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Table of Contents

Course Introduction p. 4

Chapter 1: Pilates Principals p. 6

Chapter 2: Anatomy and Physiology p. 8

Chapter 3: Pilates Posture & Postural Imbalances p. 16

Chapter 4: Prime Position p. 18

Chapter 5: Pilates Breathing p. 19

Chapter 6: Spinal Stabilization p. 20

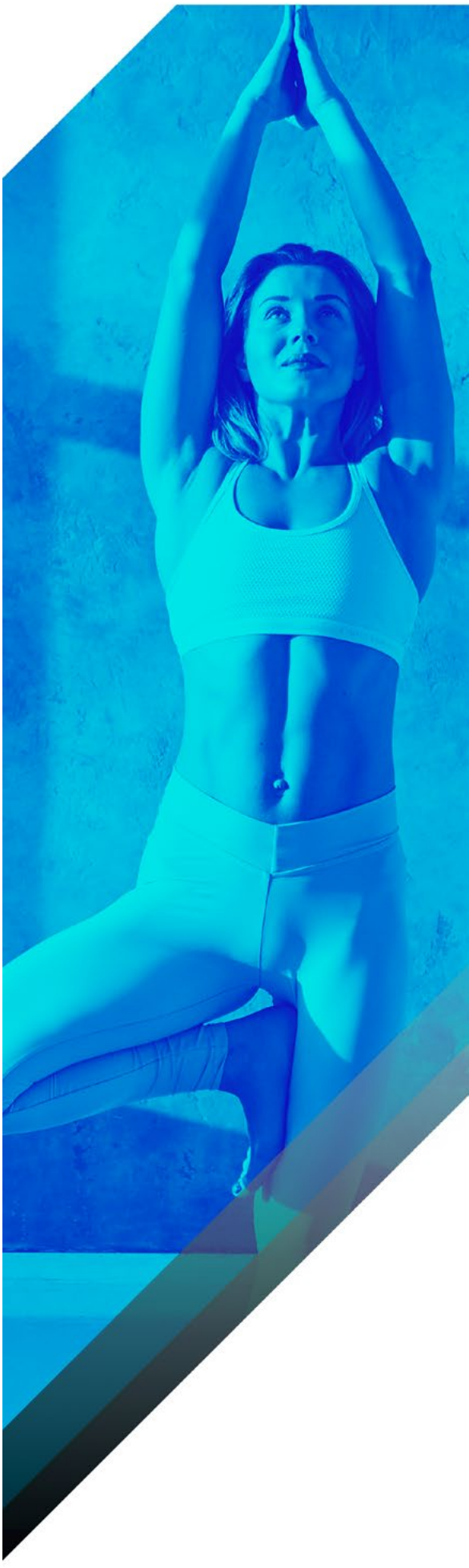
Chapter 7: 5 Essentials - Alignment p. 21

Chapter 8: Building a Pilates Class p. 23

Chapter 9 Warm Up / Alignment Exercises p. 29

Chapter 10 Exercises p. 41

Exam Instructions p. 74





COURSE INTRODUCTION

What is Pilates?

Pilates is an exercise system of movements that uses the mind and the body to enhance muscular strength, improve flexibility and overall health and wellness. Pilates movements requires control of your own body to properly execute a few repetitions during exercise. Finally, developing subconscious habits of coordinated movements, core stability, enhanced posture that improve activities of daily living and help to avoid injury.

In Pilates, there is a balance between mobility and stability in each joint. We never focus on one muscle while sacrificing another. The goal is to create balance in the body and mind; move with grace and suppleness of a cat.

Pilates is not a quick fix. On the contrary, Pilates is a system that requires discipline. Start slowly and allow each exercise to build upon the next.

In 10 sessions you will feel a difference
In 20 sessions you will see a difference
In 30 sessions you will have a whole new body
- Joseph Pilates

Brief History of Joseph Pilates

Joseph Pilates the man behind the method originally calling his training Body Contrology, was born in Germany in 1880. He was a sickly child with asthma, rheumaticfever, rickets, and a weakened respiratory system who studied bodybuilding, boxing, gymnastics, wrestling, and yoga meditation. Joseph Pilates overcame his physical weakness by strengthening his body and mind. “Physical fitness is the first requisite of happiness.” Joseph Pilates

In 1912 he moved to England before WW1 broke out in 1914. Joseph Pilates being German was interned in an enemy aliens camp for German nationals.

His time spent in this camp was integral to the development of his Contrology method. He refined his method while training the other prisoners in the camp. This is also when Pilates created his early exercise apparatus to rehabilitate bedridden prisoners. According to Pilates, during the great influenza epidemic of 1918 - 1919 where millions of Europeans died as a result, none of the inmates who participated in his exercise program got sick. He attributes this to the immune system strength brought about by his body conditioning system.

After Pilates was released from the internment camp, he returned to Germany and trained the Hamburg police. However, after being asked to train the “brown shirts” security force, who would

eventually become the new Nazi party, he denied their request and boarded a ship for America. On the trip over, he met his future wife, a nurse, Clara. She and Pilates worked together side-by-side for the rest of his life.

In 1926, Joe and Clara arrived in New York City and opened their first studio in the same building as the New York City Ballet. His reputation spread as he trained New York's elite and famous as well as athletes such as Max Schmelling. But Pilates made his name training and rehabilitating dancers such as Joe Balanchine and Martha Graham.

Joseph Pilates died in 1967 because of fire in his studio. His wife Clara carried on the work they spent a lifetime creating until her retirement in 1970.

Today, his legacy lives on as many of his clients became Pilates disciples and teachers. There are over 12 million Pilates practitioners in the world. Many forms of Pilates exist but they all stem from the innovative concept created by the first self-taught physical therapist Joseph Pilates.



CHAPTER 1
Pilates Principals

These principles set Pilates apart from all other forms of movement and transform any exercise into a Pilates-based movement.

Concentration
Focusing on the task at hand. Not thinking about the problems of the day. Concentrating on each movement of every exercise and connecting the mind to the body.

Control
Body Contrology was the name Joseph Pilates.
The suffix - logy or - logie means science or knowledge. Therefore, Body Contrology would mean the science or having knowledge of body control. Having power over one's own body. Neuromuscular control is simply the mind sending a signal to the muscle with direction of what to do. Sloppy movement allows us to be control by forces of gravity such as momentum.
Intentional movement requires control.

Centering
The Core, the powerhouse, the middle. The foundation for all other movement. Proximal stability to distal strength. Core stability is required to move with control. Spinal and pelvic stabilization is at the heart of core stability.

Flow
Fluid, graceful movements require coordination. Movements should have the appearance of being executed with ease before we progress. One muscle engages and stays turned until the next engages and then it flows into the exercises.

Precision
Efficient, effective movement. Focusing on perfect technique for every movement of every repetition of every exercise. Only doing a few precise movements versus doing mindless repetition. Attention to detail.

Breath
Connects the mind to the body. It controls our focus and makes the movements more effective. It cleanses our bodies and oxygenates the blood. Great emphasis is placed on breathing with every movement.

Total Body Movements
Integrated strength. Using the body as a unit. Our bodies do not know muscles; the body only knows movement. Pilates focuses on whole body movements that prepare us for activities of daily living.

Relaxation

Coordinating movements so that simultaneously one area of the body is the focus of engagement while another is the focus of relaxation. Using only as much energy as we need to execute an exercise.



CHAPTER 2
Anatomy & Physiology

With any fitness professional, a fundamental understanding of anatomy and kinesiology, which is the study of the principles of mechanics related to human movement, is important since an understanding of kinesiology will assist with ensuring Clients perform any exercises safely and effectively.

Anatomical Terminology

Term	Description
Anterior (ventral)	Toward the front
Posterior (dorsal)	Toward the back
Superior	Toward the head
Inferior	Away from the head
Medial	Toward the midline of the body
Lateral	Away from the midline of the body
Proximal	Toward the attached end of the limb, origin of the structure, or midline of the body
Distal	Away from the attached end of the limb, origin of the structure, or midline of the body
Plantar	The sole or bottom of the feet
Dorsal	The top surface of the feet and hands
Palmar	The anterior or ventral surface of the hands
Cervical (Spine)	Regional term referring to the neck
Thoracic (Spine)	Regional term referring to the portion of the body between the neck and the abdomen; also known as the chest (thorax)
Lumbar (Spine)	Regional term referring to the portion of the back between the abdomen and the pelvis
Sagittal Plane	An imaginary line that divides the body or any of its parts into right and left sections
Frontal Plane	An (imaginary line that divides the body into anterior and posterior parts; lies at a right angle to the sagittal plane)
Transverse Plane	Also known as the horizontal plane; an imaginary line that divides the body or any of its parts into superior and inferior sections

Key Pilates Muscles

Muscles of the Abdomen

- Diaphragm Intercostals
- Transverse Abdominus
- Pelvic Floor
- External Obliques
- Internal Obliques Rectus
- Abdominus

Muscles of the Spine

- Erector Spinae
- Quadratus
- Lumborum
- Multifidus
- Trapezius
- Rhomboids
- Latissimus Dorsi

Muscles of the Shoulder

- Serratus Anterior
- Pectoralis Major and Minor
- Deltoids
- Teres Major
- Rotator Cuff Muscles -
  - Subscapularis
  - Supraspinatus
  - Infraspinatus
  - Teres Minor

Muscles of the Pelvis

- Gluteus Maximus
- Gluteus Medius
- Gluteus Minimus
- Tensor Fascia Latae
- Sartorius
- Piriformis
- Adductor Brevis
- Adductor Longus
- Adductor Magnus
- Pectineus Gracilis
- Psoas
- Illiacus
- Gemellus
- Obturators
- Hamstrings Group -
  - Semitendinosus
  - Semimembranosus
  - Biceps Femoris
- Quadriceps Group -
  - Rectus Femoris
  - Vastus Lateralis
  - Vastus Medialis
  - Vastus Intermedius

Muscle Terminology

1. **Prime Movers or Agonists:**

✓ Muscles primarily responsible for the given joint movement (for example: the Biceps Brachii is the prime mover or agonist for elbow flexion).

2. **Antagonists:**

✓ Muscles that produce the opposite joint movement when compared to the agonist *(for example: the Triceps Brachii is the antagonist to the Biceps Brachii).*

3. **Synergistic Muscles:**

✓ Muscles that act as secondary movers or generally assist the prime mover *(for example: the Triceps Brachii is a synergist to the Pectoralis Major during the bench press movement)*.

4. **Stabilizer Muscles:**

✓ Muscles that stabilize one joint to allow for movement at another joint. Stabilizers are usually located more proximally in relation to the agonist *(for example: the muscles around the scapula actas stabilizers to fixate the scapula to the thorax during arm movements)*.

5. **Muscle Origin:**

✓ Defines the more fixed end of a muscle.

6. **Muscle insertion:**

✓ Defines the more moveable end of a muscle.

7. **Ipsilateral:**

✓ Referring to muscles on the same side of the body *(for example: the left Hamstrings and left Gluteus Maximus).*

8. **Contralateral:**

✓ Referring to muscles on the opposite side of the body *(for example: the left Latissimus Dorsi and Right Gluteus Maximus).*

Complete breakdown of muscle anatomy can be found in Appendix XX

2 TYPES OF MUSCLE CONTRACTIONS

Isometric: A contraction in which there is no change in the angle of the involved joint (absence of joint movement) and little or no change in the length of the contracting muscle. EXAMPLE: Hold a push- up position or prone plank.

Isotonic: A contraction in which a muscle changes length against a force resulting in movement; a constant load (for example, a dumbbell or body) is moved through a range of motion of the

(shortening/tension increases) and **eccentric** (lengthening/tension releases). EXAMPLE: In your push-up, on the down phase, it's eccentric: your chest is stretching. During the up phase, it's concentric as the pecs shorten and tension must increase to push your body back up against gravity.

Muscle Function Terminology

Agonist - muscle that causes a specific movement (Prime Mover)
Antagonist - muscle that causes the opposite movement of agonist
Synergist - muscles that assist the agonist to produce movement

Skeletal muscle fibers can be put in two categories:

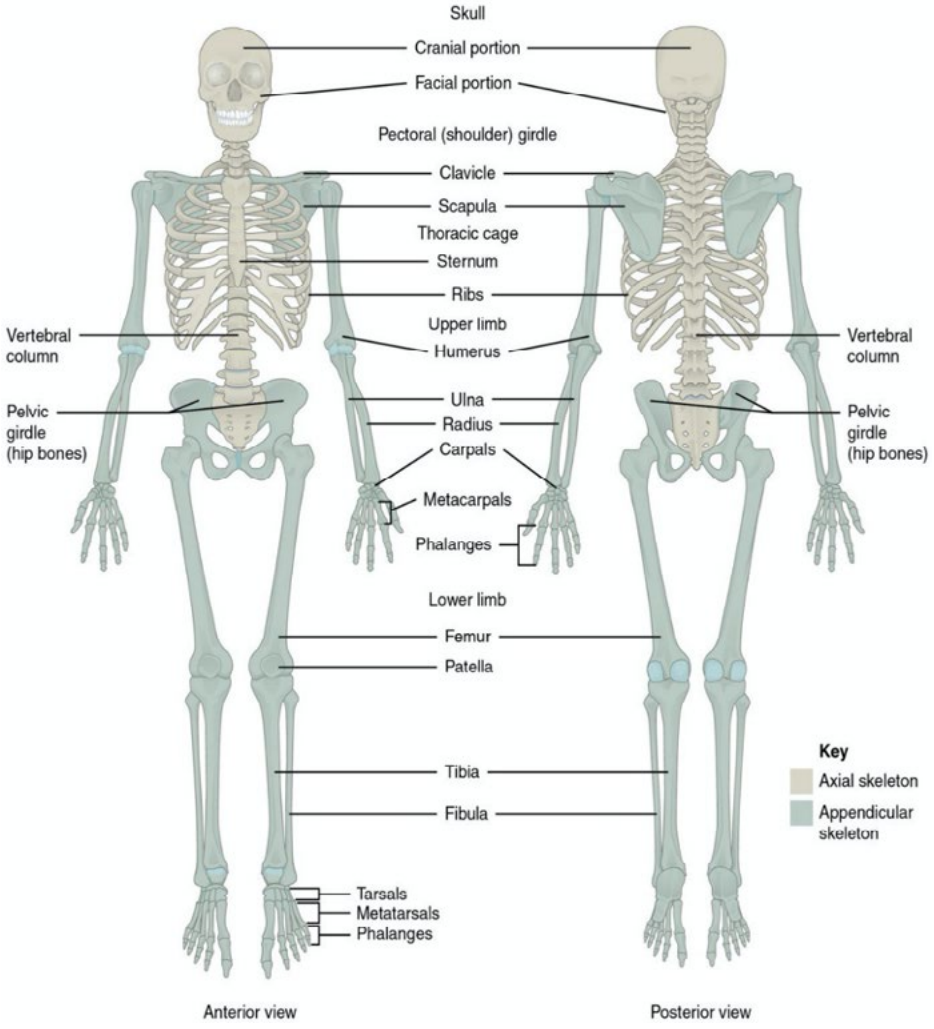
- Slow-twitch (Type I)
- Fast-twitch (Type II)

Type I muscle fibers work more efficiently over longer periods of time, and are used mainly for daily life activities such as maintaining posture or holding head in an upright position. These muscle fibers are also used in long endurance activities such as marathon running and use aerobic energy. (Postural muscles contain a lot of Type I fibers).

Type II muscle fibers fire more rapidly and are used primarily when power and strength are required. They fatigue more easily and require anaerobic processes. Type II fibers are needed in daily activities such as getting up quickly from a chair or responding to an emergency.

While it is very important for individuals to possess both Type I and II muscle fibers during ADL activities, make sure to add movements involving Type II fibers in slowly and purposefully, allowing participants to take recoveries when needed.

Skeletal Anatomy



Key Skeletal Terminology

- Spine - Cervical, Thoracic, Lumbar Spine,Sacrum, Coccyx (Tailbone)
- Scapula Pelvis Pubic Bone
- Sit bones (Ischial Tuberosity)

4 Spinal Movements

Flexion: Decreasing the angle or space between bones.
Extension: Increasing the angle or space between bones.
Rotation: Medial (inward) or lateral (outward) turning about the vertical axis. Lateral Flexion.
Flexion (see above) laterally (to one side of the body).

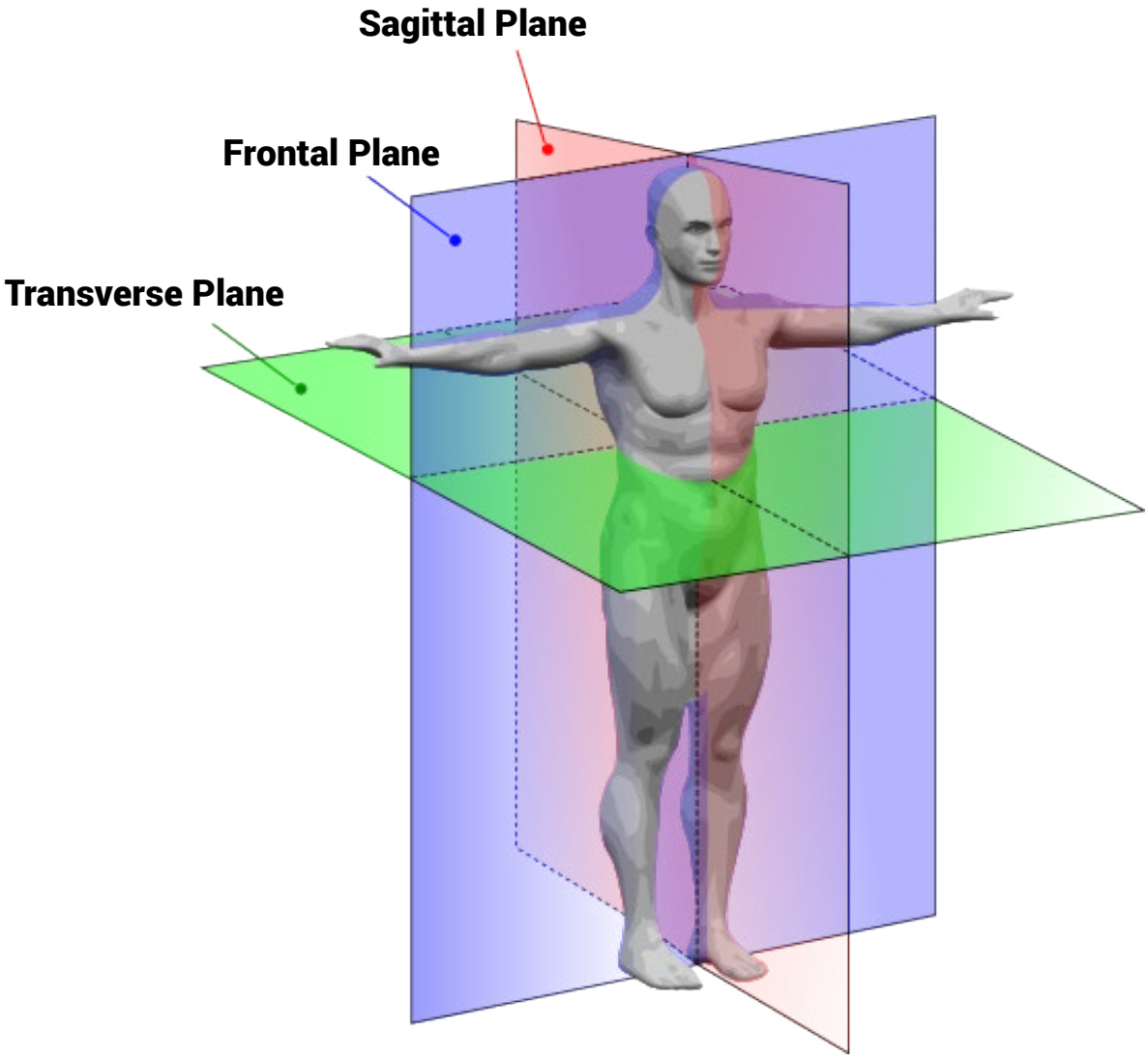
Movement Terminology	Examples
Sagittal Plane	
Flexion – Decreasing the angle between two bones	Elbow flexion; knee flexion
Extension - Increasing the angle between two bones	Elbow extension; knee extension
Dorsiflexion – Moving the top of the foot towards the shin	Ankle dorsiflexion
Plantar flexion – Moving the sole of the foot downward	Ankle plantarflexion
Frontal Plane	
Abduction – Movement away from the midline of the body	Shoulder (arm) abduction; hip (leg) abduction
Adduction – Movement toward the midline of the body	Shoulder (arm) adduction; hip (leg) adduction
Elevation – Moving towards a superior position	Scapular elevation
Depression – Moving towards an inferior position	Scapular depression
Upward Rotation – Rotational movement to a superior position	Arm rotation upward
Downward Rotation – Rotational movement to an Inferior position	Arm rotation downward
Transverse Plane	
Rotation – Internal (inward) or external (outward) turning around the axis of a bone or the spine	Spinal rotation
Internal Rotation – Rotation of the humerus around the long axis	Internal humeral rotation
External Rotation - Rotation of the humerus around the long axis	External humeral rotation
Horizontal Flexion – From an abducted arm position, the humerus moves forward towards the midline	Arm movement into horizontal flexion
Horizontal Extension - From an abducted arm position, the humerus moves backwards	Arm movement into horizontal extension
Pronation – Rotating the hand and wrist so palm faces downward or foot inward	Forearm pronation; foot pronation
Supination – Rotating the hand and wrist so palm faces upward or foot outward	Forearm supination; foot supination

3 PLANES OF MOVEMENT

Exercise movements occur from the 10 body positions in a variety of possibilities, but all movement occurs in only three planes in space.

- **SAGITTAL PLANE:** space for moving forward and backward (seen from the side), pushing and pulling, often with FLEXION and EXTENSION
- **FRONTAL PLANE:** space for moving side to side (can be easily seen from the front) and often with abduction and adduction
- **TRANSVERSE PLANE:** space for moving across and around, sweeping or twisting across the body

Instructors should consider using movements during the MOVEMENT PREPARATION that provide spinal attention and body movement in the following order: sagittal, frontal, transverse planes

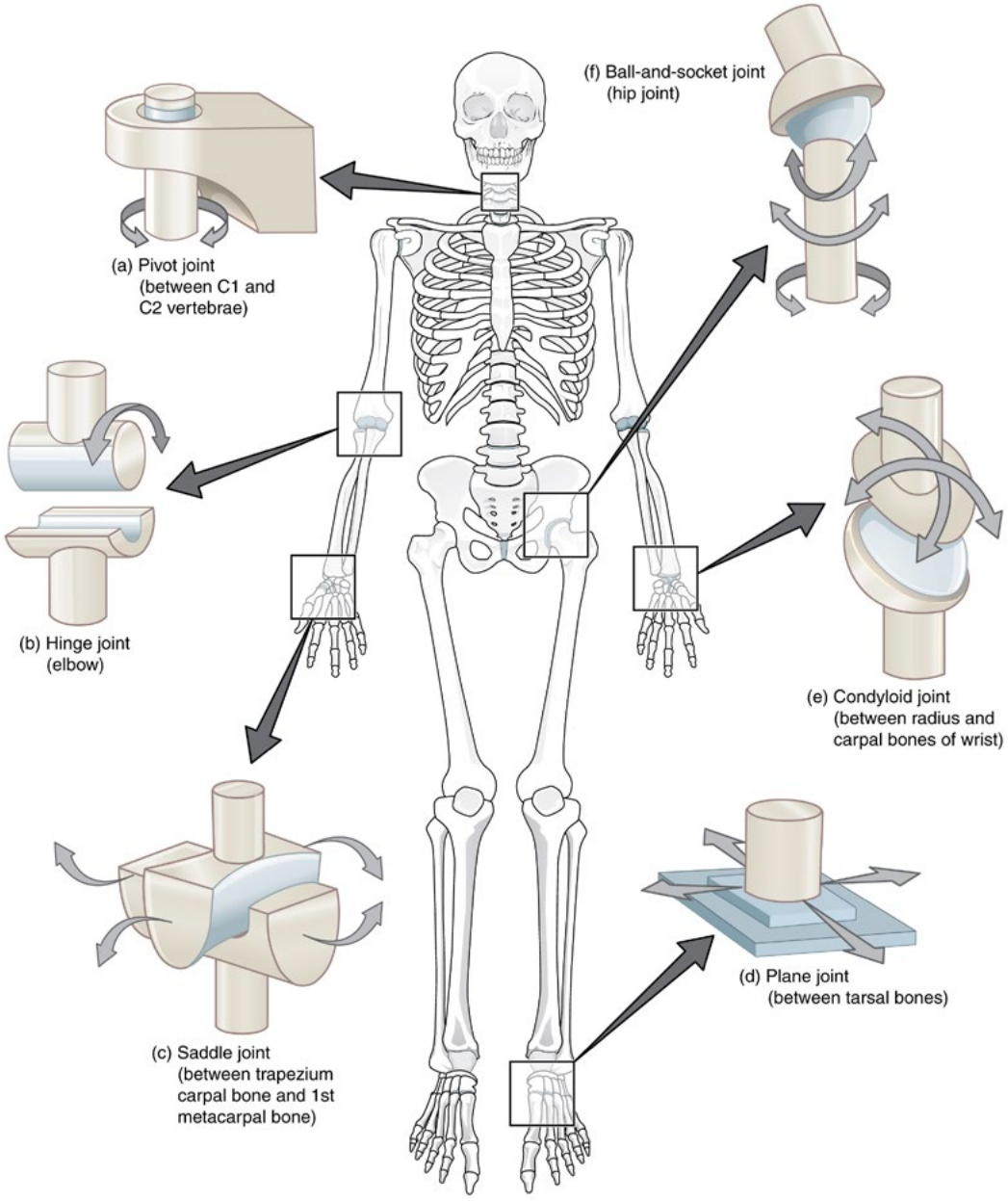


JOINTS OF THE BODY

The major joints are: ankles, knees, hips, elbows, shoulders, neck, and wrists. Additional cueing that might accompany joint alignment includes pelvic floor and transverse abdominus contraction.

Joint actions:

- Flexion-refers to the bending of a joint
- Extension-refers to straightening a joint
- Abduction-movement away from the midline of the body
- Adduction-movement towards the midline of the body
- Rotation-a circular movement (of a limb) around a fixed joint towards or away from the midline of the body





CHAPTER 3
Pilates Posture & Postural Imbalances

Neutral Posture

Healthy spines have four natural curves - cervical lordosis, thoracic kyphosis, lumbarlordosis and sacro-coccygyeal kyphosis (creates an S-curve from a side view). The natural curves of our spine provide us with shock absorption. It also reduces stress and fatigue on the muscles and joints. Neutral joints including the spine and pelvis providethe greatest functional core stability (spinal and pelvic stability); we are in the strongestand safest position for most movement.

Front View Vertical Alignment
Nose Sternum Navel
Pubic Symphasis
Knees align under ASIS and over 2nd and 3rd toes



Side View Vertical Alignment
Ears Shoulders Ribcage Hips Knees Feet

Kyphosis - Dysfunction

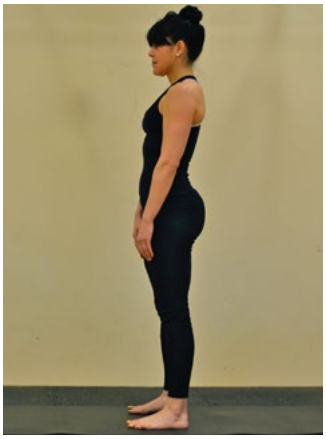
Kyphosis is an exaggerated posterior curve in the thoracic spine which causes a forward head position (extreme cervical lordosis) andmany times a posterior tilt of the pelvis (upper crossed syndrome). The shoulders arerounded, scapula elevated and protracted andsometimes a hump (Dowager's hump) will appear in lower cervical spine.



Tight muscles
Upper Trapezius, Shoulder Adductors (Pectorals and Latissimus Dorsi), Intercostals,Internal Obliques, Rectus Abdominus,

Loose muscles
Middle and Lower Trapezius, Erector Spinae,Rhomboids, Rear Deltoids, Rotator Cuff Muscles

Lordosis - Dysfunction



Lordosis is an exaggerated anterior curve of the lumbar spine and anterior tilt of the pelvis which can lead to severe back pain. Lordosisis sometimes called swayback. This can cause dysfunction throughout the kinetic chain including the knees and feet (lower crossed syndrome).

Tight Muscles
Erector Spinae, Quadratus Lumborum, HipFlexors (Psoas)

Loose Muscles
Abdominals, Gluteus Maximus, Hamstrings

Kyphosis/Lordosis - Dysfunction
In some individuals a combination of dysfunctional lordosis and kyphosis is present.



CHAPTER 4
Prime Position

Neutral

Neutral spine and pelvis are ideal. Neutral spine and pelvis are defined as having the pubic symphasis and ASIS (anterior superioriliac spine) align in the same plane; when lying supine lumbar lordosis is present. The inner unit (transverse abdominals, multifidus,diaphragm and pelvic floor muscles) works best to stabilize the core when pelvis is in neutral. The outer unit (four myofascial sling systems <anterior oblique system, posterior oblique system, lateral system and longitudinal system>) is most efficient when the inner unit is able to stabilize the core.

To achieve neutral:
Lie supine with feet on floor, knee bent. Create diamond shape with hands; then, place heel of hands on ASIS, thumbs over navel and fingertips on pubic symphasis. Rock pelvis forwards and backwards like tipping a bowl of water to allow the water to spill out of the bottom and top of bowl until pubic symphasis and ASIS are parallel with floor. The back bottom rib should be on the floor and the lumbar spine slightly extended (space between back and floor is present).

Different ways to find neutral
rock pelvis back and forth, find most comfortable spot blood pressure cuff
What is the most effective for a class?1st can they find neutral, 2nd can they maintain?

Imprint

Imprinted pelvis and spine refers to a slight posterior tilt of the pelvis where the natural lordotic curve of the lumbar spine is lengthened by engaging the internal obliques and abdominals. When lying supine, the lumbar spine will be in contact with the mat. Imprinted spine is not achieved by overextending the hips (engaging the gluteus maximus) and overusing the rectus abdominus.
It is not necessary to lift the tailbone in effort to drive the lower back into the floor. Neutral spine and pelvis provides the most core stability. However, neutral spine is challenging to achieve and maintain throughout movements for many participants with weak obliques and abdominals. In effort to assist them stabilize the spine and pelvis, imprint might be a safer and effective option when neutral cannot be maintained.

Imprint Exercises (Exercise where imprint might be necessary)
Imprint Release Alternating Leg Raises Hundred
Double Leg Stretch
Exercise lying supine with legs in tabletop position



CHAPTER 5
Pilates Breathing

“Breathing is the first act of life and the last. Our very life depends on it.” Joseph Pilates With that being said, breathing is one of the Pilates Principles because it should always accompany the exercise. Joe believed in full inhalation and exhalation “like you would wring a wet towel dry” (Pilates).

Breathing will make the exercises more effective and encourages activation of the transverse abdominus consequently stabilizing the core. As an example, “If you’re doing something that squeezes your body tight, use that motion to squeeze air our of your lungs and inhale when you straighten up” (Romana K). When we naturally breath we extend our spines on the inhale and flex our spines on the exhale. Our ribs expand on the inhale and contract on the exhale.

How we breathe:
Inhale - Spine extends and ribs expand.
Exhale - Spine flexes and ribs contract

The diaphragm along with the intercostals are breathing muscles. The diaphragm contracts and flattens during inhalation causing the chest and ribs to expand. This creates a vacuum which sucks air into the lungs. In exhalation, the diaphragm returns to its original dome-shape and pushes air out of the lungs. Diaphragmatic breathing is three- dimensional; we call that lateral breathing or “breathing into the back (or bottom of lungs).We want to inhale when we exert effort and breathe out when we relax. Whether inhaling or exhaling, focus on breathing in and out of the bottom portion of the lungs to always to maintain the activation of the transverse abdominals.
Maintain abdominal engagement as we breathe diaphragmatically

Breathing exercises
Cat Stretch Prone Scoop Shell Stretch
Supine Spinal Flexion Hundred



CHAPTER 6
Spinal Stabilization

Scoop

The scoop is the deepest engagement of the transverse abdominus that encourages core stabilization. To scoop we start by engaging the pelvic floor muscles. This means engaging the sling of muscles that connects from the pubic bone to the tailbone by squeezing them front-to-back, side-to-side and lifting them into abdomen. The pelvic floor engagement naturally occurs in most individuals. Sometimes, these muscles might need to be retrained in individuals with weakened pelvic floor because of trauma to the area such as childbirth or in activity. Next,draw the navel in and up, into the abdomen to flatten the abdominal area between the pubic bone and navel. This conscious “drawing in” or hollowing creates intra-abdominal pressure which results in an unconscious engagement of the multifidi that increases stability of the lumbar spine. Since the pelvic floor muscles are connected to the transverse abdominus, a co-contraction of the two muscles will make the SCOOP most effective. Scooping should be maintained through all movement with breathing patterns.

Scooping Exercises
Prone Scoop Cat Stretch

Brace

Studies have shown that bracing is most effective for dynamic stability. It increases spinal stability and prevents lumbar spinal movement, such as excessive rotation during high intensity activity and extreme load. Bracing is taught by engaging all muscles of the torso simultaneously as if preparing to receive a punch. First find neutral spine, breathe naturally; then, co-contract the transverse abdominals and pelvic floor (scoop) multifidus, rectus abdominus, obliques, quadratus lumborum and erector spinae.

Drills to brace effectively
Masses and spaces (Frankel/Dexter) Visualization of spinal flexion, extension, lateral spinal flexion

Bracing Exercises
Quadruped Bird Dog
Bridge Supine Spinal Flexion



CHAPTER 7
5 Essentials – Alignment

1. Scoop

The scoop is the deepest engagement of the transverse abdominus to enhance core stabilization. To scoop we start by engaging the pelvic floor muscles. This means engaging the sling of muscles that connects from the pubic bone to the tailbone: squeezing them front-to-back, side-to- side and lifting them into abdomen. The pelvic floor engagement naturally occurs in most individuals. Many times, these muscles might need to be retrained in individuals with weakened pelvic floor because of trauma to the area such as childbirth or in activity.
Next, draw the navel in and up, into the abdomen to flatten the abdominal area between the pubic bone and navel. This conscious “drawing in” or hollowing creates intra-abdominal pressure which results in an unconscious engagement of the multifidi that increases stability of the lumbar spine. Since the pelvic floor muscles are connected to the transverse abdominus, a co-contraction of the two muscles will make the SCOOP most effective. Scooping should be maintained through all movement with breathing patterns.

Cue
Engage pelvic floor and flatten abdominals below navel

2. Rib Cage Position

The abdominals, including the obliques, transverse abdominus and rectus abdominus connect the rib cage to the hips. After scooping, we squeeze the front of the ribs together to ensure the space between the front of the ribs remains closed. To prevent the ribs from popping or protruding up and to prevent the back bottom rib from lifting off the mat, we pull the bottom of the ribs towards the hips using the internal obliques (right rib to right hip and left rib to left hip). Remember when breathing, our rib cage naturally expands and lifts up during inhalation. This can result in a complete relaxation of the abdominals which leads to loss of core stability. Therefore, we focus on lateral breathing - breathing into the back, bottom ribs. This allows us to maintain the abdominalengagement and core stability throughout each movement.

Cue
Squeeze front of ribs in and down and imprint back of ribs.

3. Shoulder and Scapula Position

Stabilizing the scapulae to ribcage is a result of multiple actions. The latissimus dorsi and middle and lower trapezius depresses the scapula to prevent the shoulders from shrugging (elevation) thereby releasing tension from the neck and upper trapezius. Rather than over-retracting or over-protracting the scapula which can cause elevation in the scapula and shoulders, we focus on keeping the chest and shoulders broad. The scapulae should remain flat on the back of ribcage and move across it without protruding or winging.

Cues
Squeeze underarms towards hips. Move shoulders away from ears. Reach arms long beside body

4. Neck Position

The chin remains slightly tucked for all movements to keep the back of the neck lengthened. When lying supine the neck retains its natural lordotic curve. When thoracic spinal flexion occurs allow the neck to become an extension of thoracic spine flexion. Avoid over-flexion of cervical spine by jamming chin into chest and avoid looking up at ceiling when supine. When sitting with spine vertical focus on the spine getting longer and the crown of the head lifting towards ceiling. When lying prone avoid over-extension of cervical spine.

Cues
Lengthen back of neck, Tuck chin Set gaze on knees and body.
Chin remains a fist-width away from chest

5. Breathe

Pilates encourages breathing with each movement because it makes the exercises effective. When we begin and exercise, we the instructor first cue the breathing and then the action or movement. Example: Inhale - prepare by doing A.B.C, Exhale - flex spine. Forced exhalation can be very beneficial for both participant and instructor. For the participant, forced exhalation encourages a deeper abdominal engagement. It can also be safer as many participants tend to hold their breath after an inhale. For the instructor, it allows us to hear the breathing pattern and better monitor the class.



CHAPTER 8
Building a Pilates Class

Classes vary from 30 - 60 minutes

30 minute classes might be appropriate for beginners

- Focus on principles and essential alignment
- Teach plenty of warm-up exercises
- Maintain a slower pace with the exercises

45 - 60 minutes will be appropriate for intermediate students

- Focus on principles and essential alignment
- Concentrate on correct breathing patterns
- Incorporate more exercises
- Pick up the pace of exercises and transitions
- Begin focusing on fluidity of movements

60 minute classes is great for advanced participants

- Start to utilize more challenging exercises
- Pick up the pace further
- Instructor should walk around the room after students are familiar with movements to make corrections and help participants enhance movements
- Explain why we are doing movements certain ways

Set Up Of The Room

Mats should line up parallel with the front of the room (mirror) and the instructors mat, so the instructor has best view of students posture and student has best view of their own posture.

- Kyphotic students might need to place a pillow under head for supine exercises (except Bridge) and might need to lie prone over step or bolster to enhance thoracic spinal extension rather than cervical extension.
- Lordotic students might need a correct to sit more vertically as they tend to flex forward at the hip
- Participants with tight hamstrings struggle to sit with spine vertical. This individual might need to bend the knees, cross the legs or sit on something that bolsters them up.

Balanced movements

Build workouts that are balanced.

- Include some flexion, extension, rotation and lateral flexion exercises in every class
- Remember to incorporate movements from all three planes of motion - Sagittal, Frontal,Transverse

Music

Using music in class is absolutely acceptable. Beware of music with vocals and/or a strong beat. As the teacher, you should be talking continuously throughout the class. Do not allow the music to dictate the direction of the class or interfere with you cues.

Essential Workout 45 Min - 60 Minutes

Teach All Warm-ups

- Hundred - Modification
- Half Roll Back -4 breath version
- Roll Up, knees bent
- Rolling Like A Ball
- Spine Twist
- Single Leg Circles with support leg bent
- Single leg Stretch head on the floor
- Supine Twist with feet on floor
- Double Leg Stretch feet only, hands behind head
- Single Leg Kick-hands on floor
- Breast stroke
- Heel Squeeze Prone
- Shell Stretch
- Spine stretch forward
- Side Leg Kick and Lift Variations
- Sea

Intermediate Class 45 min to 60 mins Review Fundamentals and Body Alignment Pick 7 to 10 warm up exercises:

1. Imprint Release
2. Alternating Leg Raises
3. Hip Rolls
4. Elevation and Depression of the Scapula
5. Protraction and Retraction of the Scapula
6. Arm Scissors - circle variation
7. Abdominal Curls

Then you can expand into more exercises to finish the workout

- Hundred
- Half Roll Back
- Roll Up
- Rolling Like A Ball
- Single Leg Stretch
- Supine Twist
- Scissors
- Double Leg Stretch
- Shoulder Bridge
- Breast Stroke
- Heel Squeeze
- Seated Spine Stretch
- Saw
- Open Leg Rocker
- Side Leg Kick with Lift Variations
- Side Bend
- Teaser
- Swan Dive
- Swimming
- Push-up

Advanced Class 45 min to 60 mins. Pick 5 to 7 warm-ups:

Review Fundamentals and Body Alignment Briefly Pick 7 to 10 warm up exercises:

- Imprint Release
- Supine Hip Release
- Alternating Leg Raises
- Hip Rolls
- Elevation and Depression of the Scapula
- Protraction and Retraction of the Scapula
- Arm Scissors - circle variation
- Abdominal Curls
- Hundred
- Roll Up- arms by ears
- Rolling Like A Ball
- Single Leg Stretch - scoop movement with legs
- Supine Twist
- Scissors
- Double Leg Stretch

The four exercises above may be done in succession, without lowering head in between each one.

- Rollover
- Shoulder Bridge
- Single Leg Kick
- Breast Stroke
- Seated Spine Stretch
- Saw
- Side Leg Kick w/Lift Variation – Kneeling
- Side Bend
- Teaser
- Double Leg Kick Swimming
- Push-ups

Pilates Mat Exercises - List

Warm-Up Exercises

1. Cat Stretch
2. Prone Scoop
3. Imprint Release
4. Supine Hip Rotation
5. Alternating Leg Raises
6. Spinal Rotation
7. Hip Rolls
8. Neck Lengthening
9. Scapular Elevation and Depression
10. Scapular Protraction/Retraction
11. Arm Circles
12. Abdominal Curls

Exercises

1. **Hundred**
2. Half Roll Back
3. Roll Up
4. Rolling Like A Ball
5. Spine Twist
6. Single Leg Circle
7. Single Leg Stretch
8. Supine Twist
9. Scissors
10. **Double Leg Stretch**
11. **Rollover**
12. **Shoulder Bridge**
13. **Single Leg Kick**
14. Breast Stroke
15. Heel Squeeze
16. Shell Stretch
17. Seated Spine Stretch
18. Saw
19. **Neck Pull**

20. **Open Leg Rocker**
21. Side Leg Kick with Lift Variation
22. **Side Bend**
23. **Teaser**
24. **Leg Pull**
25. **Leg Pull Front**
26. **26.Double Leg Kick**
27. **Swan Dive**
28. **Swimming**
29. Seal
30. **Push-Ups**

***bold indicates intermediate exercise**



CHAPTER 9
Warm Up / Alignment Exercises

1. Cat Stretch

Start Position
Kneel in quadruped position with arms straight, shoulder-width apart and knees hip-width apart, ankles plantar- flexed. Spine is straight with head aligned in straight line with tailbone.
Inhale
Prepare and maintain start position
Exhale
Flex spine starting from tailbone to head
Inhale
Slightly extend spine starting from head to tail. Maintain scoop as ribcage expands.

Remember
Shoulders remain depressed with neck lengthened. Maintain scoop to support lumbar spine. Avoid overextension of cervical and lumbar spine

Purpose
Flex spine by engaging abdominals and disengaging gluteus maximus
Maintain abdominal engagement to stabilize lumbar spine during spinal extension







2. Prone Scoop

Start Position
Kneel in quadruped position with arms straight, shoulder-width apart and knees hip-width apart, ankles plantar- flexed. Spine is straight with head aligned in straight line with tailbone.
Inhale
Breathe into belly and relax abdominals. Maintain straight spine.
Exhale
Breathe out and scoop and brace. Maintain straight spine.
Inhale
Maintain abdominal engagement and breathe into ribs to expand them laterally
Exhale
Scoop deeper

Remember
Maintain straight spine throughout movement.

Purpose
Learn how to scoop effectively
Disengage the gluteus maximus and scoop from abdominals Learn three-dimensional breathing
Maintain abdominal engagement to support lumbar spine





3. Imprint Release

Start Position
Lie supine with spine and pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart Arms extended at sides with palms down.
Inhale
Prepare
Exhale
Scoop and imprint spine
Inhale
Return to neutral

Remember
Avoid jamming back into mat
Engage transverse abdominus to imprint
Lift feet to avoid gluteus maximus engagement

Purpose
Learn to imprint spine for supine more challenging supine exercises Stabilize lumbar spine. Engage abdominals





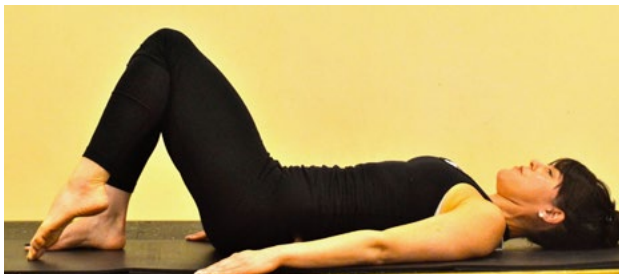
4. Supine Hip Rotation

Start Position
Lie supine with spine and pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart Arms extended at sides with palms down.
Inhale
Laterally rotate femur allowing bent leg to fall to side then extending.
Exhale
Medially rotate femur allowing straight leg to fall across midline then flexing back to start position.

Remember
Maintain scoop and spinal position throughout leg movement Maintain hip alignment and evenly distributed weight on pelvis Keep foot on mat.

Purpose
Learn to stabilize pelvis with abdominals during leg movement and hip rotation



5. Alternating Leg Raises

Start Position
Lie supine with spine and pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart Arms extended at sides with palms down.
Inhale
Prepare
Exhale
Lift leg until tabletop position (knee 90 degrees) and maintain neutral pelvis and spine.
Inhale
Prepare
Exhale
Lift other leg until tabletop position (knee 90 degrees)and maintain neutral pelvis and spine.
Inhale
Prepare
Exhale
Lower one leg until foot is down. Knee remains flexed
Inhale
Prepare
Exhale
Lower other leg until foot down and return to start position. Knees remain flexed.

Remember
Maintain scoop and spinal position throughout leg movement





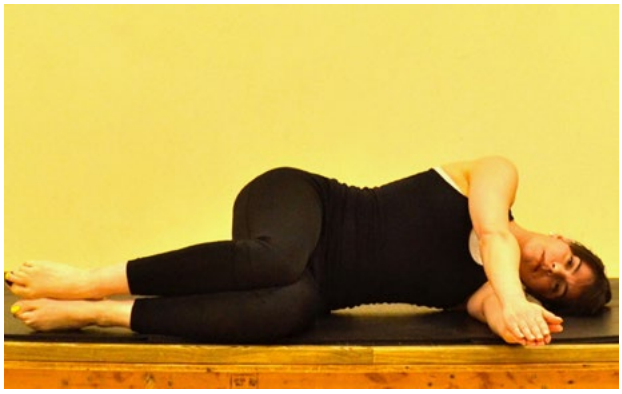


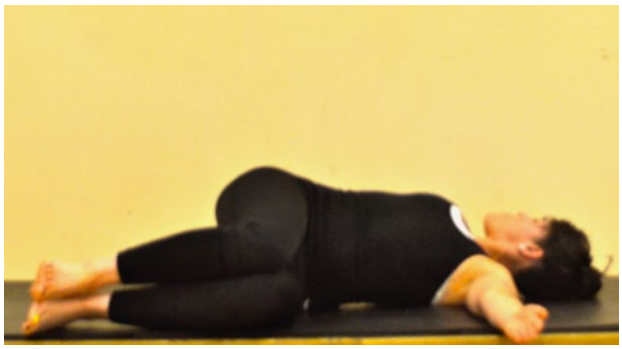


6. Spinal Rotation

Start Position
Lie on side, hips and knees flexed. Arms straight and extended aligned with shoulders, palms together.
Inhale
Lengthen top arm vertically over shoulder.
Exhale
Continue reaching arm behind body to initiate thoracic spinal rotation. Allow chest to expand.
Inhale
Stay, breathe laterally into ribs.
Exhale
Stay,
Inhale
Stay, breathe laterally into ribs.
Exhale
Rotate back and return to start position

Remember
Hips, knees, ankles and feet stay aligned with legs adducted throughout movement






7. Hip Rolls

Start Position
Lie supine with spine and pelvis in neutral and ribcage imprinted.
Knees bent with feet down, hip-width apart.
Arms extended at sides with palms down.
Inhale
Prepare
Exhale
Initiate lifting phase from Gluteus Maximus and articulate spine starting from tailbone through thoracic spine. Extend hips and lengthen spine from pelvis to shoulders.
Inhale
stay and breathe laterally into ribcage
Exhale
Initiate lowering phase from thoracic spine and articulate spine from shoulders to hips. Flex thoracic spine and roll down lowering pelvis to return to start position.

Remember
Maintain weight on thoracic spine (shoulders)Avoid weight on cervical spine (neck) Ribs stay connected to hips
Avoid overextension of lumbar spine
Maintain alignment of knee with 2nd and 3rd toes. Distribute weight evenly throughout foot (big toe, small toe and heel).

Purpose
Engage gluteus maximus to stabilize pelvis Lengthen hip flexors and quadriceps muscles. Stabilize pelvis and lumbar spine
Engage abdominals to maintain rib/hip connection





8. Neck Lengthening

Start Position
Lie supine with spine, pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart.
Arms extended at sides with palms down. Cervical spine neutral.
Inhale
Tuck chin to lengthen back of neck.
Exhale
Return to start position

Remember
Avoid over-flexion of neck during lengthening phase

Purpose
Maintain a lengthened neck throughout supine movements Maintain stability in scapula



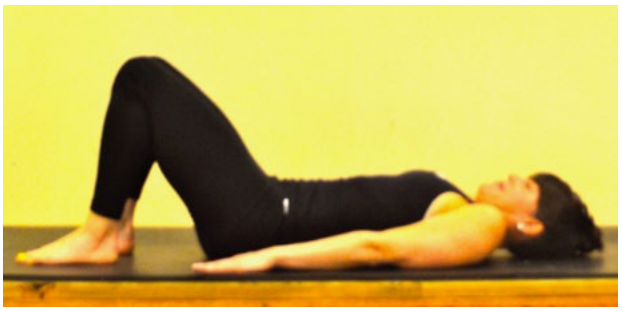


9. Scapular Elevation and Depression

Start Position
Lie supine with spine, pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart. Arms extended at sides with palms down.
Inhale
Elevate scapula to shrug shoulders
Exhale
Depress scapula/shoulders (opposite of shrug).

Remember
Engage Latissimus Doris to depress scapula
Avoid protraction of scapulae and internal rotation of shoulder
Feel inferior scapulae moving towards pelvis and slightly adducting towards spine Arms and shoulder blades remain on floor

Purpose
Depress shoulders to stabilize scapula on ribcage. Learn to engage the lats





10. Scapular Protraction/Retraction

Start Position
Lie supine with spine, pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart. Arms extended vertically over shoulders.
Inhale
Protract scapulae to lift shoulder blades from floor
Exhale
Retract scapulae to return to neutral position

Remember
Avoid over-retraction of scapulae. Avoid elevation of shoulders

Purpose
Teaches scapular stabilization during lowering phase





11. Arm Circles

Start Position
Lie supine with spine, pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart. Arms extended at sides with palms down.
Inhale
Flex shoulders with arms extended over shoulders as far as possible while maintain spinal alignment, scapular stabilization and abdominal engagement.
Exhale
Circle arms out side to return to start position.

Remember
Maintain constant spinal position and rib imprint throughout movement.

Purpose
Stabilize the scapula on the ribcage. Engage lats and obliques.






12. Abdominal Curls

Start Position
Lie supine with spine, pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart. Arms extended at sides with palms down.
Inhale
Prepare, scoop, stabilize scapulae
Exhale
Tuck chin, lift head; then, flex thoracic spine, engage abdominals. Slide ribcage towards hips. Arms lift shoulder height.
Inhale
Stay and deepen scoop
Exhale
Roll down to mat lowering shoulder blades and arms simultaneously, head lowers last.

Remember
This movement is the basis for all supine flexion exercises. Maintain abdominal engagement throughout movement
Use Transverse Abdominals to flatten area and prevent ballooning of belly Avoid over-flexion of thoracic spine.

Purpose
Learn to scoop
Prepare for all supine spinal flexion movements

Variation
Hands behind head
Ball or ring between knees







CHAPTER 10
Exercises

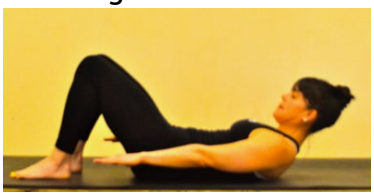
1. Hundred

Start Position
Lie supine with spine, pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart or legs adducted, hips and knees flexed (tabletop) with ankles plantar-flexed. Arms extended at sides with palms down.
Inhale
Prepare, scoop and stabilize scapulae
Exhale
Tuck chin, lift head; then, flex thoracic spine, engage abdominals. Slide ribcage towards hips. Arms lift shoulder height. Simultaneously extend legs and lower only to position of control and spinal/pelvic stability (imprinted ribs, scooped and scapulae stabilized).
Inhale
5 counts with arm pulses (staccato breathing)
Exhale
5 counts with arm pulses (staccato breathing)
Repeat 9 more times for a total of 10 sets = 100 pulses.
Inhale
Stay in spinal flexion, scoop deeper
Exhale
Return to start position

Remember
Lower legs only as low as spinal and pelvic stability can be maintained.
Keep arms long and extended throughout pulses
Move only arms and avoid head movement throughout pulses
Maintain scoop, imprinted ribs and scapular stability throughout pulses
Engage Transverse Abdominals to flatten abdominal area and prevent ballooning of belly
Avoid over-flexion of thoracic spine

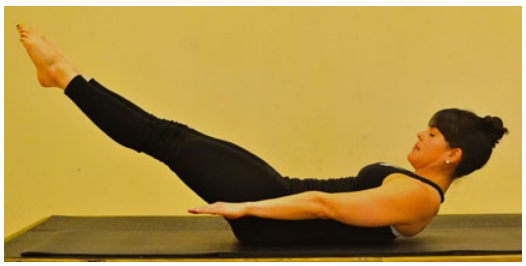
Purpose
Transverse abdominus engages to stabilize the spine Engage lats to stabilize scapulae
Increased breathing stimulates blood flow and prepares the body for other exercise

Variations
Feet down
Knees at tabletop Smooth breathing











2. Half roll back

Start Position
Sit vertically on sit bones (ischial tuberosity, legs adducted knees bent. Arms extended shoulder-height, palms down.
Inhale
Prepare
Exhale
Sink back into spinal C-curve initiating from pelvis to flex spine (lumbar, thoracic and cervical). Feet remain on floor.
Inhale
Stay and breathe laterally into back, bottom ribcage
Exhale
Maintain C-curve and flex forward over legs, pelvis remains vertical.
Inhale
Extend spine to start position Repeat 5 - 8 times







Remember
Avoid over-extension of spine when seated vertically Maintain spinal flexion through movement phase of exercise
Maintain scapular stability (shoulders down)
Avoid elevation of scapulae
Avoid toes lifting away from floor

Purpose
Stretch lower back by engaging abdominal Learn to create C-Curve by engaging abdominals

Variation
Hands behind knees Half roll back w/twist Ball between knees



3. Roll Up

Start Position
Lie supine with spine, pelvis stabilized and ribcage imprinted. Legs adducted and extended. Ankles plantar-flexed. Shoulders flexed with arms extended by ears or as low as scapular stabilization can be maintained.
Inhale
Extend arms directly above shoulders. Maintain rib imprint and scoop.
Exhale
Tuck chin, lift head; then, flex thoracic spine, engage abdominals. Slide ribcage towards hips. Dorsiflex ankles. Continuing flexing and articulating spine away from floor until pelvis is vertical, arms parallel with floor reaching over feet.
Inhale
Begin to roll back and breathe laterally into ribcage, maintaining spinal flexion. Plantar-flexed ankles
Exhale
Continuing to roll back to floor, extend hips away from femurs and articulate spine until body is fully extended in start position







Repeat 5 - 8 times

Remember
Maintain ribcage imprint Avoid ribcage opening.
Keep eyes on navel throughout movement
Articulate spine when rolling up and down one vertebra at a time
Maintain scapular stability (shoulders down)
Avoid elevation of scapulae
Maintain hip adduction.

Purpose
Teaches articulation of the spine through abdominal engagement
Stretches muscles of spine and hip extensors

Variations
Knees bent
Flex upper body only
Arms by ears for more challenge

4. Rolling Like A Ball

Start Position
Sit in balanced position in c-curve with weight behind sit-bones. Chin tucked with gaze at navel or knees. Legs adducted, hips and knees flexed, ankles dorsi flexed and feet off floor. Hands rest on shins, knees or behind knees.
Inhale
Maintain start position and roll back no further than thoracic spine.
Exhale
Maintain start position and roll up back up.

Repeat 8 - 10 times

Remember:
Maintain scapular stability (shoulders depressed). Initiate roll from abdominals
Maintain “ball” position throughout rolling Avoid flattening back
Avoid rolling on to cervical spine (neck)

Purpose
Massages the spine
Abdominals must engage to balance Teaches maintenance of C-Curve

Variations
Hands behind knees Hands over knees No hands





5. Spine Twist

Start Position
Sit vertically directly on sit-bones. Legs extended and adducted, ankles dorsiflexed. Arms extended with shoulders abducted at shoulder height.
Inhale
Prepare
Exhale
Rotate from thoracic spine 3 times increasing the rotation with each breath.
Inhale
Return to start position
Exhale
Repeat sequence other direction

Rotate at thoracic spine Avoid only moving arms
Stabilize scapulae (shoulders depressed)
Stabilize pelvis

Purpose
Teaches thoracic spinal rotation
Teaches stability of pelvis and lumbar spine

Variation
Knees bent
Sit on a bolster
Flex back elbow/high row







6. Single Leg Circle

Start Position
Lie supine with spine, pelvis stabilized and ribcage imprinted. Legs adducted and extended with one leg lengthened to ceiling and one leg extended on the floor. Ankles plantar-flexed. Arms extended at sides with palms down.

Inhale
Circle top leg across midline of body
Exhale
Continue circle in same direction and away from midline of body, briefly pausing at start position

Repeat 5 times, then; Circle same leg in opposite direction

Repeat sequence on other leg







Remember
Stabilize spine, pelvis and scapulae
Avoid rotation or lifting of pelvis throughout movement
When circling use the greatest range of motion and speed that can be controlled.

Purpose
Teaches spinal and pelvic stability during leg movement

Variation
Bend bottom knee Bend top knee



7. Single Leg Stretch

Start Position
Lie supine, thoracic spine flexed, chin tucked. Knees in tabletop position. Arms extended and resting on outer lower leg.
Inhale
Prepare
Exhale
Extend one leg diagonally at about a 45 degree angle. Move outside hand towards ankle of extended leg, inside hand to knee on flexed leg.
Inhale
Return start position
Exhale
Extend other leg diagonally at about a 45 degree angle. Move outside hand towards ankle of extended leg, inside hand to knee on flexed leg.
Inhale
Return to start position Repeat 8 - 10 times

Remember
Stabilize scapulae (shoulders depressed)
Maintain pelvic and spinal stability when extending leg Avoid gripping legs with hands
Keep foot of bent knee lifted

Purpose
Maintain abdominal engagement during spinal flexion Mobilizes the hips
Teaches arm/leg coordination

Variations
Legs only Head down Double breath
Hands behind head







8. Supine Twist

Start Position
Lie supine, thoracic spine flexed, chin tucked. Knees in tabletop position. Hands behind head.
Inhale
Prepare
Exhale
Extend one leg diagonally at about a 45 degree angle. Simultaneously, rotate upper body (thoracic spine) contra-laterally bring elbow towards opposite flexed knee.
Inhale
Return to start position
Exhale
Extend other leg diagonally at about a 45 degree angle. Simultaneously, rotate upper body (thoracic spine) contra-laterally bring elbow towards opposite flexed knee.

Remember
Stabilize scapulae (shoulders depressed) Maintain pelvic and spinal stability when extending leg Avoid gripping legs with hands Keep foot of bent knee lifted Keep elbows wide Avoid pulling head

Purpose
Engage external obliques during rotation Maintain abdominal engagement during spinal flexion Coordinate arm and leg movement

Variations
Feet down
Rotation with no leg movement





9. Scissors

Start Position
Lie supine, thoracic spine flexed, chin tucked. Knees in tabletop position. Arms extended and resting on outer, lower leg.
Inhale
Prepare
Exhale
Extend both legs, one leg up towards ceiling, the other extended diagonally at about a 45 degree angle. For 2 counts, pulse legs to facilitate stretch
Inhale
Switch legs allowing them to pass each other
Exhale
Extend both legs, the opposite leg up towards ceiling, the other leg extends diagonally at about a 45 degree angle. For 2 counts, pulse legs to facilitate stretch
Inhale
Switch legs allowing them to pass each other







Remember
Maintain thoracic and cervical flexion throughout movement
Maintain scapular stability (shoulders depressed) Lower legs only as low as spinal stability can be maintained
Avoid pulling knee into external rotation of femur

Purpose
Stretch hamstrings and hip flexors
Maintain abdominal engagement during spinal flexion Coordinate arms and legs

Variations
Head down
Legs only with arms by sides No double pulse
Bend knees slightly

10. Double Leg Stretch

Start Position
Lie supine, thoracic spine flexed, chin tucked. Knees in tabletop position. Arms extended and resting on outer, lower leg.
Inhale
Bend elbows, then; reach arms overhead. Extend legs diagonally at about a 45 degree angle.
Exhale
Circle arms (snow angel) and bend knees to return to start position.

Repeat 5 - 8 times

Remember
Maintain thoracic and cervical flexion throughout movement
Maintain scapular stability (shoulders depressed) Flex shoulders only as much as scapular stability can be maintained
Head and neck remain in static position during arm and leg movement
Lower legs only as low as spinal stability can be maintained

Purpose
Stabilize the scapulae during arm movement
Stabilize the spine by engaging the abdominals during leg and hip extension
Engage abdominals to maintain spinal flexion

Variations
Legs only Arms only









11. Rollover

Start Position
Lie supine with legs adducted and extended vertically. Arms extended at sides with palms down.
Inhale
Extend hips while maintaining spinal stability.
Exhale
Flex hips then lift tailbone to thoracic spine. Articulate spine one vertebra a time away from floor until legs are parallel with floor.
Inhale
Maintain position and abduct legs no wider than shoulders
Exhale
Articulate spine from thoracic to lumbar one vertebra at a time to return to start position

Repeat 5 - 8 times









Prep Variation
Start Position
Lie supine with legs adducted and extended vertically. Arms extended at sides with palms down.
Inhale Prepare **Exhale**
Flex hips then lift tailbone to lower thoracic spine.
Inhale
Return to start position **Repeat 5 - 8 times**

Remember
Maintain scapular stability (shoulder depressed) Avoid scapular protraction (anchor scapulae to floor) Avoid using momentum to swing legs overhead

Purpose
Stretches spine
Teaches articulation of spine through abdominal engagement
Teaches scapular stability

Variations
Only flex lumbar flexion Touch toes to floor
Maintain leg adduction throughout exercise
Maintain leg abduction throughout exercise
Bend knees if necessary





12. Shoulder Bridge

Start Position
Lie supine with spine and pelvis in neutral and ribcage imprinted. Knees bent with feet down, hip-width apart. Arms extended at sides with palms down.
Inhale
Prepare
Exhale
Initiate lifting phase from Gluteus Maximus and articulate spine starting from tailbone through thoracic spine. Extend hips and lengthen spine from pelvis to shoulders.
Inhale
Lift foot and flex hip. Maintain flexed knee and level pelvis, then; extend leg to ceiling with ankle plantar- flexed.
Exhale
Dorsiflex ankle and lower extended leg. Pelvis remains at same level.
Repeat leg movement 3 times/Switch leg







Inhale
Stay and breathe laterally into ribcage
Exhale
Initiate lowering phase from thoracic spine and articulate spine from shoulders to hips. Flex thoracic spine and roll down lowering pelvis to return to start

Remember
Maintain weight on thoracic spine (shoulders)
Avoid weight on cervical spine (neck)
Ribs stay connected to hips
Avoid overextension of lumbar spine
Maintain alignment of knee with 2nd and 3rd toes. Distribute weight evenly throughout foot (big toe, small toe and heel).
Keep pelvis level and still throughout leg movement

Purpose
Engage gluteus maximus to extend hips Engage hip stabilizers to prevent hip rotation and hip flexion throughout leg movement
Variations
Hip Rolls
Lift and lower leg to and from floor







13. Single leg Kick

Start Position
Lie prone in plank position. Weight on forearms with elbows directly under shoulders. Spine is neutral with hips extended and lifted away from floor to create line from head to tailbone. Pubic symphasis remains in contact with floor. Legs extended and adducted with ankles plantar-flexed.
Inhale
Prepare
Exhale
Flex one knee twice (kick), first kick with ankle plantar-flexed and the second kick dorsiflexed)
Inhale
Plantar flex ankle and return to start position
Repeat on other leg
Repeat 5 - 8 Reps on both legs

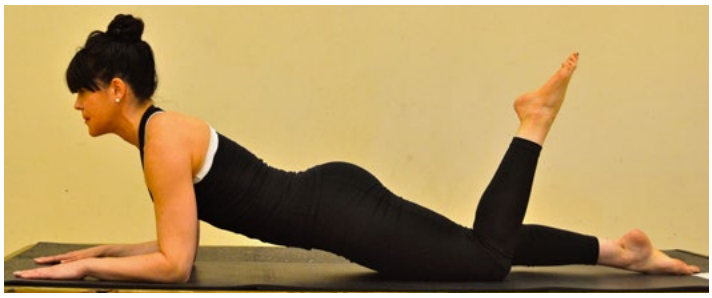
Remember
Maintain gluteal and hamstring engagement throughout movement
Avoid ASIS touching the floor
Maintain abdominal engagement to avoid lumbar spinal extension
Maintain scapular stability (shoulders depressed)

Purpose
Stabilize pelvis during knee flexion Engage glutes and hamstrings Stabilize spine and scapula

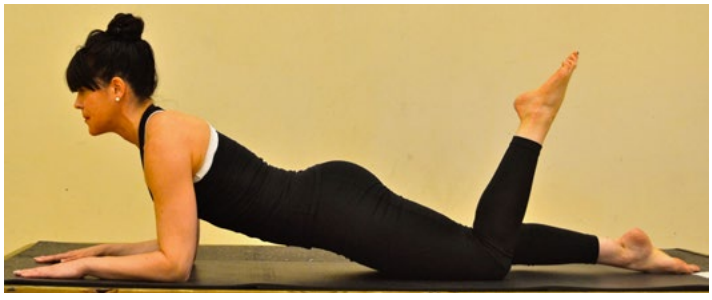
Variation
Lie prone No pulse













14. Breast Stroke

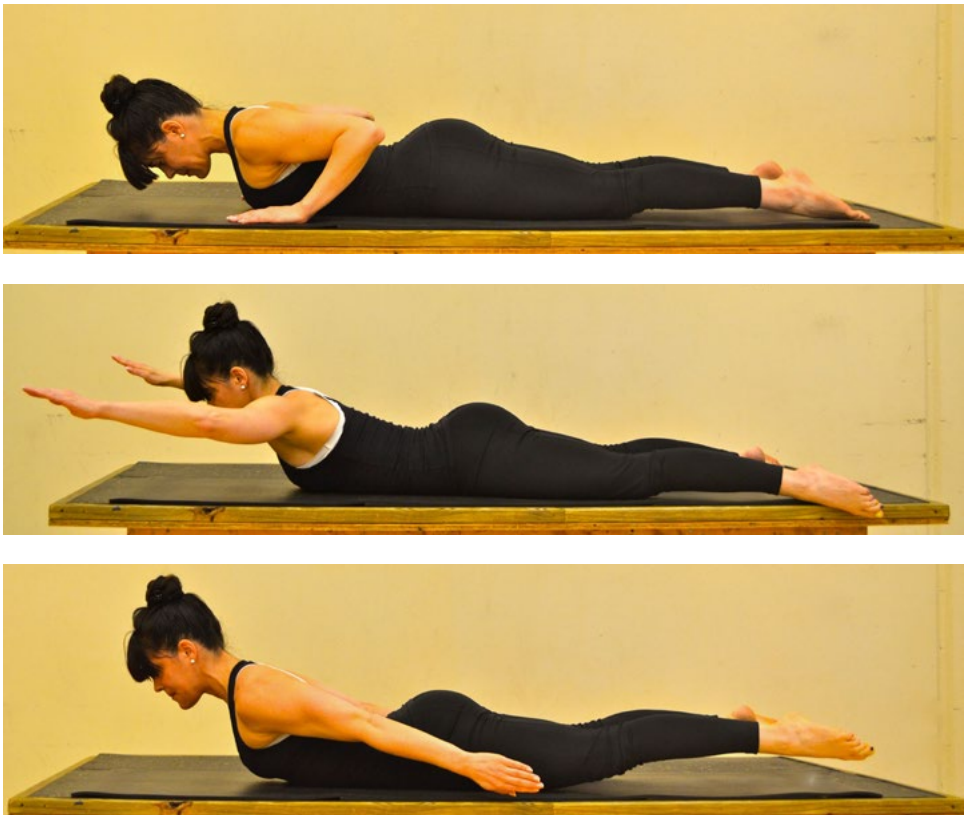
Start Position
Lie prone with spine neutral. Elbows flexed beside body, hands by shoulders with palms down. Legs adducted and extended with ankles plantar-flexed.
Inhale
Prepare
Exhale
Extend arms and flex shoulders parallel with floor with palms down.
Inhale
Circle arms to sides (snow angel) and extend cervical and thoracic spine.
Repeat 5 - 8 times

Exhale
Return to start position

Remember
Engage abdominals, gluteals and hamstrings throughout movement.
Maintain scapular stability throughout arm movement (shoulders depressed)
Avoid over-extension of cervical spine Legs and feet stay in contact with floor

Purpose
Engage muscles of thoracic spine (trapezius)
Lats stabilize shoulders when flexed
Glutes engage to stabilize pelvis and lumbar spine Abdominals engage to stabilize lumbar spine

Variations
Arms extended beside body Arms remain in start position



15. Heel Squeeze

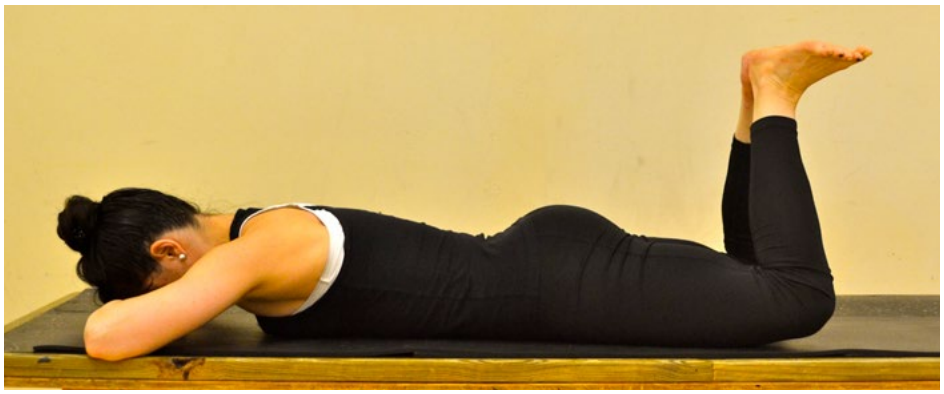
Start Position
Lie prone with hips extended, legs externally rotated and abducted about hip-width, knees flexed at about 90 degrees, heels together and ankles dorsi-flexed.
Elbows bent, shoulders flexed with hands stacked, palms down under forehead.
Inhale
Engage abdominals and squeeze heels to isometrically engage gluteals and hamstrings
Exhale
Lift knees to extend hips only.
Inhale
Return to start position while keeping heels connected.

Repeat 8 - 10 times

Remember
Keep chest on floor
Maintain abdominal engagement Avoid tension in shoulders
Keep pubic symphasis in contact with floor
Avoid lumbar extension

Purpose
Engage glutes and hamstrings
Engage abdominals to stabilize pelvis through leg movement

Variations
Only squeeze heels together without lifting knees Ball or ring between ankles





16. Shell Stretch

Start Position
Sit in prone with knees flexed, sit bones over heels. Spine flexed in c-curve over legs. Arms extended resting beside body.
Inhale
Breathe laterally into lower ribcage
Exhale
Maintain abdominal engagement

Remember
Lengthen spine and expand ribcage with inhale
Maintain shoulder stability

Purpose
Stretch the muscles of spine and hip extensors

Variations
Arms overhead on floor





17. Seated Spine Stretch

Start Position
Sit with spine vertical on sit bones. Legs extended and abducted about shoulder-width apart, ankles dorsi- flexed. Fingertips touching floor between legs.
Inhale
Prepare by lengthening spine.
Exhale
Flex spine one vertebra at a time from cervical to lumbar to create a c-curve.
Inhale
Stay and breathe laterally into ribcage.
Exhale
Extend spine one vertebra at time from lumbar to cervical to return to start position.

Repeat 5 times

Keep weight on sit bones Avoid hinging/flexing at hips

Purpose
Stretches the back muscles by engaging the abdominals
Stretches hamstrings

Variations
Use a ball or ring under hands Bend knees





18. Saw

Start Position
Sit with spine vertical on sit bones. Legs extended and abducted about shoulder-width apart, ankles dorsi- flexed. Shoulder abducted, arms extended with palms facing forward.
Inhale
Rotate thoracic spine.
Exhale
Flex spine one vertebra at a time from cervical to lumbar to create a c-curve. Reach front arm and fingers towards pinky toe of opposite leg. Internally rotate back shoulder/arm, palm faces away.
Inhale
Extend spine one vertebra at time from lumbar to cervical, maintain thoracic spinal extension.
Exhale
Rotate spine to return to start position. Repeat other side

Repeat 3 - 5 times on each side

Remember
Articulate spine to roll down and roll up Maintain scapular stability Keep weight on sit bones Avoid hinging/flexing at hips

Purpose
Stretches quadrutus lumborum by engaging obliques Stretches hamstrings









19. Neck Pull

Start Position
Lie supine with legs extended, abducted about hip- width apart and ankles dorsi-flex. Shoulders and elbows flexed with head rested on palms.
Inhale
Flex cervical spine to lift head. Continue flexing thoracic spine.
Exhale
Continue flexing spine into seated position while maintaining c-curve over legs.
Inhale
Extend spine to vertical seated position.
Exhale
Extend hips, then; flex spine starting from tail to head until body returns to start position

Repeat 5 - 8 times

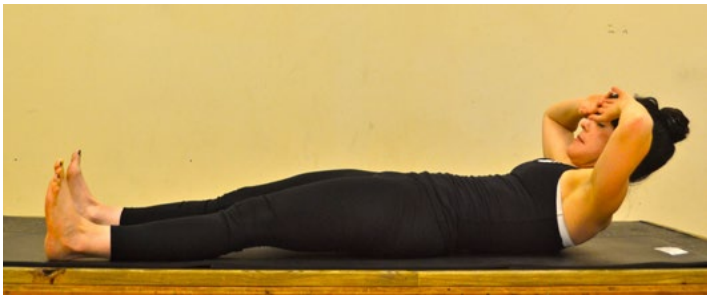
Remember
Articulate spine
Keep weight on sit bones at seated position
Avoid hinging at hips at seated position
Maintain gaze at navel while rolling in and out of c- curve
Avoid pulling head Maintain scapular stability

Purpose
Separates femur from pelvis
Stretches back muscles by engaging abdominals
Stretches hamstrings

Variations
Hinge at hip Bend knees Half roll back











20. Open Leg Rocker

Start Position
Sit in balanced V-sit position behind sit bones with lumbar flexed and thoracic spine extended. Legs extended and abducted hip-width apart, ankles plantar- flexed. Hands lightly holding ankles.
Inhale
Prepare by lengthening spine and engaging abdominals
Exhale
Flex spine to roll back through upper thoracic into c- curve
Inhale
Roll up and return to V-sit start position
Repeat 5 - 8 times

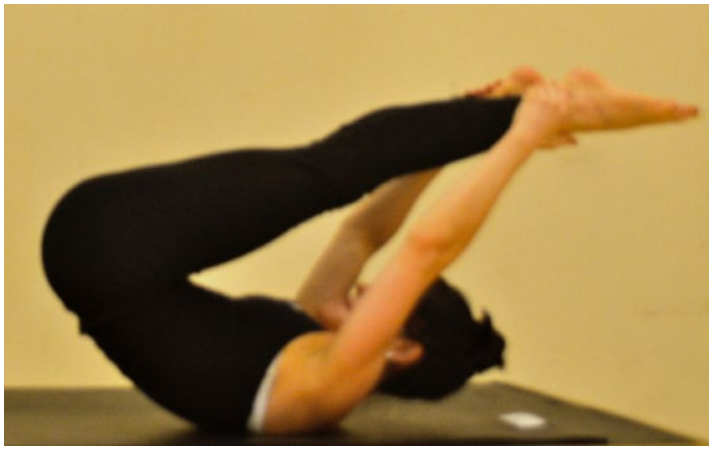
Remember
Use breath to enhance movement - inhale to extend spine and exhale to flex spine
Initiate roll down by extending hips Articulate spine during roll down
Maintain scapular stability (shoulders depressed) Avoid rolling onto cervical spine (neck)

Purpose
Stretches posterior chain Challenges balance
Massages the spine

Variations
Legs bent
Hands behind knees



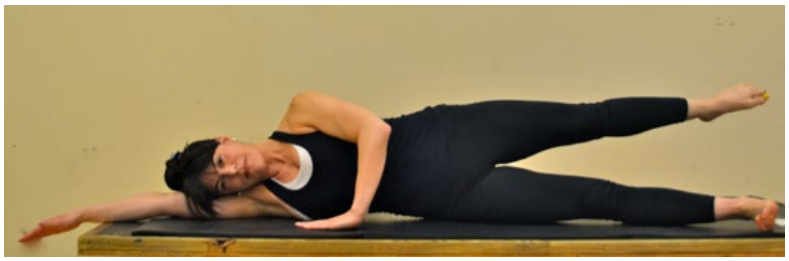


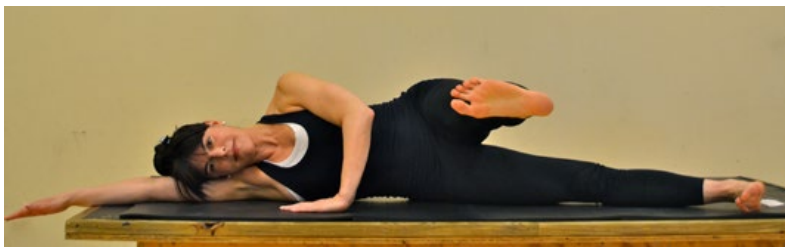


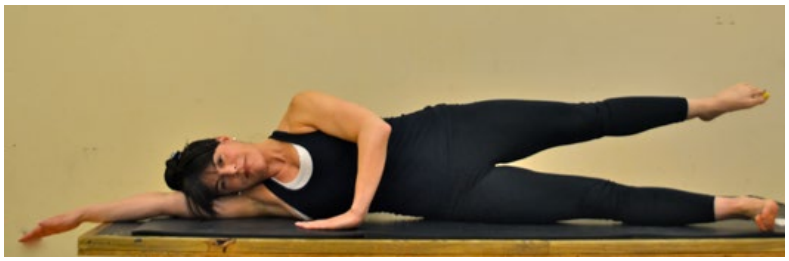
21. Side Leg Kick and Lift Variations

Side Kick
Start Position
Lie on side, spine neutral, hips flexed at about 45 degrees, legs extended and abducted hip-width with ankles dorsiflexed. Bottom arm extended under head. Top arm bent in front of chest to assist with balance.
Inhale
For 2 counts, kick top leg forward to flex hip, flex hip further on 2nd count.
Exhale
Kick leg back to extend hip and isometrically engage gluteals. Plantar flex ankle.

Repeat 8 - 10 times







Remember
Maintain neutral pelvis and spine
Stabilize pelvis engage muscles of the hips
Avoid lateral spinal flexion for Side Kick, Side Leg Lifts Side Leg Circles and Unilateral Leg Lifts
Keep legs in parallel throughout all Side Leg variations

Purpose
Engages the glute medius isometrically
Actively stretches gluteus maximus, hamstring and hip flexors

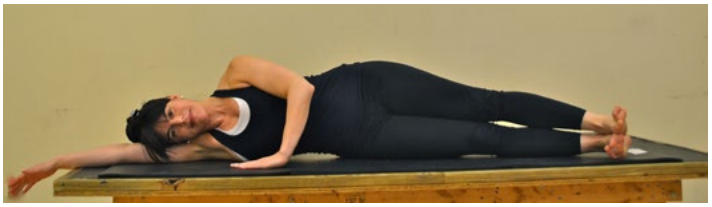
Variation
Kneeling



Variation - Side Leg Lift

Start Position
Lie on side in one straight line with spine in neutral, legs extended, parallel and adducted. Ankles plantar- flexed. Bottom arm extended under head. Top arm bent in front of chest to assist with balance.
Inhale
Abduct top leg keeping legs parallel with spine and pelvis maintaining neutral.
Exhale
Adduct top leg to isometrically engage gluteus maximus keeping legs in parallel and maintaining neutral spine and pelvis.

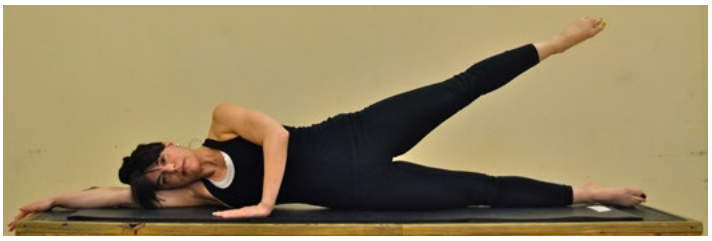
Repeat 8 - 10 times on each leg



Remember
Keep waist lifted to maintain spinal alignment throughout movement
Only lift leg as high as parallel femur position is able to be maintained

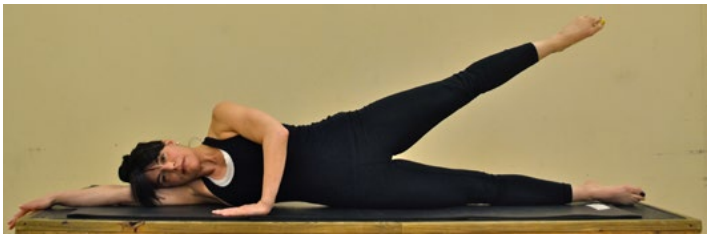
Purpose
Stabilize pelvis and spine through hip abduction and circle
Engages gluteus medius

Variation
Stabilize on elbow



Variation - Side Leg Circles

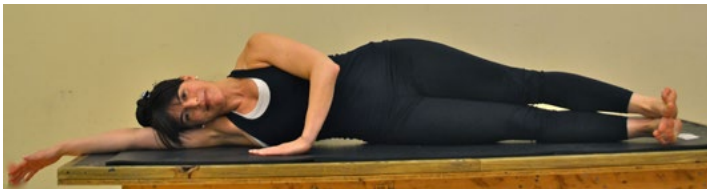
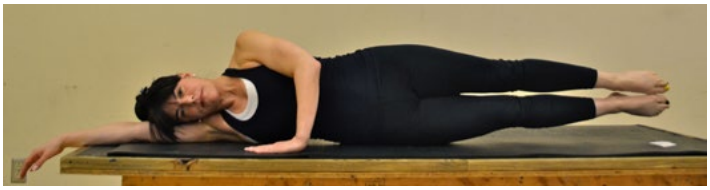
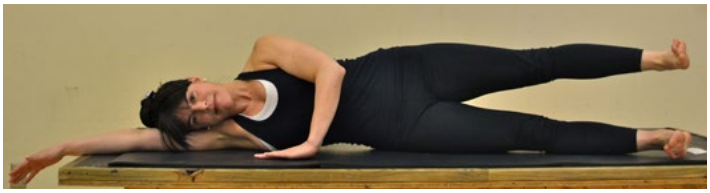
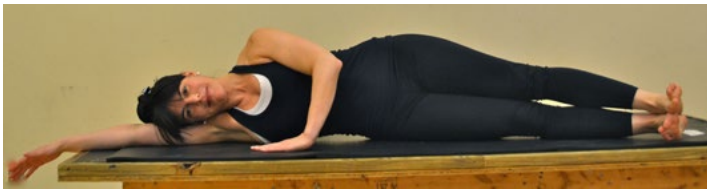
Start Position
Same as Side Leg Lift
Inhale
Abduct top leg to start circle keeping legs parallel and maintaining neutral spine and pelvis.
Exhale
Complete circle by extending hip and adducting leg.
Repeat 8 - 10 times on each leg



Unilateral Legs Lifts

Start Position
Same as Side Leg Lifts
Inhale
Abduct top leg keeping legs parallel and maintaining neutral spine and pelvis.
Exhale
Adduct bottom leg to touch top leg, then; lower both legs together

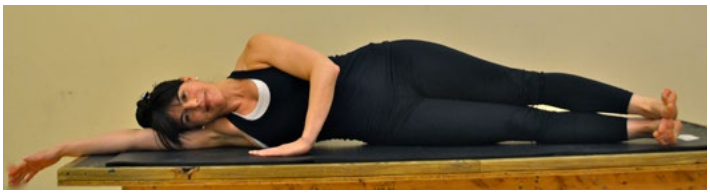
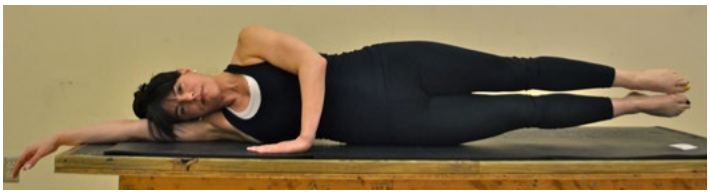
Repeat 8 - 10 times on each leg

Bilateral Leg Lifts

Start Position
Same as Side Leg Lifts
Inhale
Lift both legs with legs adducted and parallel.
Exhale
Lower both legs with legs adducted and parallel.

Repeat 8 - 10 times on each leg

22. Side Bend

Start Position
Sit sideways behind bottom hip (greater trochanter) with spine at slight angle. Both knees flexed, top leg laterally rotated (knee pointed to ceiling) with foot flat on floor and bottom knee resting on floor. Lean on extended arm with hand and fingers pointed away from body. Top arm extended resting on top knee with palm face up.

Inhale
Press weight out of bottom arm and leg, extend and adduct legs and extend hips to lift pelvis sideways towards ceiling. Laterally flex spine from head to toe creating an arc shape. Simultaneously reach top arm overhead.

Exhale
Lower body, bend knees and return to start position Repeat 3 - 5 times

Remember
Move sideways
Squeeze bottom rib to hip Open top rib away from hip
Avoid hip flexion during lifting movement Adduct legs and squeeze sit bones together Maintain scapular stability (shoulders depressed)
Engage Latissimus Dorsi to stabilize scapula and spine

Purpose
Works lateral muscles of body to stabilize body
Enhances lateral spinal flexion
Requires shoulder stability

Variations
On Forearm Bottom knee bent Four breaths
Extend to side plank before lateral spinal flexion
Extend to side plank only









23. Teaser with Variations

Start Position
Lie supine with pelvis and spine in neutral. Legs extended and adducted with ankles plantar-flexed. Shoulders flexed overhead with arms extended.
Inhale
Extend shoulders towards ceiling, then; flex spine one vertebra at a time. Engage abdominals to flex hips with legs extended to create v-sit position. Sit behind sit-bones with thoracic spine extended slightly and lumbar spine flexed slightly.
Exhale
Extend hips to initiate rolling down movement from tailbone to head. Lower legs simultaneously to return to start position.

Repeat 3 - 5 times

Remember
Roll up and down through spine
Create C-curve on the way up and on the way down Extend thoracic spine at top
Maintain scapular stability (shoulders down)
Focus on spine first, only straighten legs if thoracic and cervical spine can be slightly extended

Variations
Knees bent
Flex lumbar spine and lift up again to V-sit
Change Breathing Pattern
Lift Lower Legs/Lift Lower Arms Figure 8s





















24. Leg Pull Prep

Start Position
Supine plank position, legs extended, adducted and laterally rotated with ankles plantar-flexed. Slight thoracic spinal flexion. Arms and shoulder extended with fingers pointed out.
Inhale
Prepare
Exhale
Flex hip of one leg with leg extended and ankle plantar-flexed. Maintain spinal and pelvic stability.
Inhale
Dorsiflex ankle.
Exhale
Plantar flex ankle and lower leg Repeat 3 - 5 times on one leg

Repeat on other leg

Remember
Lift leg only as high as hip and spinal stability can be maintain
Maintain long line from bottom foot to shoulders
Avoid hip rotation
Maintain shoulder stability (shoulders depressed)

Variations
Lift and lower hips (hip extension)









25. Leg Pull Front

Start Position
Prone in full push-up position. Create straight line from head to feet. Spine in neutral. Legs adducted, extended and parallel. Arms extended directly and vertically under shoulders. Weight distributed evenly between hands and balls of feet.
Inhale
Lift one leg to extend hip with ankle dorsiflexed. Maintain neutral spine and pelvis.
Exhale
Shift weight back increasing dorsiflexion of bottom ankle. Simultaneously, plantar-flex ankle of lifted leg. Maintain spinal and pelvic stability.
Inhale
Shift weight forward to return bottom ankle to start position. Top ankle returns to dorsiflexion.
Exhale
Return to start position.

Repeat 3 - 5 times on each side.

Remember
Maintain stable spine and pelvis
Avoid sagging at waist (spinal extension) Keep legs extended and adducted
Maintain scapular stabilization (shoulders depressed)

Purpose
Promotes scapular, spinal and pelvic stability
Trains the entire anterior chain
Engages gluteus maximus when extending hip

Variations
Kneeling
Lift and lower leg only







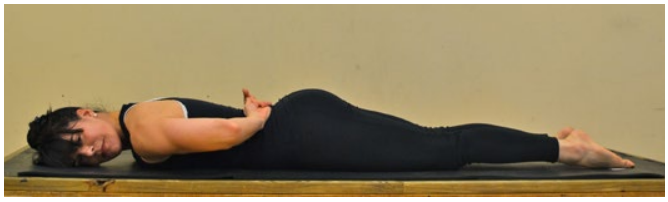

26. Double Leg Kick

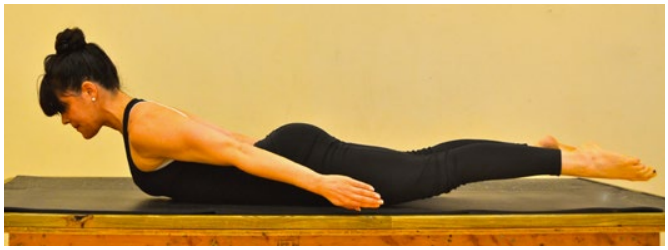
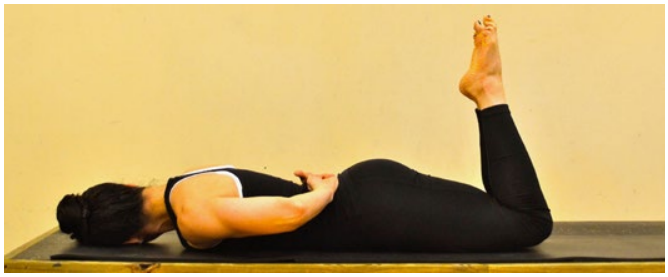
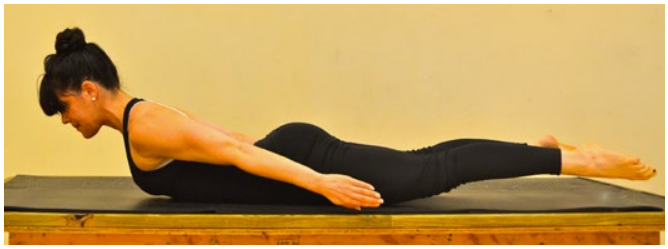
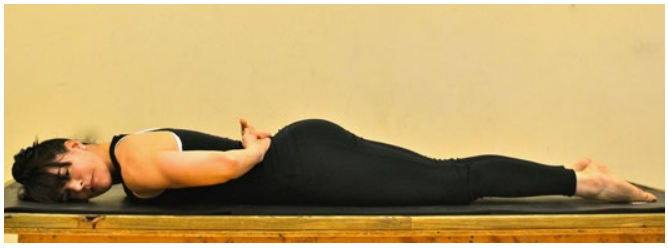
Start Position
Lie prone, spine neutral, legs adducted, extended and parallel with ankles plantar-flexed. Shoulders on floor, elbows bent with hands palm up resting comfortably
on lower back. Head resting on floor turned to one side.
Inhale
Prepare
Exhale
Flex knees in 3 pulses with pelvis stable and legs remaining adducted.
Inhale
Extends thoracic spine, hips and legs, maintain adduction, then; abduct and laterally rotate legs shoulder-width apart. Arms lengthen by sides
Exhale
Turn head to one side as thoracic spine flexes and legs return to adducted and parallel position. Simultaneously, flex knee in 3 pulses with pelvis stable.
Inhale
Extends thoracic spine and extend legs, maintain adduction, then; abduct and laterally rotate legs shoulder-width apart. Arms lengthen by sides
Repeat 4 - 5 times each side
Exhale
Return to start position

Remember
Maintain gluteals and abdominal engagement throughout the movement
Avoid over extension of spine
Maintain scapular stabilization (shoulders depressed) Adduct legs before flexing knees

Purpose
Engages glutes and back muscles Mobilizes the shoulder

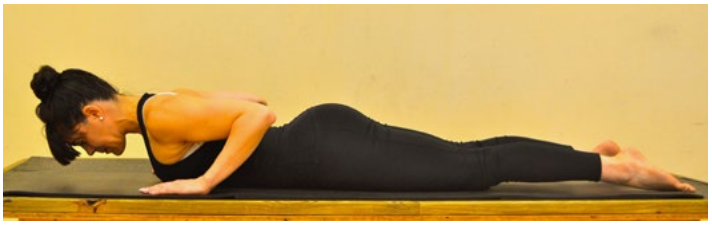
Variations
No pulses Legs only Arms only
Spinal Extension with legs down



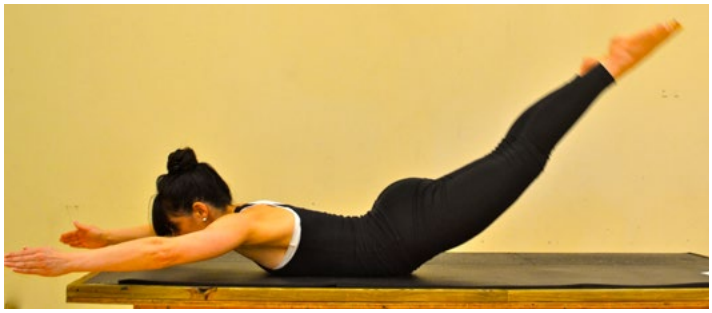





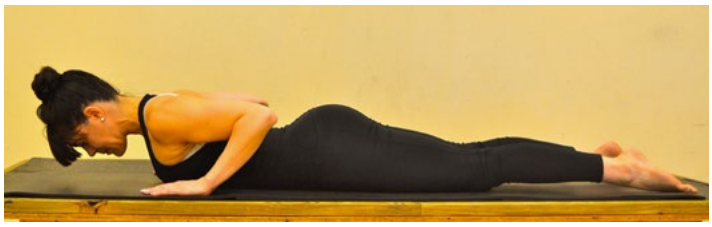
27. Swan Dive

Start Position
Lie prone with spine in neutral, legs extended and abducted shoulder-width apart with ankles plantar- flexed. Elbows bent beside body with palms face down.
Inhale
Extend spine one vertebra at a time, then; extend hips (engage gluteals) and arms.
Exhale
Maintain position from head to toe (spinal and hip extension), rock forward to bring upper body closer to floor and legs away from floor (teeter-totter).
Shoulders flex with arms above head.









Inhale
Maintain position from head to toe (spinal and hip extension), rock back to bring upper body away from floor and legs closer to floor. Shoulders maintain flexion with arms extended.
Repeat 5 - 8 times

Inhale
Return hands and legs to floor. Maintain spinal and hip extension.
Exhale
Return to start position
Remember
Maintain abdominal engagement Avoid overextension of spine Engage gluteals Avoid using arms to build momentum

Purpose
Challenges the back, glutes, abs Stabilize the scapula

Variations
Upper body only Lower body only Rock

28. Swimming and Variations

Start Position
Lie prone with spine in neutral. Legs extended, laterally rotated and abducted hip-width apart. Shoulders flexed overhead, arms extended shoulder- width apart with palms face down.
Inhale
Prep
Exhale
Extend thoracic spine and hips to lift arms and legs off floor. Maintain neutral spine.
Inhale
For 5 counts. Paddle arms and legs contralaterally. Keep legs and arms extended (staccato breathing).
Exhale
For 5 counts. Paddle arms and legs contralaterally. Keep legs and arms extended. Continue for 40 breaths (staccato breathing) .
Inhale
Maintain extended arms and legs.
Exhale
Return to start position






Remember
Maintain abdominal and gluteal engagement to stabilize spine
Avoid overextension of spine
Maintain scapular stability (shoulders depressed)

Purpose
Engage glutes and back
Engage abdominals to stabilize lumbar spine
Variations
Lift legs
Lift arms
Lift oppositional arms/legs
Swimming with only arms
Swimming with only legs




29. Seal

Start Position
Sit in balanced position behind sit-bones. Spine is flexed in C-curve, hips and knees flexed with legs laterally rotated and soles of feet together. Hands gently holding ankles.
Inhale
Maintain start position and roll back onto upper thoracic. Clap hands 3 times
Exhale
Maintain start position and roll up to balance. Clap hands 3 times

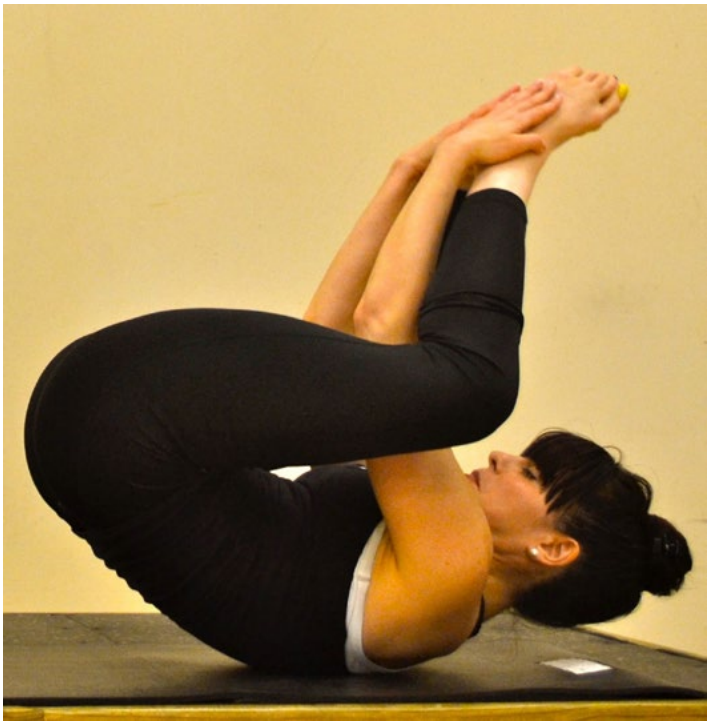
Repeat 8- 10 times

Remember
Maintain abdominal engagement to initiate rolling Maintain scapular stability (shoulders depressed) Avoid rolling back on to cervical spine
Maintain start position throughout movement

Purpose
Challenges balance Opens the hip massages the spine

Variations
No clap
One clap





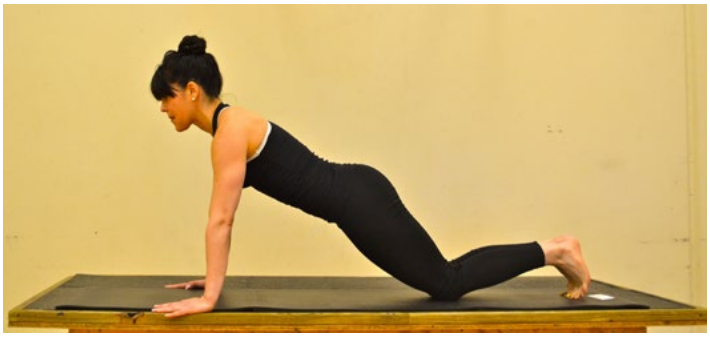
30. Push-Up

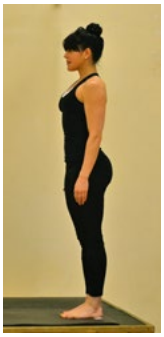
Start Position
Stand with spine in neutral, legs adducted and parallel. Arms extended beside body.
Inhale
Prepare
Exhale
Roll down to flex spine starting from cervical spine to lumbar spine. Lower arms to floor.
Inhale
In 4 counts walk arms out to plank (push-up) position.
Exhale
Stay or lower knees to floor
Inhale
Flex elbows to lower body towards floor in 3 counts.
Exhale
Extend elbows to push up. Repeat 3 push-ups
Inhale
Walk hands back towards feet in 4 counts, flexing spine until hands are on the floor and legs are vertical Exhale
Roll up one vertebra at a time from tail to head.
Repeat 3 times

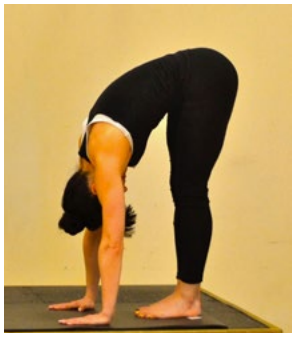
Remember
Maintain plank position from head to feet throughout push-up
Keep chest and shoulders broad during push-up

Purpose
Train the chest, shoulders Stretches the hamstrings, back Stabilizes the spine and pelvis

Variations
Knees down
Arms narrow for push-up

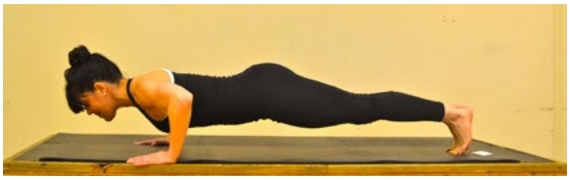






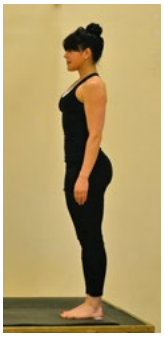














EXAM INSTRUCTIONS

Exam Instructions

After you complete the course, you will be ready to take the exam. Please follow these simple instructions:

1. To take your exam click on the following link: https://www.scwfit.com/pilatesexam
2. After you click on the link above, you will be asked to create a log-in and password to access your exam, results, and certificate.
3. Keep your log-in and password in a safe place and do not lose it.
4. Begin your exam.
5. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam will be available for 60 days after the date of your purchase.
6. You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
7. Once you pass your exam, you can print your customized certificate by clicking on the certificate link on the bottom right-hand corner of the page.

Certification Renewal

Upon successful completion of your examination, you will be SCW certified for two years. To renew your certification, you must complete 20 continuing education credit hours. You can obtain CECs from a SCW Approved Provider. Please visit scwfit.com/scwproviders to view the list of approved providers. If you have obtained more than 20 credit hours, extra hours do not carry over into the next period. SCW recognizes other courses taken through all accredited colleges and universities. Academic courses relating to the field of fitness such as leadership, teaching skills, fitness management, nutrition, research, anatomy, physiology, exercise programming, and others can be applied towards your SCW Certification renewal.

There is a renewal fee for each SCW Certification. If you do not renew your certification before it expires, a late fee will be assessed. If your certification is not renewed within six months of expiration, you will need to take the course again.

Earn up to 8 CECs with each SCW Online Certification. www.scwfit.com/certifications To bring a Live SCW Certification to your facility, please visit www.scwfit.com/hostsite.

Earn up to 20 CECs in one weekend and offer CECs for SCW, ACE, AFAA, AEA, ACSM and NASM. www.scwfit.com/Events

SCW Fitness Education

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