

FiTOUR® DOUBLE BOOK
Turn it Over - Two in One!



FiTOUR® ***Advanced Pilates*** ***Certification***



2nd Edition

PIL1001



FiTOUR®

Advanced Pilates Certification



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FiTOUR® EXAM Directions, Information & Rules

* You are about to begin studying for the **FiTOUR® Advanced Pilates Certification**. This manual will cover the material for this examination.

* **Certification:** We encourage registrants to study the material, complete the chapter review worksheets, and prepare to take the examination within 90 days of registration. You have **one full year from date of purchase to access the Certification Exam**.

* **Certification Study Materials** *The online study manual and the online video* are located in your account with *FiTOUR®* in your Study Center. The video follows along with the manual.

* **Certification Timed Exam** When you have completed the study materials and are prepared to take the **online exam**, log into your *Fitour®* account, click on “Exam Center” and choose the correct exam. This is a **timed 3 hour exam** that you must complete within the timed 3 hours. You cannot start and stop the exam. Link to the *FiTOUR®* Online Exam User Guide: <https://www.fitour.com/inhome-cert-user-guide>

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* **Certification Exam Failed** If you do not pass the exam with a 75% or higher you can purchase a **Retest for \$25.00** at www.fitour.com/retest

* **Certification Renewal** *FiTOUR® Certifications must be renewed every two years*. You will purchase a \$25 online *FiTOUR®* Cec course to renew. Renewal information is available at <http://fitour.com/renewal>

Definition of Pilates

Definition: Pilates is a total body conditioning exercise method combining flexibility and strength from both Eastern and Western cultures.

Purpose: To develop mind and body uniformity; provide balance, flexibility and strength; to improve posture; and to focus on the powerhouse.

Founder: Joseph Hubertus Pilates

6 Principles of Pilates

Concentration:

- Focus on the movements as you perform them
- Connecting Mind and Body
- Be present with your mind
- Notice how your body feels when you focus your mind on a specific area
- The central nervous system will become accustomed to choosing the right combination of muscles to perform each exercise.

Control:

- All physical motion must be controlled by the mind
- Prevents injury

Centering:

- "Powerhouse": Abdomen, Lower Back, & Buttocks
- The place on the human body from which all motion originates and then proceeds to the extremities
- These muscles support the spine, internal organs, and posture
- The focus is on strengthening the "Powerhouse" to stabilize torso and allow one to stretch and lengthen the body

Fluidity of Movement:

- Move smoothly and evenly through the exercises
- Controlled and flowing movement
- No dynamic, jerky, rushed movement

Precision:

- Every movement has a purpose and should be executed with control, lest you do it improperly
- Follow the instructions exactly
- Become familiar with each movement through repetition, then the exercises will become natural-feeling and not awkward

Breathing:

- Breathe in through the nose and out through the mouth
- Completely inflate lungs
- Forcefully exhale all air out of lungs as though you are "wringing out every drop of water from a wet cloth"
- Keeps the bloodstream pure
- Oxygenates blood

Powerful Words of Pilates

Powerhouse: The powerhouse includes all the muscles that make up the rectus abdominis, transverse abdominals, internal/external obliques, glutes, and lower back. These are the band of muscles that wrap around the body underneath the navel area.

Integration Not Isolation-The Whole: View your body as a whole instead of working the muscles in isolation. Focus should be placed on working all the muscles simultaneously to ensure that functional strength and flexibility goals are being reached.

Scooping the Belly: Pull the navel to the spine making a concave shape in the belly. Be sure to avoid sucking in. This is a muscular action, not a breathing action.

Anchoring: When performing Pilates exercises the focus is not so much on what IS moving but what is NOT moving. When focus is placed on the stabilized area of the body, then the entire body becomes engaged working towards the goal of *integration*. In other words focus on anchoring the part of the body that is not in motion into the mat.

- **Imprinting**—When lying down and the feet are lifted off the floor one must ensure that the spine/back is completely flush with the mat. In this imprinted position, the focus should be on stabilizing the torso or anchoring the torso. When coming down from a seated position to a lying down position, press the spine into the mat one vertebra at a time just as a chain would go around a gear.
- **Shoulder Blades Retracted/Depressed**—In any position, pull your shoulder blades together and down as though you are trying to place your shoulder blades into your back pockets. This will stabilize your torso while performing exercises.
- **Pilates Stance**—In any body position (seated, side-lying, supine, etc.), place your heels together with your toes pointing outward in a V position. Pretend that you are zipped up from your heels to the top of your buttocks squeezing your heels, calves, inner thighs, and glutes together. This will anchor your lower body as you move your upper body integrating the entire body within the exercise.
-

Lengthening Not Tucking: Always place emphasis on lengthening the body as opposed to shortening. Avoid tucking the pelvis under. This causes shortening. Instead, think about squeezing and extending.

Control Not Tension: Always perform movements with control and grace. Avoid using words such as contract, tighten, and tense. These words trigger a muscle response of shortening.

Neutral Pelvis: Maintain neutral alignment within the pelvis area. The pelvis should never have an anterior or posterior tilt.

Breathing:

- *Ribs Open and Close*
- *Breath Goes to the Back into the Mat*
- *Keep Abs Engages*



Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 1 Review Questions

List the 6 Principles of Pilates

1.

2.

3.

4.

5.

6.

Write a Definition for:

Powerhouse-

Scooping the Belly-

Anchoring-

Neutral Pelvis-

The Intermediate Format Summary Review Practical Application



= Signifies Intermediate Exercises



= Signifies Beginner Exercises

Before learning the Advance Pilates Exercise Format, review the Body Awareness Format, Beginner Level Format, and the Intermediate Level Format. The following is the entire Pilates Matwork Format through the Intermediate Level Format. Perform the following exercises in the order below. Execute each exercise

6-8 reps .

Body Awareness

The Hundred	The Roll Up	One Leg Circles	Rolling Back
Single Leg Stretch	Double Leg Stretch	Single Straight Leg Stretch	Double Straight Leg Stretch
Criss Cross	Spine Stretch	Rocker With Open Legs	The Corkscrew
The Saw	The One Leg Kick	The Double Leg Kick	Neck Pull
Side Kick (Up/Down)	Side Kick (Small Circles)	Side Kick (Front/Back)	Side Kick (Side Passe')
Side Kick (Inner Thigh Lifts)	Teaser I	Seal	

Pilates Advanced Level Format

After you have achieved the Intermediate Level, you may progress to the Advanced Level. Please perform these exercises with extreme caution. Add only one exercise at a time to your routine. Remember to use control initiating all movements from the powerhouse. The entire Pilates Advance Level Format can be performed within 45 minutes.

The Roll-Over

Purpose: To articulate the spine and stretch the lower back while initiating the powerhouse.

Beginner Position: Lie in a supine position with legs extend squeezing together at the knees and keeping the toes pointed. Arms are extended on the mat next to the body with palms prone. Maintain a cervical nod while scooping out your abs. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, raising legs off the mat upward and over the head squeezing the legs together. Lift the legs over enough to be parallel with the ceiling. Keep your shoulders on the mat (stay off your neck). If you can keep from rolling onto your neck, lower your legs until the toes touch the mat.

Step 2 - Exhale, separate the legs hip width apart and lower the legs down as you imprint your spine into the mat. Lower the legs toward the mat just before your lower back raises off the mat. Do not let your feet touch the mat.

Step 3 – Repeat

Repetitions: 4-6 with legs together as you roll over and separated as you come down and 4-6 with legs separated as you roll over and together as you come down

Tips: Press your arms and palms down to the mat for stability. Really tighten and lengthen your legs as you roll over and roll down.



Swan Dive

Purpose: To stretch and strengthen the muscles of the back, neck, and shoulders.

Beginning Position: Lie in a prone position. The head is faced straight down in alignment with the spine. The legs are extended with toes pointed. The palms are faced down pressing into the mat directly underneath the shoulders. Shoulder blades are retracted and depressed while you scoop out your abs.

Execution:

Step 1 - Inhale, pull navel into the spine and straighten your arms lifting your chest high off the mat. The hips begin to slightly rise off the mat. Press through the crown of the head, do not hyperextend the neck. Squeeze the legs together.

Step 2 - Exhale, and hold the stretch.

Step 3 - Inhale, release the hands from underneath you as you dive forward onto your breastbone. Rock forward with arms extended forward and legs glued together.

Step 4 - Exhale, rock back as far back as you can lifting the chest high off the mat maintaining extended arms.

Step 5 - Keep rocking back and forth inhaling forward and exhaling backward.

Step 6 - Sit back to your heels in a child's pose position.

Repetitions - 4-6 rocks

Tips: If you have a bad back, avoid this exercise. You may do Step 1 and 2 to modify. Raising and lowering.



The Scissors

Purpose: To stretch the hip flexors, quadriceps, hamstrings, and spine while strengthening the powerhouse.

Beginning Position: Lie in a supine position with the legs straight in the air and toes pointing towards the ceiling. The hands are supporting the lower back. The shoulders are retracted and depressed maintaining contact with the mat. Maintain a cervical nod while scooping out the abs.

Execution:

Step 1 - Inhale, reach one leg toward the mat as the other reaches overhead in a split-like position.

Step 2 - Pulse your legs

Step 3 - Exhale, switch legs

Step 4 - Pulse your legs

Repetitions: 4-6

Tips: Avoid this exercise if you have a bad shoulder, neck, back, and/or wrist. Do not rest on the neck.



The Bicycle

Purpose: To strengthen the hamstrings and buttocks while stretching the hips and quadriceps.

Beginning Position: Lie in a supine position with the legs straight in the air and toes pointing towards the ceiling. The hands are supporting the lower back. The shoulders are retracted and depressed maintaining contact with the mat. Maintain a cervical nod while scooping out the abs.

Execution:

Step 1 - Keeping the left leg extended toward the ceiling, bend your right knee pulling your heel toward the buttocks.

Step 2 - Bring the right knee toward the chest and extend overhead.

Step 3 - As the right knee is straightening overhead, bend the left knee pulling your left heel toward the buttocks.

Step 4 - The motion is as though you are pedaling a huge bicycle.

Step 5 - Breathe normally.

Repetitions: 4-6 forward pedaling, then 4-6 backward pedaling

Tips: Avoid this exercise if you have a bad neck, back, wrist, or back. Keep abs pulled in. Do not arch back too much.



The Shoulder Bridge

Purpose: To strengthen the powerhouse, quadriceps, and hamstrings.

Beginning Position: Lie supine with feet flat on the floor and hips lifted supported on your hands. The elbows are directly underneath the hands. The buttocks is squeezing. The shoulders are retracted and depressed staying in contact with the mat. Maintain a cervical nod.

Execution:

Step 1 - Inhale, extend one leg up to the ceiling. Point the toe as you go up.

Step 2 - Exhale, flex your foot at the top, lower your leg toward the mat, extend the leg out of the hip

Step 3 - Keep your leg elevated as you repeat.

Repetitions: 4-6 one leg, then switch legs

Tips: Avoid this exercise if you have a bad back, shoulder, neck, knee, elbow, and/or wrist. Keep navel pulled into the spine.



Spine Twist

Purpose: To practice breathing correctly while stretching the back muscles.

Beginning Position: Sit tall in a right angle position. Legs are extended close together with feet flexed. Chest out. Scoop out your abs. Maintain a cervical nod. Arms are extended out to the sides with palms down. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, pull your navel into the spine as though your were being cinched in a corset.

Step 2 - Exhale, twist the body and turning the head as one unit as far as possible looking back behind you. Then while continuing to exhale try to stretch further by lifting up in the chest.

Step 3 - Inhale, return to beginning position.

Step 4 - Exhale, twist to the opposite side.

Repetitions: 4-6 on each side

Tips: Keep your feet flexed. Lift up out of your hips. Do not sink down into your waistline.



The Jack-Knife

Purpose: To strengthen the powerhouse and arms while stretching the back, neck, and shoulders.

Beginning Position: Lie in a supine position with legs extend straight up in the air at a 90 degree angle at the hips. The toes are pointed. Arms are extended next to the body with palms down. Maintain a cervical nod while scooping out your abs. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale pressing navel deeply down, legs are squeezing, and arms pressing firmly down on the mat, lift the legs and bring them over your head as you articulate the spine. Stop when you reach your shoulders, do not roll onto your neck.

Step 2 - While still inhaling, squeeze your buttocks harder and press down harder with your arms as you push your hips upward raising your straight legs straight to the ceiling keeping your legs in line with your nose.

Step 3 - Exhale, lower the legs toward the floor as you imprint your spine into the mat returning to beginning position. Relax until your back is flat with the mat and repeat.

Repetitions: 4-6

Tips: If you have a bad back, neck, or shoulder, avoid this exercise. For an option: while in the straight extended position of step 2, lower your legs back behind your head as you exhale, then inhale as you straighten your legs above your head again. You can do this option 4-6 times instead of imprinting down to the beginning position every time.



Side Kick Bicycle

Purpose: To stretch and strengthen the hips, buttocks, and hamstrings.

Beginning Position: Lie on your side with your hands locked behind head. Head is up and in line with the spine. Eyes are straight forward. Legs are extended straight out with a 45-degree angle forward. Hips and legs are stacked. The top leg is lifted above the bottom leg with toes pointed. The bottom foot is flexed.

Execution:

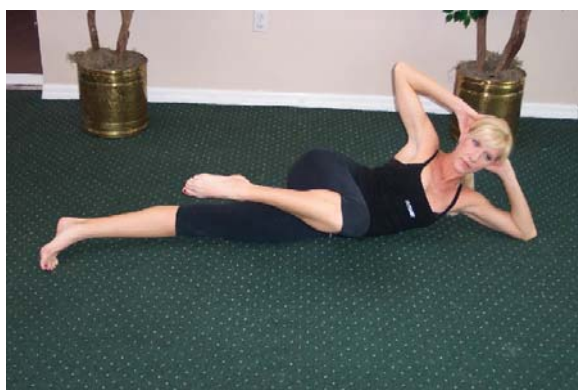
Step 1 - Envision that you are pedaling a very large bicycle. Breathe normally. Swing the top leg straight back as though you are pushing the pedal downward. Then bend the knee pulling your heel toward your buttocks.

Step 2 - Bring the knee forward then extend the leg straight out in front.

Step 3 - Swing the leg from the front position towards the back completing the first big circle and preparing to repeat motion.

Repetitions: 4-6 pedals backward; 4-6 pedals forward; repeat on opposite side.

Tips: Avoid dropping your leg below the hip. Do not allow the hips to roll forward or backward.



Teaser II

Purpose: To improve balance and coordination while working the powerhouse.

Beginning Position: Balance on your tailbone in a V seated position. Arms are extended reaching for your toes with palms down. Legs are tightly squeezing together with toes pointing hard. Maintain a Pilates "V" stance. Pull your navel in toward your spine.

Execution:

Step 1 - Inhale, lower your legs as low as you can while keeping the upper body still.

Step 2 - Exhale, lift your legs back to the V position.

Step 3 - Lift and lower your legs inhaling as you lower and exhaling as you lift.

Repetitions: 4-6

Tips: If you have pain in your back, stop this exercise.



Teaser III

Purpose: To utilize all of the muscles of the body with concentration on the powerhouse. This exercise combines Teaser I and II.

Beginning Position: Balance on your tailbone in a V seated position. Arms are extended reaching for your toes with palms down. Legs are tightly squeezing together with toes pointing hard. Maintain a Pilates "V" stance. Pull your navel in toward your spine. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, at the same time lower your legs toward the floor as you articulate your spine into the mat bringing your arms back reaching for the wall back behind you.

Step 2 - Exhale, simultaneously lift the upper body and lower legs coming up to a "V" position. Remember to articulate the spine as you come up.

Repetitions: 4-6

Tips: Stop this exercise if you feel pain. Focus on making the "V" as big as you can when lowering down and making the "V" as small as you can when you raising up.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 2 Review Questions

- 1. What is the purpose of the Roll-Over Exercise:**
- 2. Explain the Beginning Position of the Swan Dive Exercise:**
- 3. What are some tips for The Scissors Exercise:**
- 4. What is the beginning position for The Bicycle Exercise:**
- 5. How many reps should be done for The Shoulder Bridge Exercise:**
- 6. What is the purpose for the Spine Twist Exercise:**
- 7. Name some tips for The Jack-Knife Exercise:**
- 8. What is the purpose for the Side Kick Bicycle Exercise:**
- 9. What is the beginning position for the Teaser II Exercise:**
- 10. What is the execution for the Teaser III Exercise:**

Hip Twist With Stretched Arms

Purpose: To strengthen the powerhouse and stretch the anterior deltoids (front of shoulders), chest, and arms.

Beginning Position: Balance on your tailbone in a V seated position. Arms are extended behind you with hands placed on the mat and fingertips are pointing back. Legs are tightly squeezing together with toes pointing hard. Maintain a Pilates "V" stance. Pull your navel in toward your spine. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, swing the legs to one side and then downward keeping the legs glued together.

Step 2 - Exhale, swing the legs upward and around to the beginning position completing a big circle.

Step 3 - Inhale as you swing to the opposite direction.

Step 4 - Exhale as you swing upward completing the circle.

Repetitions: 4-6 in each direction

Tips: Avoid this exercise if you have a shoulder injury or a weak back. Stop if this exercise causes pain. Alternate directions after each hip circle. To modify you may support your body with the forearms. This is what is demonstrated in the picture.



Swimming

Purpose: To stretch and strengthen the spinal muscles.

Beginning Position: Lie in a prone position with the arms extended straight overhead next to the ears palms facing down. The legs are extended and squeezing together with toes pointing.

Execution:

Step 1 - Inhale, lift your right arm and left leg simultaneously. Pull your navel in toward your spine as you lift your head and chest off the mat.

Step 2 - Switch legs and arms (left arm up and right leg up while lowering the right arm and left leg).

Step 3 - Inhaling and exhaling as you repeatedly switch legs and arms in a swimming type motion.

Repetitions: 4-6 sets of inhalations/exhalations each

Tips: Rest on your heels in a child's pose position after the exercise. Keep control of your center. Do not allow your arms or legs to drop.



Rocking Horse

Purpose: To stretch the abs quads and anterior deltoids. To improve abdominal control and strengthen the back.

Beginning Position: Lie in a prone position with the knees flexed and the feet towards the buttocks. The arms extended back and the hands are grasping the ankles.

Execution:

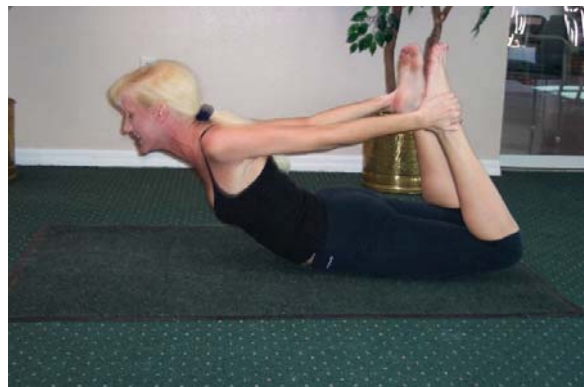
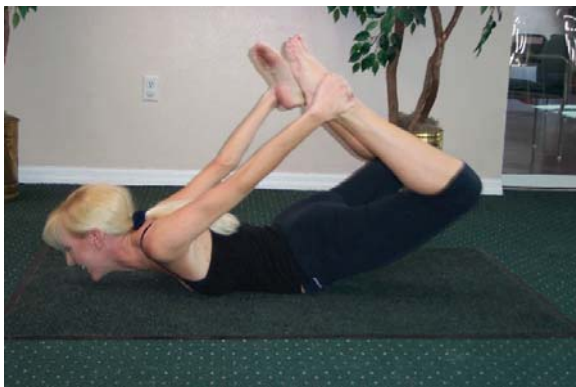
Step 1 - Inhale, lift your chest and your legs simultaneously by pulling with your arms.

Step 2 - Exhale as you rock forward keeping your head in alignment with your spine.

Step 3 - Inhale as you rock back.

Repetitions: 4-6 rocks

Tips: Rest on your heels in a child's pose position after the exercise. Initiate the movement from the powerhouse and not the head. Do not allow the arms or feet to drop to the buttocks. Keep the arms and legs extending.



The Leg Pull Front

Purpose: To stretch the Achilles tendon and the calves, and stabilize the powerhouse.

Beginning Position: Body prone in a lifted position. Arms are shoulder-wide in right angles with hands directly under the shoulders. The head is in a straight line with the body. The legs are close together with toes pointed downward. Heels and knees close together.

Execution:

Step 1 - Inhale, raise the right leg upward and backward as high as possible

Step 2 - Exhale, lower the right leg

Step 3 - Inhale, raise the left leg upward and backward as high as possible

Step 4 - Exhale, lower the left leg

Repetitions: 4-6 on each leg

Tips: Keep the center rigid. Keep arms and legs completely straight. Think of reaching and stretching out through the crown of the head.



The Leg Pull

Purpose: To focus on the powerhouse and emphasize the buttocks while working the arms and shoulders. To stretch the hamstrings.

Beginning Position: The body is in a supine lifted position with the arms under the shoulders (90-degree angles shoulder-wide) with palms facing down and fingertips pointing toward the buttocks. The head is aligned with the body. The legs are extended straight forward close together with the toes pointed. The buttocks is lifted high off the mat.

Execution:

Step 1 - Inhale, lift the right leg upward and backward as high as possible.

Step 2 - Exhale, lower the right leg.

Step 3 - Inhale, lift the left leg upward and backward as high as possible.

Step 4 - Exhale, lower the left leg.

Repetitions: 4-6 each leg

Tips: If you have a bad shoulder or wrist, leave this exercise out.



Kneeling Side Kicks

Purpose: To concentrate on the waistline and hips while emphasizing balance and coordination.

Beginning Position: Kneel on the left knee and support the body on the left arm. The right leg is stretched out sidewise in straight line with the body and toes are pointed. The right hand is behind the head with the elbow back as far as possible.

Execution:

Step 1 - Inhale, swing right leg backward forcibly as far as possible.

Step 2 - Exhale, swing right leg forward forcibly as far as possible

Repetitions: 4-6 on each side

Tips: Try any of the side kick exercises kneeling for a challenge. Complete all sets on one side then switch to the other side. If you have bad knees, leave out this exercise.



The Side Bend

Purpose: To strengthen the arms, shoulders, and wrists while stretching the hips and waist-line and helps to develop balance.

Beginning Position: Sit on one side with the knees slightly bent and together, the top foot on the mat just in front of the other foot. The arm is perpendicular to the mat with the palm down directly under the shoulder. The top hand is resting on the top shin.

Execution:

Step 1 - Inhale, press up onto a straight arm and bring your upper foot to rest on top of the other balancing on your arm and one foot. Your body is lifted and straight, aligned from your head to your toes. Your top arm is pressing against the body.

Step 2 - Turn your head toward the ceiling and try to rest your chin onto your shoulder.

Step 3 - Exhale, lower the body until the calf touches the floor.

Step 4 - Inhale, lift your top arm up and overhead alongside your ear reaching as far away from your feet as possible. Lift your hips up and return your head forward, everything in alignment.

Repetitions: 4-6 then lower all the way down to the mat

Tips: If you have a bad wrist or shoulder, avoid this exercise.



Twist

Purpose: To strengthen the arms, shoulders, and wrists while stretching the hips and waist-line and helps to develop balance.

Beginning Position: Sit on one side with the knees slightly bent and together, the top foot on the mat just in front of the other foot. The arm is perpendicular to the mat with the palm down directly under the shoulder. The top hand is resting on the top shin.

Execution:

Step 1 - Inhale, in one swooping motion, lift your hips as high to the ceiling as possible.

Swoop your top arm in an arc motion around to meet the other supported hand looking down.

Step 2 - Exhale, in reverse direction swoop the top arm up and down in an arc motion as you lower your hip back down to the floor.

Repetitions: 3 then lower all the way down to the mat and switch sides.

Tips: If you have a bad wrist or shoulder, avoid this exercise.



Thread the Needle

Purpose: To strengthen the abdominals, obliques, and stretches the hips and waistline. This exercise takes balance and coordination to the next level.

Beginning Position: Sit on one side with the knees slightly bent and together, the top foot on the mat just in front of the other foot. The arm is perpendicular to the mat with the palm down directly under the shoulder. The top hand is resting on the top shin.

Execution:

Step 1 - Inhale, press up onto a straight arm. Your body is lifted and straight, aligned from your head to your toes. Your top arm lifts up and over the head making a straight line from your fingertips to your feet.

Step 2 - Exhale, lower your arm down as you twist your torso forward threading your arm through the space between your shoulder and your hip.

Step 3 - Inhale, unthread your top arm and extend it back opening your chest toward the ceiling.

Step 4 - Exhale as you take your top arm back to the straight line overhead and then lower your hip back down to the mat.

Breathing—Inhale as you lift up, exhale as you thread, inhale as you open, exhale as you lower down to the mat.

Repetitions: 3 then switch to the other side

Tips: If you have a bad wrist or shoulder, avoid this exercise.



Push-Ups

Purpose: To strengthen the shoulders, chest, arms, and upper back while stretching the shoulders and hamstrings.

Beginning Position: Stand at the back of the mat with the feet and legs in the Pilates Stance and the arms naturally down by the sides. Maintain a cervical nod with the abs scooped out.

Execution:

Step 1 - Inhale, pull your navel into the spine.

Step 2 - Exhale, roll down reaching your hands to the mat. Try to press your palms to the mat.

Step 3 - Inhale, walk your hands out in front until the hands are directly beneath your shoulders.

Step 4 - Exhale, lower your hips until they are in line with the body.

Step 5 - Perform 3 push-ups, Inhale going down and Exhaling as you come up.

Step 6 - On the last push-up, Exhale, folding your chest toward your thighs.

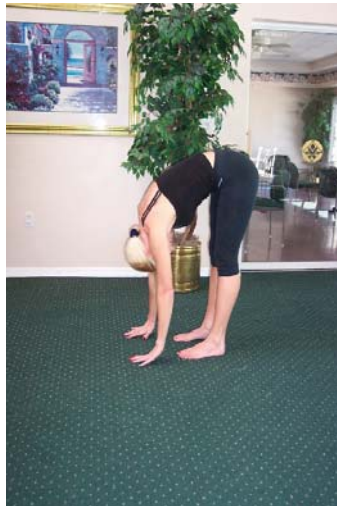
Step 7 - Inhale, walk your hands in toward your feet. Keep your legs straight.

Step 8 - Exhale, roll up one vertebrae keeping your chin towards your chest and your head is the last to come up.

Step 9 - Stand tall!!

Repetitions: 3

Tips: Keep the body rigid. Keep the legs straight. If you have a bad wrist or shoulder, avoid this exercise.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 3 Review Questions

- 1. What is the purpose of the Hip Twist with Stretched Arms Exercise:**
- 2. Explain the Beginning Position of the Swimming Exercise:**
- 3. What are some tips for the Rocking Horse Exercise:**
- 4. What is the beginning position for The Leg Pull Front Exercise:**
- 5. How many reps should be done for The Leg Pull Exercise:**
- 6. What is the purpose for the Kneeling Side Kicks Exercise:**
- 7. Name some tips for The Side Bend Exercise:**
- 8. What is the purpose for the Twist Exercise:**
- 9. What is the beginning position for the Thread the Needle Exercise:**
- 10. What is the execution for the Push-Ups Exercise:**

The Advance Format Summary

Practical Application

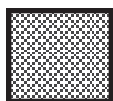
Add one Advanced Exercise at a time. After you have achieved proper technique with each Advanced Exercise, perform all exercises in the sequence provided. Remember that you are decreasing the amount of reps for beginner and intermediate exercises.



Light gray shaded boxes signify
Beginner Exercises



Clear boxes signify Advance
Exercises



Gray textured boxes signify
Intermediate Exercises

The Hundred	The Roll Up	The Roll-Over	One Leg Circles
Rolling Back	Single Leg Stretch	Double Leg Stretch	Single Straight Leg Stretch
Double Straight Leg Stretch	Criss Cross	Spine Stretch	Rocker With Open Legs
The Corkcrew	The Saw	Swan Dive	The One Leg Kick
The Double Leg Kick	Neck Pull	The Scissors	The Bicycle

The Shoulder Bridge	Spine Twist	The Jack- Knife	Side Kick (Up/Down)
Side Kick (Small Circles)	Side Kick (Front/Back)	Side Kick (Side Pass)	Side Kick (Inner Thigh Lift)
Side Kick (Bicycle)	Teaser I	Teaser II	Teaser III
Hip Twist With Stretched Arms	Swimming	Rocking Horse	The Leg Pull Front
The Leg Pull	Kneeling Side Kick	The Side Bend	Twist
Thread The Needle	Seal	Push-Up	

Small Apparatus

Ring Pilates

Legs

- 1. Quad Extension***
- 2. Forward Knee Drop***
- 3. Pelvic Tilt/Leg Extension***
- 4. Thigh-master Bridge***
- 5. Side-lying Outer Thigh Lift***
- 6. Side-lying Double Leg Lift***
- 7. Side-lying Inner Thigh Press Down***
- 8. Hamstring Press Down***

Upper Body

- 1. Shoulder Lifts***
- 2. Double Arm Extension***
- 3. Torso Twist***
- 4. Superman Press Down Lift (Arms, Back, Glutes)***

Abs

- 1. Seated Roll Down***
- 2. Single Leg Stretch***
- 3. Bent Knee Crunch Combination***
- 4. Oblique Lifts***
- 5. Knee Drops***
- 6. Teasers***

Stretches

- 1. Hamstring***
- 2. Adductor***
- 3. Abductor***

Legs Quad Extension

Purpose: To strengthen the Quadriceps

Beginning Position: In a supine position, knees are bent and feet are on the mat.

Ring Placement: Outside of both ankles

Execution:

Step 1 - Inhale, lift your feet off the floor and bring your shins parallel to the floor with knees at 90 degrees.

Step 2 - Exhale, extend your legs straight up applying pressure as you press the sides of the ring outward.

Step 3 - Inhale, flex the knees to 90 degrees.

Repetitions: 10 then lower the feet back down to the mat



Legs

Forward Knee Drop

Purpose: To strengthen the Abs in combination with strengthening the Quadriceps.

Beginning Position: In a supine position, knees are bent and feet are on the mat.

Ring Placement: Outside of both ankles

Execution:

Step 1 - Inhale, lift your feet off the floor and bring your shins parallel to the floor with knees at 90 degrees.

Step 2 - Exhale, extend your legs straight up applying pressure as you press the sides of the ring outward.

Step 3 - Inhale, flex the knees to 90 degrees.

Step 4— Exhale as you lower your feet to the mat keeping your knees at 90 degrees.

Step 5—Inhale, bring your knees over your hips to where your shins are parallel to the floor.

Repetitions: 10 then lower the feet back down to the mat



Legs

Pelvic Tilt/Quad Extension

Purpose: To strengthen the Abductors, Glutes, and Abs.

Beginning Position: In a supine position, knees are bent and feet are on the mat.

Ring Placement: Outside of thighs

Execution:

Step 1 - Inhale to prepare.

Step 2 - Exhale, articulate the spine from the tailbone squeezing the glutes and pulling the navel to the spine. Lift the hips as high as possible while pressing the sides of the ring outward.

Step 3 - Inhale, at the top.

Step 4- Exhale as you imprint the spine into the mat lowering the glutes back down to the mat.

Repetitions: 10

Tips—You can add a Quad Extension for variety. Alternate one Pelvic Tilt with one Quad Extension.



Legs

Thigh-master Bridge

Purpose: To strengthen the Adductors, Glutes, and Abs.

Beginning Position: In a supine position, knees are bent and feet are on the mat.

Ring Placement: Inside of thighs

Execution:

Step 1 - Inhale to prepare.

Step 2 - Exhale, articulate the spine from the tailbone squeezing the glutes and pulling the navel to the spine. Lift the hips as high as possible while pressing the sides of the ring inward.

Step 3 - Inhale, at the top.

Step 4— Exhale as you push your thighs together against the ring for a count of 3 and slowly release for a count of 1 as you inhale.

Repetitions: 10

Step 5— Exhale as you push your thighs together against the ring for a count of 1 and slowly release for a count of 3 as you inhale.

Repetitions: 10



Legs

Side-lying Outer Thigh Lift

Purpose: To strengthen the Abductors.

Beginning Position: Side-lying position with the hips stacked and bottom arm is supporting. The supporting arm is either propped on the forearm, propped under the head or all the way flush with the mat. Arm placement is an option. Ensure that the head, neck, and spine are in alignment.

Ring Placement: Outside of thighs

Execution:

Step 1 - Inhale to prepare.

Step 2 - Exhale, press the top thigh upper pushing the side of the ring outward.

Step 3 - Inhale, release



Legs

Side-lying Double Leg Lift

Purpose: To strengthen the legs and powerhouse.

Beginning Position: Side-lying position with the hips stacked and bottom arm is supporting. The supporting arm is either propped on the forearm, propped under the head or all the way flush with the mat. Arm placement is an option. Ensure that the head, neck, and spine are in alignment.

Ring Placement: Outside of ankles

Execution:

Step 1 - Inhale to prepare.

Step 2 - Exhale, lift the legs simultaneously as high as possible as your evenly press the ring with the feet in opposition.

Step 3 - Inhale, lower legs down

Repetitions: 10



Legs

Side-lying Inner Thigh Press Down

Purpose: To strengthen the adductors.

Beginning Position: Side-lying position with the hips stacked and bottom arm is supporting. The supporting arm is either propped on the forearm, propped under the head or all the way flush with the mat. Arm placement is an option. Ensure that the head, neck, and spine are in alignment.

Ring Placement: The bottom ankle is on the inside of the ring. The top ankle is on the top outside of the ring.

Execution:

Step 1 - Inhale to prepare.

Step 2 - Exhale, press the top ankle down.

Step 3 - Inhale, release.

Repetitions: 10 reps



Legs

Hamstring Press Down

Purpose: To strengthen the hamstrings.

Beginning Position: Seated position with the legs extended straight out in front of the body. The hands are placed behind the buttocks on the mat with the fingertips facing the buttocks.

Ring Placement: The bottom ankle is on the inside of the ring. The top ankle is on the top outside of the ring.

Execution:

Step 1 - Inhale to prepare.

Step 2 - Exhale, press the top ankle down contracting the hamstrings.

Step 3 - Inhale, release.

Repetitions: 10 reps





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 4 Review Questions

- 1. What is the purpose of the Quad Extension Exercise:**
- 2. Explain the Beginning Position of the Quad Extension Exercise:**
- 3. What are some tips for the Pelvic Tilt/Quad Extension Exercise:**
- 4. What is the beginning position for the Pelvic Tilt/Quad Extension Exercise:**
- 5. How many reps should be done for the Forward Knee Drop Exercise:**
- 6. What is the purpose for the Thigh-Master Bridge Exercise:**
- 7. What is the Ring Placement for the Side-lying Outer Thigh Lift Exercise:**
- 8. What is the purpose for the Twist Exercise:**
- 9. What is the beginning position for the Side-lying Double Leg Lift Exercise:**
- 10. What is the execution for the Hamstring Press Down Exercise:**

Upper Body Shoulder Lifts

Purpose: To strengthen the trapezius and shoulders.

Beginning Position: Seated position with the knees flexed and the feet in contact with the mat. The arms are extended straight out in front of the body.

Ring Placement: Between the hands

Execution:

Step 1 - Inhale as you lift your shoulders up to your ears.

Step 2 - Exhale as you lower your shoulders

Repetitions: 10 reps



Upper Body

Double Arm Extension

Purpose: To strengthen the anterior deltoids.

Beginning Position: Seated position with the knees flexed and the feet in contact with the mat. The arms are extended straight out in front of the body.

Ring Placement: Between the hands

Execution:

Step 1 - Inhale to prepare

Step 2 - Exhale as you lift your arms straight overhead with arms extended.

Step 3—Inhale as you lower your arms to beginning position.

Repetitions: 10 reps

Tips: Avoid impingement of the shoulders by not lifting too high above the head.



Upper Body Torso Twist

Purpose: To stretch and strengthen the powerhouse as the arms and shoulders are stabilizing.

Beginning Position: Seated position with the knees flexed and the feet in contact with the mat. The arms are extended straight out in front of the body.

Ring Placement: Between the hands

Execution:

Step 1 - Inhale to prepare

Step 2 - Exhale as you twist the torso to one side and hold

Step 3—Inhale as you return to the front.

Step 4—Exhale as you twist to the torso to the other side and hold

Step 5—Inhale as you return to the front

Repetitions: 5 Twists on each side.

Tips: You may choose to extend the legs straight out in front. Avoid shifting your hips.



Upper Body

Superman Press Down Lift (Arms, Back, Glutes)

Purpose: To strengthen the upper body, back, and glutes.

Ring Placement: In front of the body with hands on top.

Beginning Position: The body is in a prone position with the arms extended straight out with the hands pressing down on the ring.

Execution:

Step 1 - Inhale to prepare

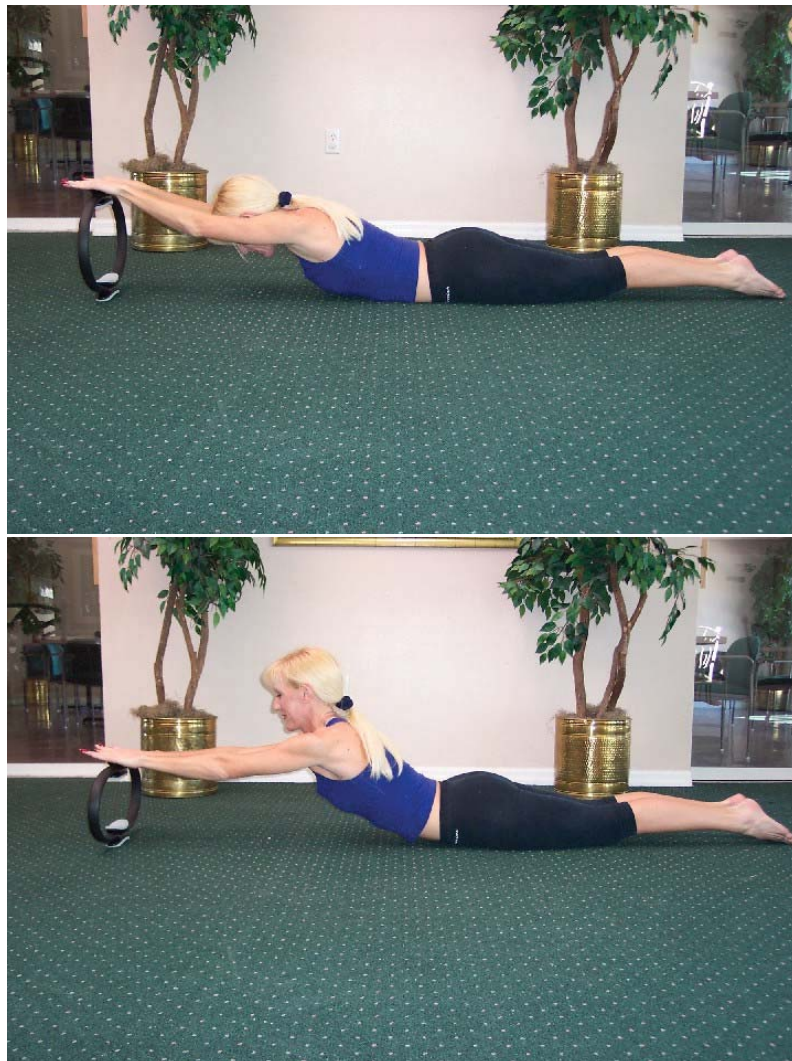
Step 2 - Exhale, press the hands down on the ring as you lift the chest from the back. Squeeze your glutes as you lift.

Step 3 - Inhale at the top

Step 4 - Exhale as you slowly lower down.

Repetitions: 4-6

Tips: Be mindful of this exercise if you have back issues.



Abs

Seated Roll Down

Purpose: To strengthen the rectus abdominis and transverse abdominals.

Beginning Position: Seated position with the knees flexed and the feet in contact with the mat. The arms are extended straight out in front of the body.

Ring Placement: Between the hands

Execution:

Step 1 - Inhale to prepare

Step 2 - Exhale as you imprint the spine into the mat keeping the arms next to the ears and then extending the arms overhead.

Step 3—Inhale as you hold the stretch.

Step 4—Exhale as you articulate the spine lifting back up to the seated position

Repetitions: 10 reps



Abs

Single Leg Stretch

Purpose: To strengthen the powerhouse

Beginning Position: Supine position with knees pulled in towards the chest with hands pressing against the sides of the ring that is lifted above the chest.

Ring Placement: Between the hands above the chest

Execution:

Step 1 - Inhale twice as you extend one leg out keeping the opposite knee bent and switching.

Step 2 - Exhale twice as you extend on leg out keeping the opposite knee bent and switching.

Breathing: Inhale, Inhale, Exhale, Exhale as you Switch Switch, Switch Switch.

Repetitions: 10 Inhales 10 Exhales

Tips: Keep your body completely stable as you switch legs. Keep abs engaged. Avoid dropping the arms. Keep pressing against the ring.



Abs

Bent Knee Crunch Combination

Purpose: To strengthen the powerhouse

Beginning Position: Supine position with knees flexed and feet on the mat. Hands are placed gently behind the head with fingers spread.

Ring Placement: Between the knees

Execution:

Step 1 - Inhale to prepare

Step 2 - Exhale as you articulate the spine up and forward to about 45 degrees. Press the adductors against the sides of the ring.

Step 3—Inhale as you imprint the spine into the mat and return to beginning position.

Repetitions: 10

Tips: Avoid pulling on the neck. Keep pressing the inner thighs against the ring.



Abs
Oblique Lifts

Purpose: To strengthen the obliques.

Beginning Position: Supine position with knees flexed and feet on the mat. One hand is placed behind the head and the other hand is reaching across the body resting on top of the ring at an oblique angle.

Ring Placement: Resting on the tops of the thighs

Execution:

Step 1 - Inhale to prepare

Step 2 - Exhale as you articulate the spine up and diagonal twisting the torso towards the extended arm as you push the opposite hand down into the ring.

Step 3—Inhale as you imprint the spine into the mat and return to beginning position.

Repetitions: 10 then switch to the other side

Tips: Avoid pulling on the neck. When pushing down on the ring, the movement initiates from the shoulder.



Abs

Knee Drops

Purpose: To strengthen the powerhouse.

Beginning Position: Supine position with the knees flexed towards the chest and the shins are parallel to the floor. Arms are extended out to the sides on the mat.

Ring Placement: Between the knees

Execution:

Step 1 - Inhale as you lower the feet towards the floor and barely tapping the mat with your toes.

Step 2 - Exhale as you pull the navel to the spine lifting your knees towards your chest to beginning position

Repetitions: 10 forward then 5 knee drops to each side



Abs Teasers

Purpose: To strengthen the powerhouse

Beginning Position: V-Seated position balancing on the tailbone with arms extended overhead.

Ring Placement: Between the ankles

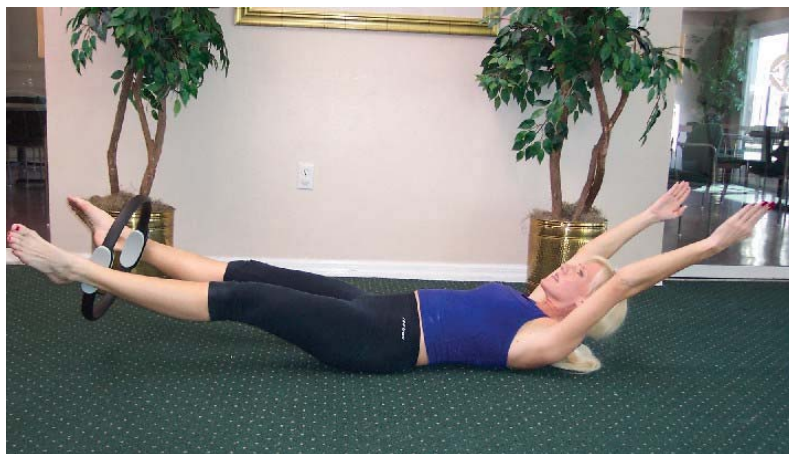
Execution:

Step 1 - Inhale as you imprint your spine into the mat and lower the legs towards the mat. Make the V as large as possible.

Step 2 - Exhale as you articulate the spine up and lift the legs to the beginning V-seated position.

Repetitions: 4

Tips: Keep pressing the ankles against the ring. Try performing the same exercise while holding the ring between the hands.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 5 Review Questions

- 1. What is the purpose of the Shoulder Lifts Exercise:**
- 2. Explain the Beginning Position of the Double Arm Extension Exercise:**
- 3. What are some tips for the Torso Twist Exercise:**
- 4. What is the beginning position for the Superman Press Down Lift Exercise:**
- 5. How many reps should be done for the Seated Roll Down Exercise:**
- 6. What is the purpose for the Single Leg Stretch Exercise:**
- 7. What is the Ring Placement for the Bent Knee Crunch Combination Exercise:**
- 8. What is the purpose for the Oblique Lifts Exercise:**
- 9. What is the beginning position for the Knee Drops Exercise:**
- 10. What is the execution for the Teasers Exercise:**

Stretches

Hamstring

Purpose: To stretch the hamstring muscles.

Beginning Position: Supine position with one leg extended in the air and the other leg bent with the foot resting on the mat. The hands are grasping the ring

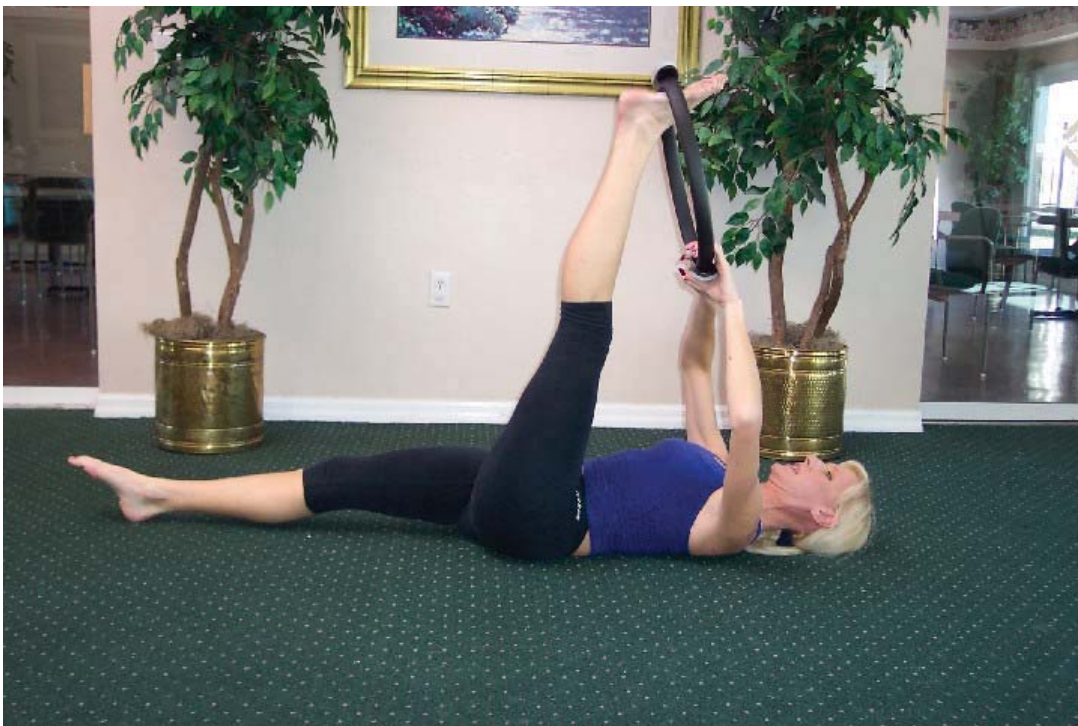
Ring Placement: Under the foot

Execution:

Pull the ring towards your chest as you lengthen the hamstring.

Repetitions: Hold stretch for 20-30 seconds then switch

Tips: If one has tight hamstrings, he/she may flex the knee.



Stretches

Adductor

Purpose: To stretch the adductor muscles.

Beginning Position: Supine position with one leg extended in the air and the other leg bent with the foot resting on the mat. The hands are grasping the ring

Ring Placement: Under the foot

Execution:

Pull the ring towards the outside with the leg lengthening.

Repetitions: Hold stretch for 20-30 seconds then switch

Tips: If one is tight, he/she may flex the knee.



Stretches

Abductor

Purpose: To stretch the abductor muscles.

Beginning Position: Supine position with one leg extended in the air and the other leg bent with the foot resting on the mat. The hands are grasping the ring

Ring Placement: Under the foot

Execution:

Pull the ring towards the chest bringing the foot towards the chest as the knee flexes outward.

Repetitions: Hold stretch for 20-30 seconds then switch



Small Apparatus

Exercise Band Pilates

Exercise bands should be 5 feet in length.

Legs

- 1. *Ankle Warm-ups (Circles, Dorsi Flexion, Plantar Flexion)***
- 2. *One Leg Circles***
- 3. *Frog Extensions-Toes***
- 4. *Frog Extensions-Heels***
- 5. *One Leg Extensions-Heels/Toes***
- 6. *One Leg Press Downs-Toes/Heels***

Upper Body

- 1. *Shoulder Rolls with Arm Extension***
- 2. *Wrist Rolls with Arm Extension***
- 3. *Side Arm Extension***
- 4. *Chest Press***
- 5. *Seated Row***
- 6. *Posterior Deltoid Extension-Seated/Kneeling***
- 7. *Roll Down Bicep Curls***
- 8. *Rotator Cuff***

Back/Abs/Obliques

- 1. *Spine Twist***
- 2. *Roll Downs***
- 3. *Double Leg Stretch***
- 4. *Crunch Splits***
- 5. *Ab Roller***
- 6. *Swimming***
- 7. *Side Stretch***

Legs

Ankle Warm-ups

Purpose: To create heat within the ankles and legs.

Beginning Position: Supine position with legs extended at 90 degrees from the hips.

Band Placement: Toes are within the band while the hands are holding onto the ends.

Execution:

Ankle Circles: Rotate the ankles clockwise 10 reps then rotate the ankles counterclockwise 10 reps.

Point and Flex: Point the toes with as much extension as possible and then flex the feet as much as possible.

Repetitions: 10 reps



Legs

One Leg Circles

Purpose: To strengthen and stretch the adductors and abductors.

Beginning Position: Supine position with one leg extended at 90 degrees from the hip. The other leg is extended along the mat.

Band Placement: The foot of the extended leg is placed in the band while the hands are grasping the ends of the band.

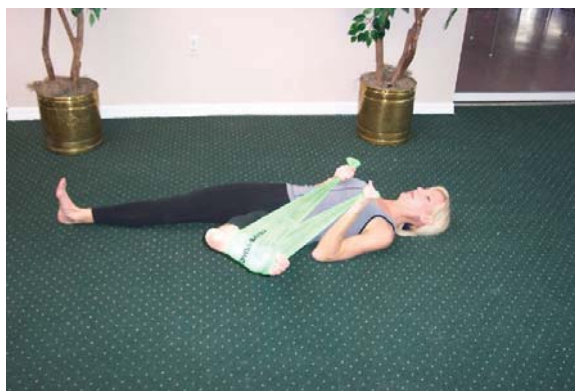
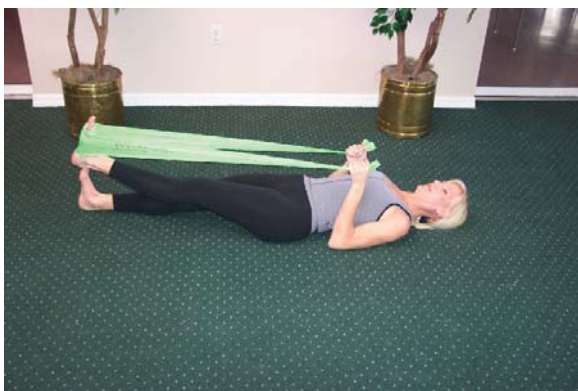
Execution:

Step 1—Inhale as you circle the leg across the midline of the body and down to the mat.

Step 2—Exhale as you complete the circle upwards to beginning position.

Repetitions: 10 reps clockwise and 10 reps counterclockwise. Switch legs.

Tips: Keep the body completely stable. If you cannot extend the leg to where it is 90 degrees from the hip, then bend the knee of the leg that is on the mat. If hips are rocking make smaller circles.



Legs

Frog Extension-Toes

Purpose: To strengthen and stretch the adductors and glutes.

Beginning Position: Supine position with both feet in the band with the toes pointed and the heels outside the band. The knees are pulled into the chest pointing outward.

Band Placement: Both feet are in the band with the toes in contact with the band and the heels out of the band. The hands are grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you extend the legs squeezing the legs together pushing the band.

Step 3—Inhale as you bend the knees towards the chest to beginning position.

Repetitions: 10 reps



Legs

Frog Extension-Heels

Purpose: To strengthen and stretch the adductors and glutes.

Beginning Position: Supine position with both feet in the band with the toes flexed and the heels inside the band. The knees are pulled into the chest pointing outward.

Band Placement: Both feet are in the band with the heels in contact with the band and the toes out of the band. The hands are grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you extend the legs squeezing the legs together pushing through the band.

Step 3—Inhale as you bend the knees towards the chest to beginning position.

Repetitions: 10 reps



Legs

One Leg Extensions-Heels/Toes

Purpose: To strengthen the hamstrings, glutes, and quadriceps.

Beginning Position: Supine position with one foot in the band with the knee flexed toward the chest. The heel is inside the band. The other leg is extended along the mat.

Band Placement: One heel is pressing into the band. The hands are grasping the ends of the band.

Execution:

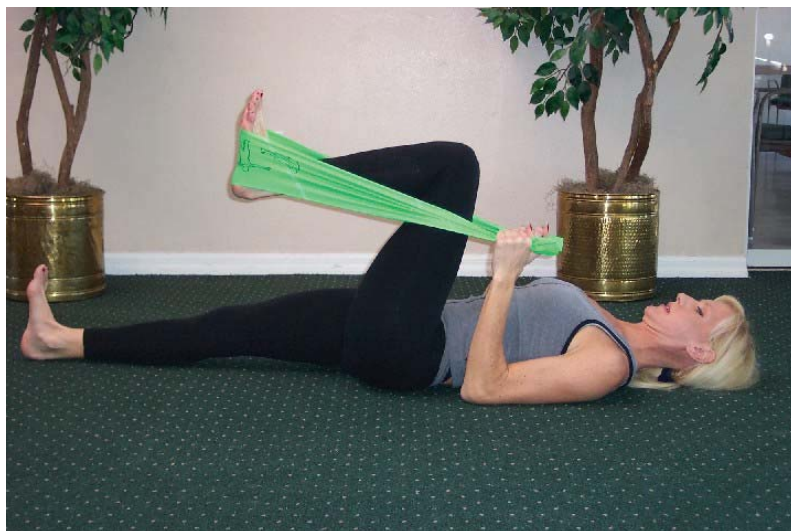
Step 1—Inhale to prepare

Step 2—Exhale as you extend the leg pushing through the band.

Step 3—Inhale as you bend the knees towards the chest to beginning position.

Repetitions: 10 reps on one leg and then 10 reps on the other leg.

Tips: After performing the One Leg Extension pushing through the heel, place the band to where one is pushing through the toe.



Legs

One Leg Press Downs-Heels/Toes

Purpose: To strengthen the glutes.

Beginning Position: Supine position with one leg extended at 90 degrees from the hip towards the ceiling and the other leg is extended along the mat. The heel is placed inside the band.

Band Placement: One heel is pressing into the band. The hands are grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you lower the leg straight down towards the floor pushing through the band.

Step 3—Inhale as you lift the leg to beginning position.

Repetitions: 10 reps on one leg and then 10 reps on the other leg.

Tips: After performing the One Leg Press Down pushing through the heel, place the band to where one is pushing through the toe.



Upper Body
Shoulder Rolls with Arm Extension

Purpose: To stretch the shoulders.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are extended straight out in front of the body.

Band Placement: Under the arms with hands grasping the ends of the band.

Execution:

Step 1—Inhale as you roll the shoulders back.

Step 2—Exhale as you roll the shoulders down.

Repetitions: 10 reps



Upper Body
Wrist Rolls with Arm Extension

Purpose: To stretch the wrists and create heat.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are extended straight out in front of the body.

Band Placement: Under the arms with hands grasping the ends of the band.

Execution:
Breathe naturally as you rotate your wrists clockwise.

Repetitions: 10 reps clockwise and then 10 counter-clockwise



Upper Body

Side Arm Extension

Purpose: To strengthen the arms and the upper back.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are out to the sides with the elbows into the sides.

Band Placement: Under the arms with hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you extend the arms out to the sides

Step 3—Inhale as you bring the elbows back to the sides.

Repetitions: 10 reps

Tips: Keep sitting tall and reaching out through the crown of the head.



Upper Body Chest Press

Purpose: To strengthen the chest muscles.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are lifted parallel to the floor with flexed elbows.

Band Placement: Under the arms with hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you extend the arms to the front crossing the right arm over the left arm

Step 3—Inhale as you uncross the arms and return the arms back to beginning position.

Repetitions: 10 reps

Tips: Keep sitting tall and reaching out through the crown of the head. Alternate arms each time right over left and left over right.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 6 Review Questions

- 1. What is the purpose of the Hamstring Stretches:**
- 2. Explain the Beginning Position of the Abductor Stretches:**
- 3. What are some tips for the One Leg Circles:**
- 4. What is the beginning position for the Frog Extension-Toes:**
- 5. How many reps should be done for the Frog Extension-Heels:**
- 6. What is the purpose for the One-Leg Extensions-Heels/Toes:**
- 7. What is the Band Placement for the One-Leg Press Downs-Heels/Toes:**
- 8. What is the purpose for the Shoulder Rolls with Arm Extension:**
- 9. What is the beginning position for the Side Arm Extension:**
- 10. What is the execution for the Chest Press:**

Upper Body

Seated Row

Purpose: To strengthen the upper back muscles.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are extended straight out in front of body.

Band Placement: Under the feet with hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you pull the band towards the body drawing the elbows straight back squeezing the shoulders together and down.

Step 3—Inhale as you return the arms back to beginning position.

Repetitions: 10 reps

Tips: Keep sitting tall and reaching out through the crown of the head.



Upper Body
Posterior Deltoid Extension-Seated

Purpose: To strengthen the posterior deltoids and upper back muscles.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are extended straight out to the side of the body.

Band Placement: Under the feet with hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you pull the band straight back from the shoulders keeping the arms extended.

Step 3—Inhale as you return the arms back to beginning position.

Repetitions: 10 reps

Tips: Keep sitting tall and reaching out through the crown of the head.



Upper Body

Roll Down Bicep Curls

Purpose: To strengthen the biceps and work the powerhouse.

Beginning Position: Seated position with knees bent and feet resting on the mat. Arms are extended straight out in front of the body.

Band Placement: Under the feet with hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you roll back imprinting the spine into the mat. Only go back about 45 degrees.

Step 3—Inhale as you hold and prepare for bicep curl

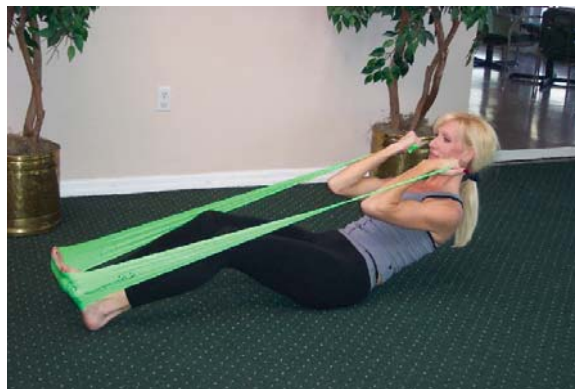
Step 4—Exhale as you pull the band towards your shoulders by flexing the elbows.

Step 5—Inhale as you extend your arms back out.

Step 6—Exhale as you articulate back up to seated position.

Repetitions: 10 reps

Tips: Really focus on pulling the navel into the spine.



Upper Body Rotator Cuff

Purpose: To strengthen the rotator cuff.

Beginning Position: Seated position with knees bent and feet resting on the mat or with legs crossed. One arm is at 90 degrees with the upper arm and elbow into the side and the hand is in front of the body. The forearm is parallel to the floor.

Band Placement: Sitting on the band with hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you externally rotate the arm out to the side keeping the elbow in contact to the side. Step 3—Inhale as you internally rotate the arm returning to beginning position.

Repetitions: 10 reps

Tips: Sit up tall reaching through the crown of the head.



Back/Abs/Obliques Spine Twist

Purpose: To stretch the spine and strengthen the powerhouse

Beginning Position: Seated position with legs extended straight out in front of the body. The arms are fully extended out to the side.

Band Placement: Under the arms with the hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you twist to one side as far as possible.

Step 3—Inhale as you untwist half way.

Step 4—Exhale as you twist in the same direction a little further.

Step 5—Inhale as you untwist half way.

Step 6—Exhale as you twist in the same direction a little further.

Step 7—Inhale as you untwist all the way back to front.

Repetitions: 5 reps Alternate sides each time you untwist all the way to the front.

Tips: Sit up tall reaching through the crown of the head. Avoid letting the arms fall. Avoid shifting at the hips. Do not force the twist. Do not pulse. Keep the twists in control. Be mindful of this exercise if you have back issues.



Back/Abs/Obliques Roll Downs

Purpose: To strengthen the powerhouse

Beginning Position: Seated position with knees bent and the feet in contact with the floor. Arms are soft and naturally at the sides.

Band Placement: Under the arms with the hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you imprint the spine into the mat and engaging the abs. Only go back 45 degrees.

Step 3—Inhale as you hold.

Step 4—Exhale as you lift and articulate the spine back to beginning seated position.

Repetitions: 4-6 reps

Tips: Keep engaging the abs. Add rotation after rolling down to target the obliques. Alternate each side after rolling down.

In other words: Roll down—Hold—Rotate Right—Roll up—Roll down—Hold—Rotate Left—Roll up



Back/Abs/Obliques
Double Leg Stretch

Purpose: To strengthen the powerhouse

Beginning Position: Supine position with legs extended overhead in a Pilates stance. Arms are in contact with the sides of the body while grasping the band.

Band Placement: Under both feet with the hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you lower the legs down to the floor.

Step 3—Inhale as you hold.

Step 4—Exhale as you lift the legs back to beginning position.

Repetitions: 4-6 reps

Tips: Keep engaging the abs.



Back/Abs/Obliques Crunch Splits

Purpose: To strengthen the powerhouse, adductors, and abductors.

Beginning Position: Supine position with legs extended in the Pilates Stand about 45 degrees from the floor. Arms are bent and to the side of the body grasping the band.

Band Placement: Under the upper back under the arms with the hands grasping the ends of the band.

Execution:

Step 1—Inhale to prepare

Step 2—Exhale as you articulate the spine while lifting the head and shoulders off the mat.

Step 3—Inhale as you quickly abduct your legs and adduct your legs in a snapping motion.

Step 4—Exhale as you imprint your spine into the mat.

Repetitions: 4-6 reps

Tips: Keep engaging the abs and lifting your head and shoulders while you are abducting and adducting.



Back/Abs/Obliques

Ab Roller

Purpose: To strengthen the powerhouse.

Beginning Position: Supine position with knees bent and feet in contact with the floor. The arms are above the head grasping the band.

Band Placement: The band is laying length wise as one lies on top of the band length wise. There is excess band overhead where one grabs overhead in support of the head and neck.

Execution:

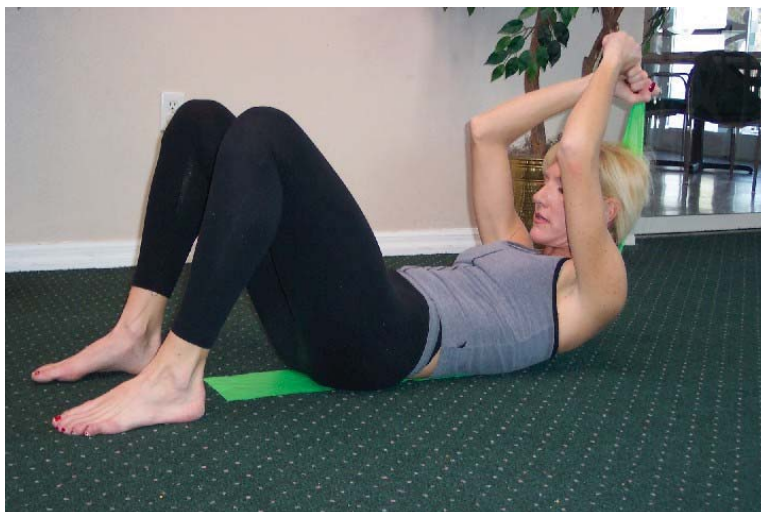
Step 1—Inhale to prepare

Step 2—Exhale as you articulate the spine while lifting the head and shoulders off the mat. Gently pull up with the band as you lift only to about 45 degrees.

Step 3—Inhale as you imprint the spine into the mat back to beginning position.

Repetitions: 4-6 reps

Tips: Keep engaging the abs. You can add pulses at the top or peak of your crunch for variety and intensity.



Back/Abs/Obliques

Swimming

Purpose: To strengthen the back , glutes, and arms.

Beginning Position: Prone position with the legs extended straight back ant the arms are extended straight overhead. Lift the right arm and left leg approximately 5 inches off the floor. Look at the floor keeping the head neck and spine in neutral alignment.

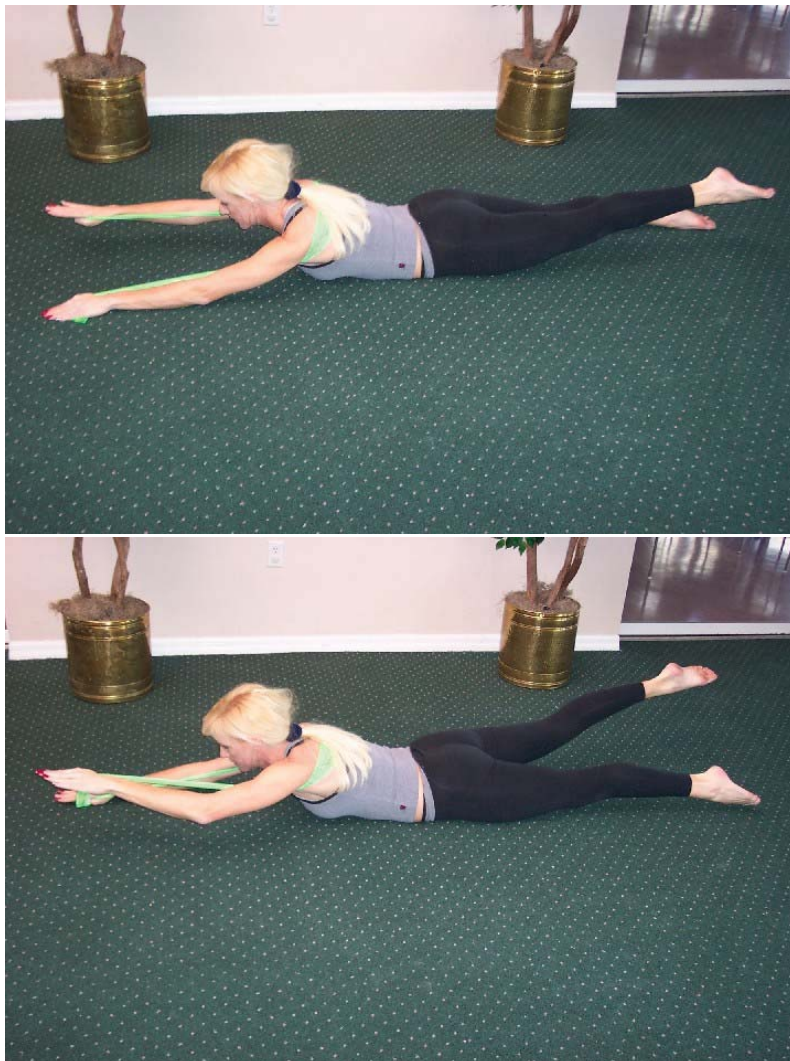
Band Placement: The band is underneath the arms with the hands grasping the ends.

Execution:

In a swimming action flutter kick the legs as you quickly alternate the arms. Inhale for 4 quick breaths and exhale for 4 quick breaths.

Repetitions: Build up to 10 Inhales and 10 Exhales

Tips: Keep reaching forward with your arms through the band. Reach back with the toes extended the legs backwards as much as possible in opposition. Keep the glutes squeezing.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 7 Review Questions

- 1. What is the purpose of the Seated Rows:**
- 2. Explain the Beginning Position of the Posterior Deltoid Extension-Seated:**
- 3. What are some tips for the Roll Down Bicep Curls:**
- 4. What is the beginning position for the Rotator Cuff:**
- 5. How many reps should be done for the Spine Twist:**
- 6. What is the purpose for the Roll Downs:**
- 7. What is the Band Placement for the Double Leg Stretch:**
- 8. What is the purpose for the Crunch Splits:**
- 9. What is the beginning position for the Ab Roller:**
- 10. What is the execution for the Swimming exercise:**

Back/Abs/Obliques
Side Stretch

Purpose: To stretch the sides and strengthen the obliques.

Beginning Position: Seated position with legs crossed or kneeling sitting on the legs with the feet tucked back. The left hand is at the hip and the right hand is grasping the band.

Band Placement: Horizontal under the buttocks with one end free and the other end is grasped by the hand.

Execution:

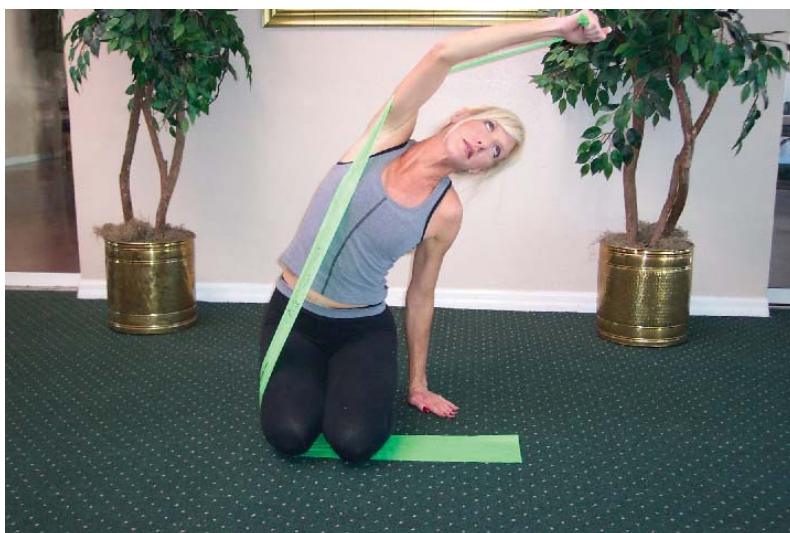
Step 1—Inhale to prepare

Step 2—Exhale as you bend towards the left from the waist.

Step 3—Inhale as you open back up to the beginning position.

Repetitions: 4-6 reps then switch to the other side

Tips: Keep the chest open towards the front of the room as you bend sideways.



Small Apparatus

Hand Weight Pilates

Hand weights should be between 3-5 pounds.

Legs

1. ***Dancer Lunges***

Upper Body

1. ***Up-Right Row***
2. ***Posterior Deltoid Extension***
3. ***Bicep Curl***
4. ***Tricep Extension***

Legs

Dancer Lunges

Purpose: To strengthen the legs and anterior deltoids.

Beginning Position: Half Pilates Stance with the right foot at a 45 degree angle and the left heel in the arch of the right foot. The torso is rotated slightly facing left. The arms are long in front of the body with the palms facing the body.

Weight Placement: One weight in each hand with palms facing the body.

Execution:

Step 1—Inhale, in one controlled swift movement step your left foot forward into a lunge ensuring that your left knee does not extend over the left foot. Arms extend forward and upward into an anterior raised position.

Step 2—Exhale as you push back and bring the left foot back to beginning position. Lower the arms back to beginning position.

Repetitions: 6-8 reps on each side

Variation: To focus on strengthening the anterior deltoids, hold your lunge as you perform 10 anterior raises, then switch to the other side.



Upper Body

Up-Right Row

Purpose: To strengthen the medial deltoids, glutes, and calves.

Beginning Position: Pilates stance with the arms long in front of the body and the palms are facing the body.

Weight Placement: One weight in each hand with palms facing the body.

Execution:

Step 1—Inhale as you lift the weights up in the center of the body as though you are zipping up your coat. The elbows bend towards the outside of the body. Zip up to the point where the weights reach to about upper chest level. Simultaneously lift up on your toes as you squeeze your glutes, inner thighs, and calves together.

Step 2—Exhale as you lower the weights and the heels back down to the floor. Continue to squeeze the glutes and inner thighs together as you lower down to the floor.

Repetitions: 6-8 reps

Tips: Deliberately add resistance as you lift and lower.



Upper Body

Posterior Deltoid Extension

Purpose: To strengthen the posterior deltoids, glutes, and calves.

Beginning Position: Pilates stance with the arms along side the body and the palms are facing the back of the room.

Weight Placement: One weight in each hand with palms facing the back of the room.

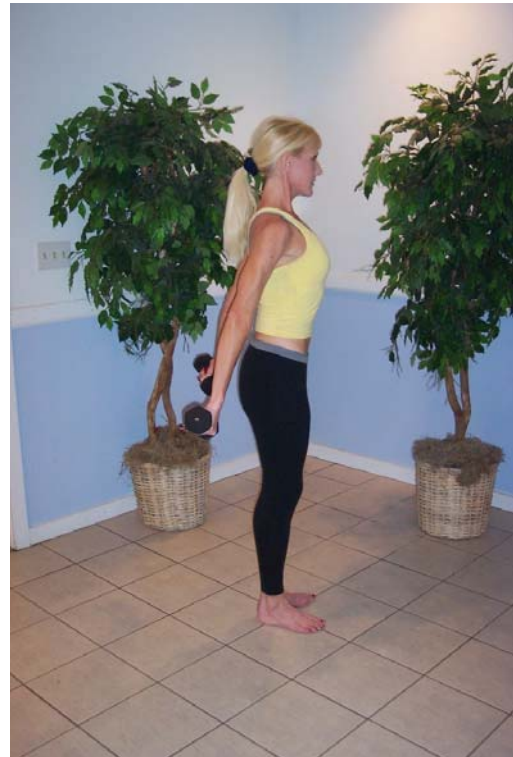
Execution:

Step 1—Inhale as you extend the arms back from the shoulders keeping the elbows straight but not locked out. Simultaneously lift up on your toes as you squeeze your glutes, inner thighs, and calves together.

Step 2—Exhale as you lower the weights and the heels back down to the floor. Continue to squeeze the glutes and inner thighs together as you lower down to the floor.

Repetitions: 6-8 reps

Tips: Deliberately add resistance as you lift and lower.



Upper Body

Bicep Curl

Purpose: To strengthen the biceps, glutes, and calves.

Beginning Position: Pilates stance with the arms extended out to the sides slightly in front of the shoulders with the palms facing upward.

Weight Placement: One weight in each hand with palms facing up.

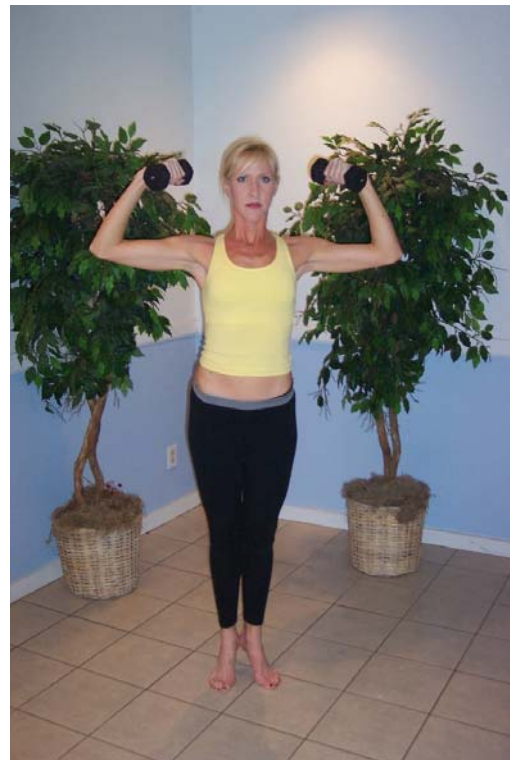
Execution:

Step 1—Inhale as you roll the wrists and the arms inward bringing the weights to the shoulders. Imagine that you are pulling heavy pulleys from the wall to the shoulders. Simultaneously lift up on your toes as you squeeze your glutes, inner thighs, and calves together.

Step 2—Exhale as you naturally resist the weights and extend the elbows to beginning position. Lower the heels back down to the floor as you naturally resist gravity. Continue to squeeze the glutes and inner thighs together as you lower down to the floor.

Repetitions: 6-8 reps

Tips: Deliberately add resistance as you lift and lower.



Upper Body

Tricep Extension

Purpose: To strengthen the triceps.

Beginning Position: With knees bent and bending over from the hips with the chest parallel to the floor. The feet are aligned directly underneath the hips. The upper arms are snugged up to the sides of the body. The elbows are flexed with the fists near the shoulders. Palms facing inward toward the body.

Weight Placement: One weight in each hand with palms facing inward toward the body.

Execution:

Step 1—Without moving the elbows away from the body, inhale as you extend the forearms back straightening the elbows without locking them out. Imagine that you are pulling on springs attached to the wall in front of you.

Step 2—Exhale as you resist the pull of the springs and slowly bend your elbows bringing your hands back to the shoulders.

Repetitions: 6-8 reps

Tips: Deliberately add resistance as you flex and extend your elbows.





Below are a series of questions designed to help you remember the course material efficiently. Before proceeding to the next page of the course content, please answer the following review questions.

Section # 8 Review Questions

1. What is the purpose of the Side Stretch exercise:
2. Explain the Beginning Position of the Dancer Lunges:
3. What are some variations for the Dancer Lunges:
4. What is the beginning position for the Up-Right Rows:
5. How many reps should be done for the Up-Right Rows:
6. What is the purpose for the Posterior Deltoid Extension:
7. What is the Weight Placement for the Posterior Deltoid Extension:
8. What is the purpose for the Bicep Curl:
9. What is the beginning position for the Bicep Curl:
10. What is the execution for the Tricep Extension
11. After completing the review of the study manual, please take the time to complete the Instructor Observation form located on the next page of this study manual. This is an optional review exercise. However, completion of this exercise will significantly increase the knowledge and understanding necessary to become a certified fitness instructor.

FiTOUR® Fitness Instructor Observation Sheet

Please contact a fitness instructor from a local health club, YMCA, or any other institution so that you may arrange a time that is convenient for both to complete the instructor observation. This observation will allow you to gain perspective as to the methods of teaching and instruction in the particular discipline. Please complete the form below while doing the observation. NOTE: Please be sure to explain to the instructor that this observation will not be used for anything other than to aid in learning and that this observation sheet will not be viewed by anyone.

Instructor Name _____ Class Location/Name _____

<u>PERSONALITY</u>	<u>PREPARATION</u>	<u>TECHNIQUE</u>	<u>PARTICIPANTS</u>
Please place a number from 1-5 on the lines below (5 being the highest)	Please place a number from 1-5 on the lines below (5 being the highest)	Please place a number from 1-5 on the lines below (5 being the highest)	Please place a number from 1-5 on the lines below (5 being the highest)
___ Maintains Positive Personal Hygiene	___ Time was used effectively and efficiently	___ Encourages with Positive Reinforcement	___ Participants are Enjoying the Class
___ Maintains Poise and Composure	___ Use of Appropriate Language	___ Provides an Atmosphere Conducive to Learning	___ Participants are on Task Throughout the Class
___ Maintains professional attitude	___ Evidence of Planning/Preparation	___ Utilizes "Hands On" Teaching Strategies	___ Participants Approach Instructor for "chitchat"
___ Develops a Rapport with Participants	___ Room Size/Room Temperature was Adequate	___ Voice Projection	___ Participants are Serious About the Class
___ Creates a Fun, Safe, Enjoyable Atmosphere	___ Demonstrates Proficient Knowledge in Subject Area	___ Proximity-Changes Places Frequently to Observe	___ Communicates with Participants
___ Total out of 25	___ Total out of 25	___ Total out of 25	___ Total out of 25
___ Total out of 100			
Evaluation/Comments:			



About FiTOUR® Certifications

FiTOUR® offers affordable, nationally recognized, advanced fitness certifications. Join the thousands of fitness professionals who have chosen to become a **FiTOUR®** Professional and take your fitness instruction to the next level! **FiTOUR®** offers various certification programs for any fitness instructor or trainer looking to advance their knowledge while simultaneously creating a marketing edge for themselves as a serious fitness professional. **FiTOUR®** offers In-Home Certifications and Workshop Certifications to accommodate every fitness professional!

FiTOUR® Certification Programs

- **LEVEL I - FiTOUR® Instructor**
Increase your earning potential and jump-start your career by becoming certified with **FiTOUR®**. **FiTOUR®** is a nationally recognized certifying organization ranked high among their class. We offer a wide range of fitness certifications that will meet the demands of the novice all the way to the veteran fitness professional. This program requires successful completion of one certification course.
- **LEVEL II - FiTOUR® Specialist**
Two course required program which includes the **FiTOUR®** Group Exercise certification course and any other **FiTOUR®** certification program. This program requires successful completion of two certification courses. The **FiTOUR®** Specialist status will be achieved when you have completed the **FiTOUR®** Group Exercise certification course AND the course of your chosen discipline. **FiTOUR®** Specialist programs are available in Pilates, Yoga, Aqua, Personal Training, Kickbox, Cycling, Elderly Fitness, and more.
- **LEVEL III - FiTOUR® Practitioner**
Take your business to the next level with these high quality, affordable, advanced level certification programs. Become a **FiTOUR®** Practitioner in Pilates, Yoga or Personal Training! These **FiTOUR®** programs are advanced level fitness certifications that require learning through a progression of three required courses.
- **LEVEL IV - FiTOUR® MASTER Practitioner**
The **FiTOUR®** MASTER Practitioner program is for any fitness instructor or trainer looking to advance their knowledge while simultaneously creating a marketing edge for themselves as a serious professional. The **FiTOUR®** MASTER Practitioner program is the highest level certification available and is clearly a mark of distinction. Become a **FiTOUR®** Practitioner in Pilates, Yoga or Personal Training! These **FiTOUR®** programs are advanced level fitness certifications that require learning through a progression of four required courses.



About the FiTOUR® Renewal Program

FiTOUR® is dedicated to providing fitness professionals with high quality, convenient, fitness education. Because many of the fitness organizations have raised the CEC requirements resulting in an increased cost to maintain your certification, **FiTOUR®** has designed a renewal program that will save you valuable money and is unlike any other in the fitness industry.

- **NO Continuing Education Credits required!!** Simply complete a 25 question renewal examination in the area which you hold the certification!
- The **FiTOUR®** renewal fee is **ONLY \$25** for any **FiTOUR®** Certification! That means that \$25 every two years renews your **FiTOUR®** Certification!
- Your certification is valid/current for two (2) years from the date issued on the certificate

Renewal Fees

Each **FiTOUR®** certification is valid for two years from the date issued and can be renewed anytime within 90 days prior to the expiration date. The renewal fee is **ONLY \$25** for each **FiTOUR®** Certification.

About the Renewal Examination

The certification renewal examination consists of 25 questions that are derived from the original certification examination. Please reference your **FiTOUR®** certification study manual in the area of which you hold the certification prior to taking the renewal examination.

If the minimum score (75%) is not achieved on the renewal examination, a retest is available. You may retest as many times as necessary. The fee for each retest is \$25.

How To Renew Your FiTOUR® Certification

1. Login to the Exam Center located at www.FiTOUR.com within 90 days prior to the expiration date. Certifications will not be eligible for renewal until 90 days prior to the expiration date. (you may check the expiration date(s) of your certification(s) by logging into you're the My Account section at www.FiTOUR.com).
2. Pay the \$25 renewal fee via our secure online processing system
3. Begin and successfully complete (75% or higher) the 25 question renewal examination in the area of your certification
4. Receive an updated certificate with an expiration date for another two years!
5. Maintain your fitness certification for **ONLY \$25** and NO CEC's!!

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Book 2



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