

The Power of the Back Body

This workshop dives deep into understanding the importance of strengthening the back and glutes. Through a fusion of classical Pilates principles and contemporary exercises, we'll unlock your body's potential for increased stability and overall strength. We'll explore a variety of movements, including variations of footwork, lunges, squats, and back extensions, and discuss cueing strategies to help your clients successfully feel these connections. This workshop will primarily utilize the reformer, but other apparatus will be used as well.

Equipment and props needed:

1. Theraband
2. Magic circle
3. Weighted ball
4. Side Split platform (if applicable)
5. Reformer

Preps/Fundamentals

Standing:

A look at Pilates V

Finding the glutes starts here

Supine:

Pelvic tilts

Are you really neutral when you activate your glutes?

Bridge

Reach arms over thighs

Neutral

Add Magic Circle: Presses Out

Staying slightly active when you come out of your bridge

Use a theraband

Prone:

Diamond shape hip extensions

Where are your heels?

Side Lying:

Clamshell

Hip ABduction

Flight and Swan

1. Legs apart
2. Legs together
3. 5 Step Swan
4. Swan Rocking
5. Heel beats

Standing PV again: Put everything together

Reformer

Footwork (3-4 Springs)

“Semi Circle” Variation

Add a small bridge

Bar under thighs

Light Springs (1 Spring)

Single Leg Footwork (2 Springs)

Cueing the first rep

Side Lying Footwork (2 Springs)

Parallel on your heel

Full range

Add low pulses

Leg Circles (2 Springs)

Are you really neutral?

Move the spring from your seat, not your knees

Peter Pan (2 Springs)

Prayer feet (2 Springs)

Up and Down

Circles

Reverse Circles

Long Box

Swan (1 Spring)

Legs open and lowered (spinal mobility)

Legs together and lifted (back strength)

Hamstring Curls (1-2 Springs)

Turned out

Parallel

One Leg

Pulling straps (1 Spring)

T (1 Spring)

Triceps extension (1 Spring)

Add spinal extension

Combo (1 Spring)

Prone bicep curls facing footbar: add extension (2 Springs)

Short Box (All Springs)

Side ups

Cue Pure Abduction

Hip Extensions (1 Spring)

Kneeling on the carriage facing back: Bar up, one foot on the corner of the bar

Box on the floor: foot on the shoulder rest

Hamstring Curls (1 Spring)

Box on the frame, facing footbar, seated on Box

Hamstring Pulls

Add Rotation

Box on footbar with head & shoulders on the box, and heels on the shoulder rests

Hamstring Curls

“Semi Circle” with box on the carriage (2 Springs)

Long Stretch (2 Springs)

use ball

Running (3-4 Springs)

It's all about the cueing

Bottom Lift (3-4 Springs)

Use Magic Circle

Side Splits (2 Springs)

Accent out

Side Skater (1 Spring)

Carriage leg moves

Platform leg moves

Climb the Mountain on the Reformer (1 Spring)