

Pilates For Dancers Session Plan



Focus:

- Breathing throughout the exercise as often breath is held
- Focus on working in either parallel or internal rotation at the hip. Use props such as the mini-ball to encourage correction and constant alignment in parallel
- Encourage stability in range of motion so use exercises that have large points of stability
- Ribcage to pelvis alignment-recruiting the obliques etc

Exercise	Instructions	Notes
Breathing focus with shoulder and spinal mobility	Standing, feet together in parallel. Inhale arms lift up, exhale to lower. Add in thoracic extension and flexion Add in lateral flexion Add in rotation	Parallel-big toe knuckles touching, heels slightly apart, outside edge form a parallel line. Focus on breathing through the movements even quietly counting if necessary
Roll down	Standing with feet in parallel, roll down through spine Repeat with internal rotation at the hip	Focus on breathing through the movements even quietly counting if necessary Focus on ribcage placement
Hip opener	Lying supine, knees bent. Internally rotate at the hip and extend the leg, rotate to parallel and return. Reverse.	If needed use a towel to support the head to ensure ribcage alignment
Ribcage connection	Place thumbs on bottom ribs and fingers on hip bones. Pelvic tilts front and back, left and right, hitches	Focus on integrating movement with the bottom ribs and pelvis
One leg circle	Keeping thumbs on bottom ribs and fingers on hip bones. Extend one leg along mat foot strongly flexed, other to ceiling. Circle across body and round.	Focus on supporting leg remaining still and connected. Focus on ribcage remaining still and stable. Bend circling leg if necessary

Exercise	Instructions	Notes
100	Lying supine, with mini ball just above knees. Feet flexed. Perform 100 focusing on leg alignment	Use mini ball to maintain parallel alignment
Double leg stretch	Lying supine, with mini ball just above knees. Flex spine. Inhale to extend legs, exhale to return	Use mini ball to maintain parallel alignment
Double leg straight stretch	Lying supine, with mini ball just above knees. Flex spine. Exhale to extend legs, Inhale to lower and exhale to lift	Use mini ball to maintain parallel alignment
Shoulder bridge	Keeping mini ball above knees, feet parallel. Articulate through the spine Add in leg kicks	Focus on hip extension, leaving ribs behind as lift and lead with ribs first as lower.
Saw	Seated legs and arms extended. Exhale to rotate and flex. Inhale to return	Focus on ribcage to pelvis alignment. Keep weight in sit bones. Keep waist lifted as flex Focus on returning to aligned position.
Criss cross	Supine in flexed position, hands interlocked behind head. Exhale to rotate and extend opposite leg. Return and repeat	Focus on leg alignment as leg extends. Cue a line from inner thigh, to inner knee to inner ankle
Side kick kneeling	Kneeling up, extend leg and laterally flex placing hand on floor. Perform side kick series	Focus on alignment through the body. Keep top arm along body to help maintain this alignment and give feedback Focus on rib to pelvic alignment
Spine twist	Seated, legs and arms extended. Exhale to rotate and inhale to return	Focus on alignment of segments Use breath throughout the move and really emphasise the wringing out of the breath.
Side bend	Seated on side position, knees bent, exhale to laterally flex, lifting hips and inhale to return	Have knees bent to really focus on segment alignment of ribs to pelvis.
Swan dive	Lying prone with mini ball just above knee joint. Inhale to extend and exhale to lower and lift legs	Use the mini ball to emphasise the parallel leg position. Be aware on sequential articulation and even distribution of spinal extension

Exercise	Instructions	Notes
One leg kick prep	On elbows with them just in front, spinal in slight extension. One knee bent, sole of foot to ceiling. Exhale to press thigh upwards, inhale to lower	Focus on movement initiating from the front on the hip, foot remains flexed. Keep active in upper body
Rest position	Sit back into rest position and breathe	Focus on the breath lifting the back of the ribs