




J PILATES

Training and Education



Instructor Only Class- Technique Circuit

<p>Wunda Chair 1</p>	
<p>Foot Work Heels on Toes on V position Prehensile</p> <p>Technique focus- Ensure the movement is initiated at the hip joints Use breath to keep length and space through the spine</p>	
<p>100</p> <p>Technique focus- Use positioning on the chair (tailbone off the edge) to encourage u shape curve of the spine throughout the move.</p>	
<p>Reverse Swan</p> <p>Technique focus- Press feet away to keep distal end aware and to lengthen through front of the hip Tailbone to head game- lead with the tailbone as flex back and with head as return Sink heavily into the back of the pelvis, leave pelvis behind as return.</p>	
<p>Swan Dive</p> <p>Technique focus- Press back with hands as lift to ensure lengthen through the spine Focus on creating space through the spine on both phases of the move</p>	
<p>Side Lift</p> <p>Technique focus- Keep legs at a constant height Reach up through the lengthened arm</p>	





Side Body Twist

Technique focus-

Keep both arms straight

If needed instructor stands in between scissored legs and asks clients to grip






<p>Mat 1</p>	
<p>Foot Work Heels on Toes on V position Prehensile</p> <p>Technique focus- Keep tailbone and crown of head lifted. Focus on a hip movement rather than leg</p>	
<p>100</p> <p>Technique focus- Keep tailbone and crown of head lifted. Make sure legs only drop as low as tailbone can stay lifted. Weighted into low back rather than back of pelvis</p>	
<p>Roll Up</p> <p>Technique focus- Press heels away as flex back</p>	
<p>Swan Dive</p> <p>Technique focus- Focus on creating space through the spine on both phases of the move Keep legs together, big toe knuckles in contact if possible</p>	
<p>Side Bend</p> <p>Technique focus- Lead with crown of the head. Ground through the feet</p>	

Saw

Technique focus-
Keep active through the legs
Focus on the ribcage turning



<p>Cadillac 1</p>	
<p>Foot Work Heels on Toes on V position Prehensile</p> <p>Technique focus- Press away strongly with the arms to help sink the tailbone down and elevate any pressure on cervical spine Small ROM in knee bend</p>	
<p>100</p> <p>Technique focus- Press down with the roll down bar to help lift the spine</p>	
<p>Roll Down</p> <p>Technique focus- Press heels into pipes to help elongate the hips Hang heavy off the bar and let the springs bring you up.</p>	
<p>Swan Dive</p> <p>Technique focus- Press down to go up-create the opposition and space. Keep head in line with the spine-its your first vertebrae</p>	

Mermaid

Technique focus-

Lead with the crown of the head, then return with the tailbone first

Strong in gesturing arm



Twists





Technique focus-

Create long lines.

Be aware of hip placement

Press heels into pipes



<p>Reformer 1</p>	
<p>Foot Work Heels on Toes on V position Prehensile</p> <p>Technique focus- Heavy on tailbone Focus on hip movement Focus on breath</p>	
<p>100</p> <p>Technique focus- Press hands forwards into straps to help lengthen spine up Tailbone lifted to give open u shape to spine</p>	
<p>Round Back</p> <p>Technique focus- Tailbone to head game- lead with the tailbone as flex back and with head as return Sink heavily into the back of the pelvis, leave pelvis behind as return.</p>	
<p>Swan Dive</p> <p>Technique focus- Press back with hands as lift to ensure lengthen through the spine Focus on creating space through the spine on both phases of the move</p>	
<p>Mermaid</p> <p>Technique focus- Lead with the crown of the head, then return with the tailbone first Strong in gesturing arm</p>	

Diagonal Pull



Technique focus-





Let eyes lead the spine


Strong through both arms


Ribcage focus throughout





Reformer 2	
Frogs	
Single Leg Stretch Double Leg Stretch	
Reverse Swan Dive	
Teaser	
Cat Stretch	

Barrels	
Foot Work Heels on Toes on V position Prehensile	
100	
Port du Bras/Round Back	
Swan Dive	
Side Bend	

Spine Twist	
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Barrels 2	
Frogs	

Single Leg Stretch Double Leg Stretch	
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Swan Dive/Grasshopper	
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Teaser	
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Cat Stretch	
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