



Powerful Pilates with Resist-A-Ball®

Presented by Abbie Appel

[crabapple@bellsouth.net](mailto:crabapple@bellsouth.net)

Saturday, May 31, 2008 11:00 AM–12:00 PM

#### Objectives

1. Learn how Pilates principles and secrets integrated into conventional group classes can create more effective movements
  2. Learn how to bridge Pilates to conventional group strength classes
  3. Learn how to use the stability ball to make Pilates more effective
- I.** Body Control—Mind Controlling the Body
- A. Core muscles—Ultimate Core Training—*Pilates muscles*
    1. Abdominals
      - a. Transverse Abdominals—deep
      - b. External/Internal Obliques—deep
      - c. Rectus Abdominals
      - d. Pelvic Floor Muscles—deep
    2. *Back*
      - a. Latissimus Dorsi
      - b. Lower/Middle Trapezius
      - c. Quadratus Lumborum
      - d. Erector Spinae
      - e. Multifidus
    3. *Hips/Butt*
      - a. Gluteus Maximus/Medius/Minimus
      - b. Adductors
- II.** 6 PIA Pilates Principles
- A. Concentration
  - B. Control
  - C. Center
  - D. Fluidity
  - E. Precision
  - F. Breath
- III.** 5 secrets to PIA Pilates
- A. Scoop – muscular (relationship between pelvic floor and transverse abdominus)
  - B. Ribs pulled in (maintaining the abdominal contraction with bracing)
  - C. Shoulders down (scapular depression)
  - D. Neck lengthened
  - E. Breathe
    1. Ribs/chest/lungs
    2. Diaphragm
- IV.** Imprint and Neutral
- A. What is neutral?
    1. Technical – ASIS same plane with pubic bone
    2. Mid-point between post-tilt/ant-tilt
    3. Spine is most comfortable
  - B. Finding and maintaining neutral
  - C. What is imprint?
    1. Skeletal

- 2. Posterior tilt
- 3. No glute engagement
- D. Why is imprinting safer?
- V. Increased Body Awareness from Pilates
  - A. Perfection is elusive
  - B. Becoming more aware of dysfunction
  - C. Optimal posture

### Warm Ups

Cat Stretch  
 Pregnant Cat  
 Imprint Release  
 Alternating Leg Raises  
 Hip Rolls  
 Scapular Isolation  
 Elevation and Depression  
 Arm Scissors  
 Arm Circles

### Exercises

- |     |                             |              |
|-----|-----------------------------|--------------|
| 1.  | Ab Curl                     | Beginner     |
| 2.  | Hundred                     | Intermediate |
| 3.  | Half Roll Back              | Beginner     |
| 4.  | Roll-up                     | Intermediate |
| 5.  | Rolling Like a Ball         | Beginner     |
| 6.  | Single Leg Stretch          | Beginner     |
| 7.  | Criss-Cross                 | Beginner     |
| 8.  | Double Leg Stretch          | Intermediate |
| 9.  | Double Leg Lower and Lift   | Intermediate |
| 10. | Shoulder Bridge Prep        | Beginner     |
| 11. | Shoulder Bridge             | Intermediate |
| 12. | Rollover Prep               | Beginner     |
| 13. | Rollover                    | Intermediate |
| 14. | Heel Squeeze Prone          | Beginner     |
| 15. | Breast Stroke               | Beginner     |
| 16. | Swan Dive Prep              | Beginner     |
| 17. | Swan Dive Rock and Catch    | Intermediate |
| 18. | Half Roll Back with a Twist | Beginner     |
| 19. | Can-Can                     | Intermediate |
| 20. | Leg Circles                 | Intermediate |
| 21. | Side Leg Lift Series        | Beginner     |
| 22. | Side Plank                  | Intermediate |
| 23. | Teaser Prep                 | Beginner     |
| 24. | Teaser                      | Intermediate |
| 25. | Leg Pull Front              | Intermediate |
| 26. | Leg Pull                    | Intermediate |
| 27. | Hip Twist                   | Intermediate |
| 28. | Side Plank                  | Intermediate |
| 29. | Rocking Prep                | Intermediate |
| 30. | Push-ups                    | Intermediate |

**Please remember to submit a session evaluation.  
 Your feedback is important to us!**