



Introduction to Pilates Tower

Presented by Nicole Rogos

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Saturday, May 31, 2008 5:00 PM–6:00 PM

Objective

- To learn more about Pilates and its relationship to the tower
- Develop a Pilates class using mat exercises and the tower
- Understand the parts of the tower and the safety precautions

Neutral Alignment of Pelvis:

ASIS and ribcage in line, pubic bone and ASIS in same plane

Neutral Alignment of Shoulder Girdle:

Shoulders open and down, shoulder blades sliding down back

Neutral Alignment of Cervical Spine:

Chin to chest 90 degrees, lengthening through back of neck

Workout

Roll-Down Bar

100s facing tower

Coordination

Roll-down

Oblique roll-down

Breathing

Leg Springs

Leg circles

Walking

Bicycle into stomach series

Short Springs Arms

Kneeling arm punches

Kneeling salute

Kneeling tree hug

Push-Through Bar

Swan

Spin stretch

Cat/Cow

Push-Through Bar (hooked from bottom)

Tower

Short spine

Roll-up

Foot work

**Please remember to submit a session evaluation.
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