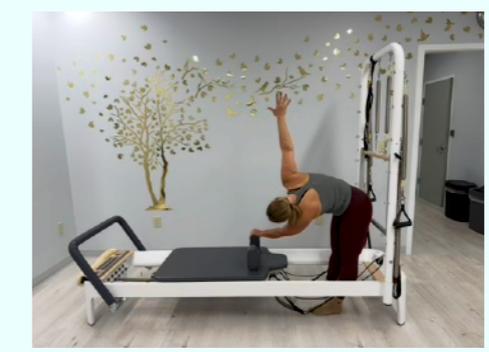
- Use the muscles on the opposite side of the joint from the target muscle to create the stretch.
- 10 slow reps into the stretch followed by a held stretch.

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REFORMER MOVEMENTS

Warm Up Series Standing in well
1 Blue Spring
Hands on Shoulder Pads or Head Rest
Cat/Cow, then moving Cat/Cow
Knee Bends
Spine Twist
Thread The Needle

Hamstring Pull
into Hamstring stretch
Into Twisted Hamstring stretch



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REFORMER MOVEMENTS

Warm Up Series

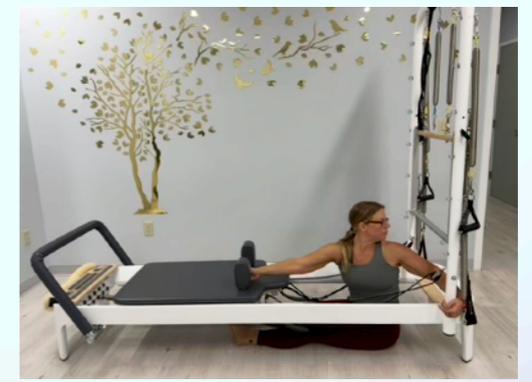
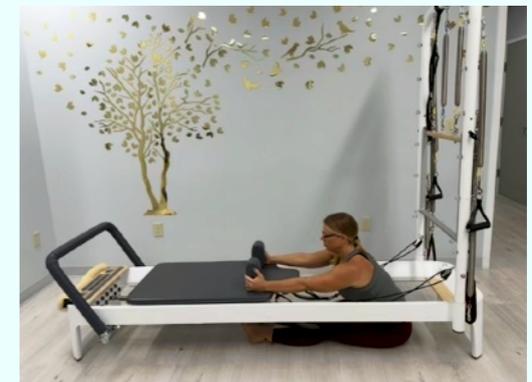
Seated on Floor in well

1 Blue Spring

Retract / Protract

Spine Stretch Forward Rounded,
then Neutral

Saw with support on back
of reformer frame and shoulder pad



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REFORMER MOVEMENTS

Releasing Low Back & Deep Rotators
Supine

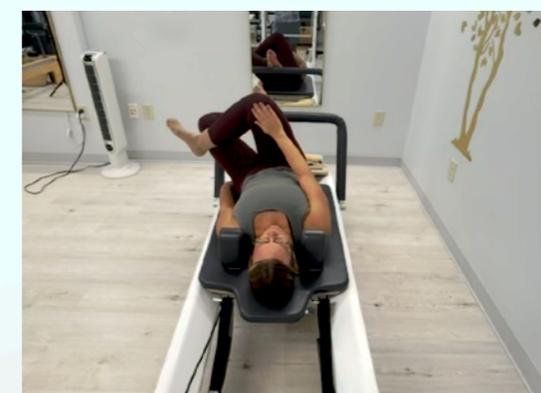
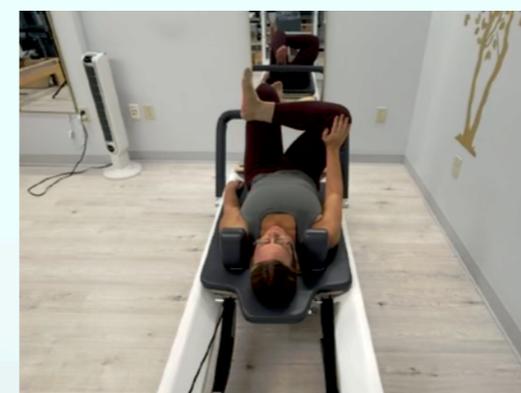
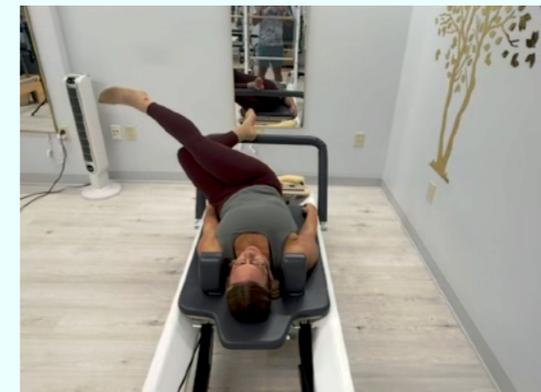
Rocking side to side

Rocking side and lengthen top leg

Rocking side and pressing out

Figure 4 single leg footwork

Figure 4 rocking



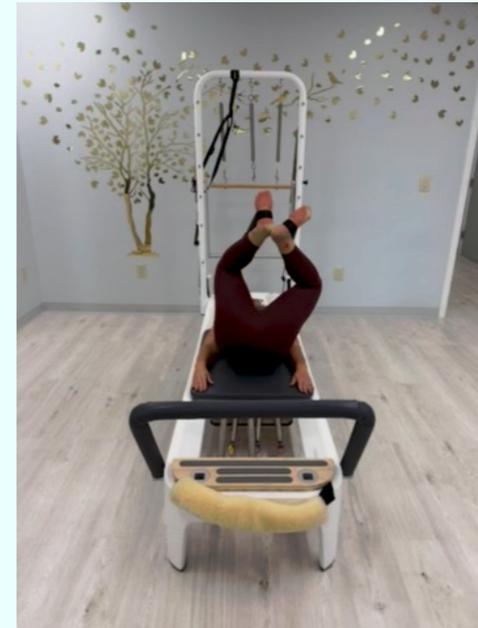
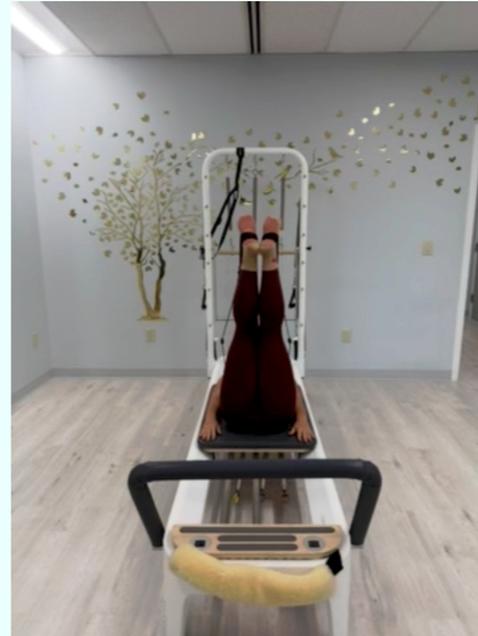
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REFORMER MOVEMENTS

Releasing Low Back

Short Spine Massage

Twisted Short Spine Massage



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REFORMER MOVEMENTS

Lengthening hip flexors and quadriceps
Long Box Swan Dive & Grasshopper



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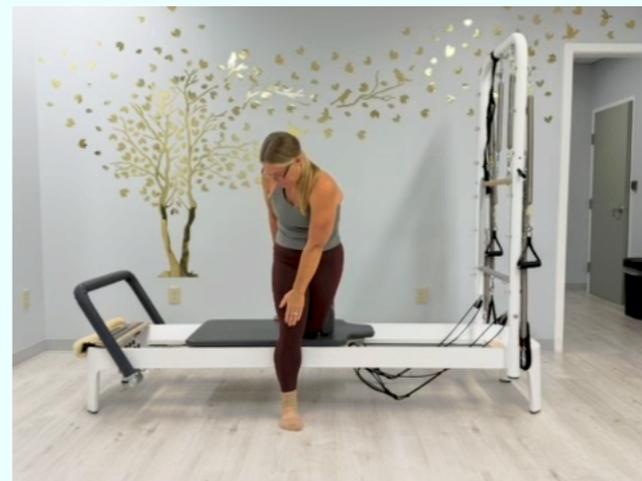
REFORMER MOVEMENTS

Lengthening Gluteals and lateral line

1 Blue to 1 Red Spring

Kneeling in a lunge against shoulder pads facing side

Position body closer to straps so carriage is out



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REFORMER MOVEMENTS

Lateral Spinal Mobility
Kneeling Lateral Rib Translation
1 Blue Spring



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REFORMER MOVEMENTS

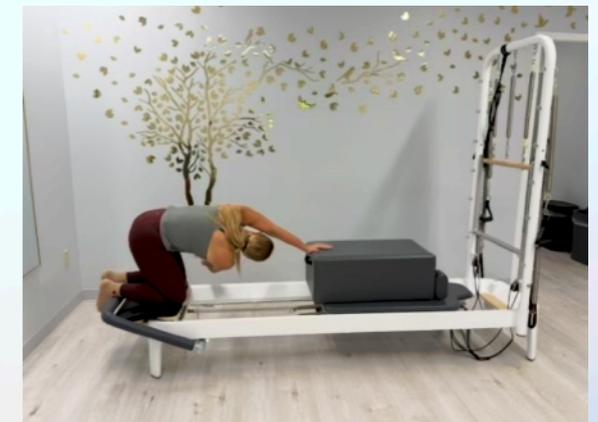
Spinal Mobility & Adductor Stretch
Moving Cat / Cow
1 Blue Spring



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REFORMER MOVEMENTS

Lengthening the pectorals and low back
1 Blue Spring
Kneeling/Standing in front
Cat/Cow
Thread the Needle

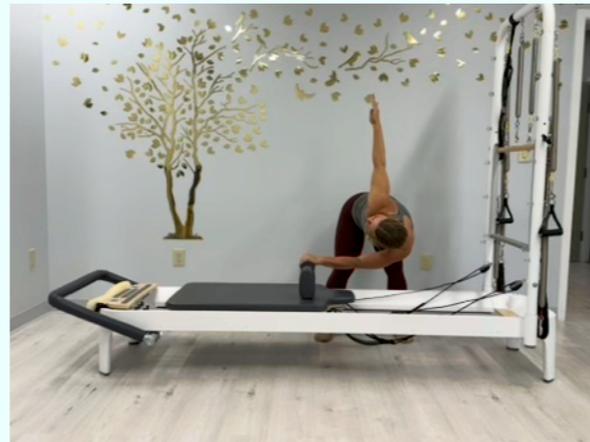
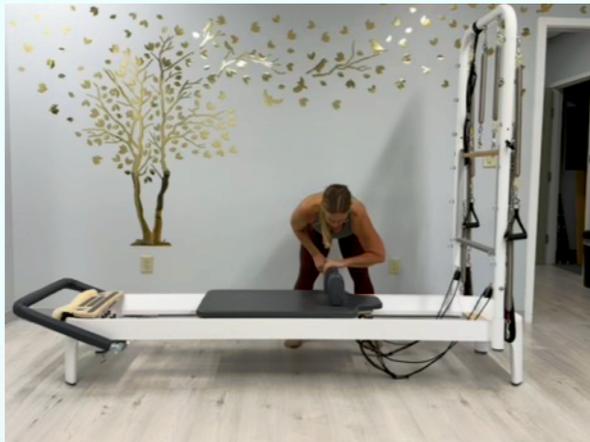


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REFORMER MOVEMENTS

Standing

Spine twist with shoulder pad 1 yellow/blue



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REFORMER MOVEMENTS

Hip Flexor & Adductor Stretch

1 Red Spring

Turned Out Lunge

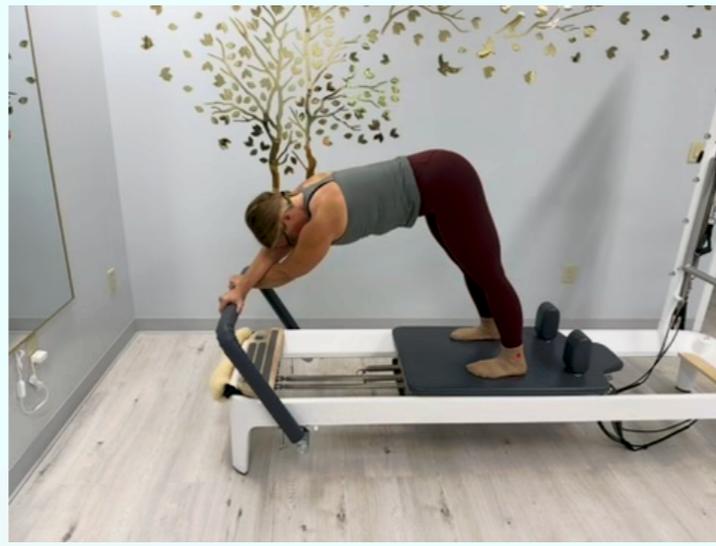
Turned Out Lunge with Side Bend/Mermaid



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REFORMER MOVEMENTS

Hamstrings, Calves, & Mid-Back
Crossed Elephant
1 Red & 1 Yellow Spring



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CHAIR MOVEMENTS

Hip Flexor & Adductor Lengthening

1H1-1H2

Press and Side Bend



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CHAIR MOVEMENTS

Scapular Mobility

1H2

Scapular Glides - Protraction/Retraction



Anterior Torso Stretch



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CHAIR MOVEMENTS

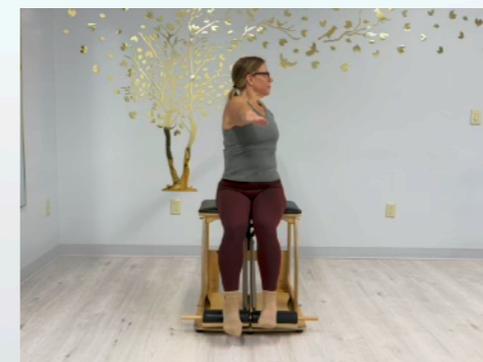
Lateral Spinal Mobility
2H2
Press and Laterally Flex



Torso Around the World



Torso Twist



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CHAIR MOVEMENTS

Piriformis and Spinal Mobility

1H2

Press into Cat/Cow



Spine Twist



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CHAIR MOVEMENTS

Spinal Mobility & Lateral Line Stretch

1H2

Circular Mermaid



Twisted Swan



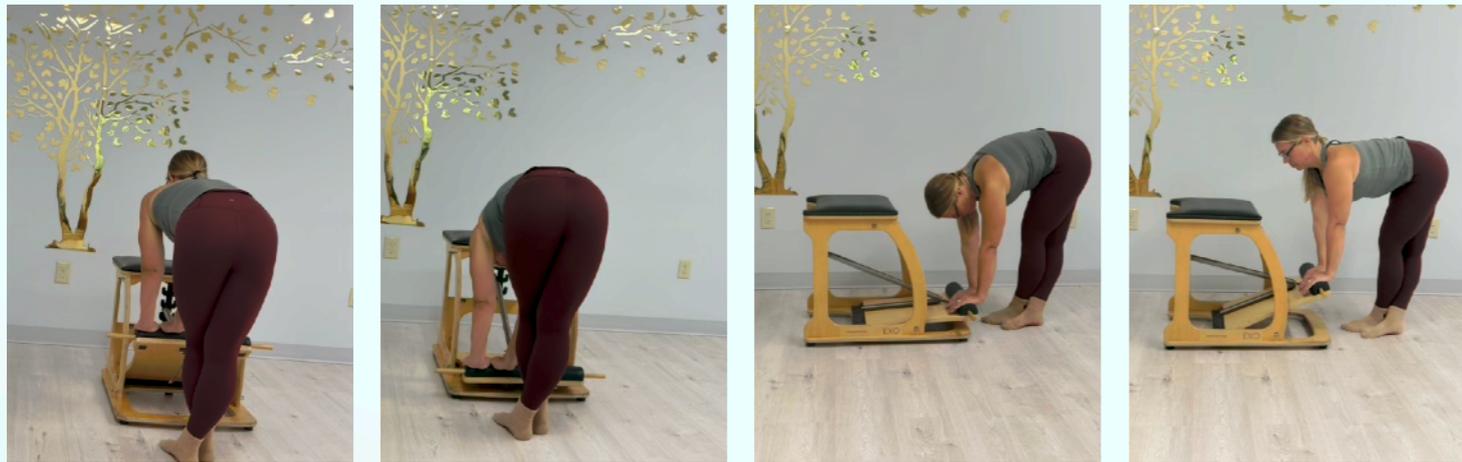
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CHAIR MOVEMENTS

Hamstring Lengthening & Low Back Release

1H2

Crossed Leg Hamstring Stretch 1



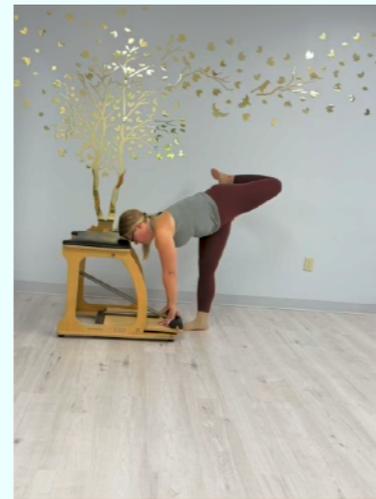
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CHAIR MOVEMENTS

Hamstring & Hip Flexor, Quads Release

1H2

Single Leg Arabesque with Knee Bends



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CHAIR MOVEMENTS

Spinal Mobility
1H1 - 1H2
Seated Cat/Cow



Spine Twist



Piriformis Stretch



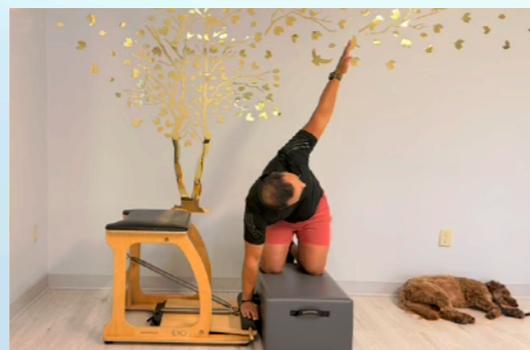
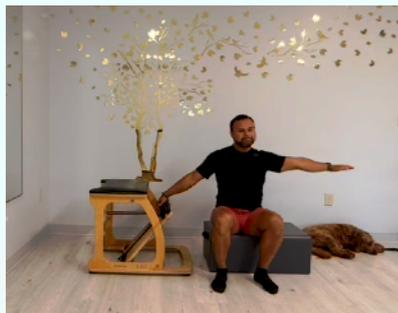
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CHAIR MOVEMENTS

Spinal Mobility

1H2

Spine Stretch / Mermaid / Spine Twist



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CHAIR MOVEMENTS

Gluteal Stretch
1H2
Hip Shift + Press



Hip Flexor & Lateral Stretch



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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



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