

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



# **FiTOUR®** *Primary Pilates* *Certification*



2nd Edition

# **FiTOUR®**

## **Primary Pilates Certification**



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\* You are about to begin studying for the **FiTOUR® Primary 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.

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\* **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

## Who is it For?

**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

## Benefits of Pilates:

1. Restores Natural Balance
2. Improves flexibility
3. Improves posture
4. Physical & mental strength increases
5. The body becomes toned and sleek/"mean & lean"
6. One can move more gracefully & easily and can quickly perform many tasks
7. Helps prevent bone deterioration
8. Stimulates the circulatory system which assists in oxygenating blood, aiding in lymphatic drainage, aiding in releasing endorphins
9. Boosts immune system
10. Assists pre- and post-natal women in breathing, body concentration, and recovering body shape & tone after pregnancy
11. Reduces stress, fatigue, discomfort, and pain
12. Assists in a good night's sleep
13. Improves sexual enjoyment

## Who is it For?

1. Business Professionals
  2. Athletes
  3. Physical Fitness and Training Instructors
  4. Performers and Artists
  5. People who suffer from chronic pain and joint stress
  6. Senior Citizens
  7. Pregnant Women (pre- and post-natal)
  8. Teenagers
  9. Anyone wishing to prevent osteoporosis
  10. Those who suffer from stress and back pain
  11. Overweight people
- EVERYONE!!**





# History of Pilates

## The Life of Joseph H. Pilates:

**Lifespan:** 1880-1967

**Birthplace:** Near Dusseldorf, Germany

**Childhood:** Suffered from asthma, rickets, and rheumatic fever. Dedicated his entire life to becoming physically stronger

**1894:** Age 14 Pilates was fit enough to pose for anatomical charts

**1912:** - Pilates moved from Germany to England  
- Boxer, circus performer, & self defense trainer of English detectives

**WWI:** - Interned with other Germans at a camp in Lancaster & later on the Isle of Man  
- Orderly at the camp  
- Worked with nonambulatory patients by attaching springs to the bed/ Recovery was quickened with method  
- Trained other German internees in his physical fitness exercises  
- Fitness exercises or Method called "Contrology" (muscle control) highlights unique approach of using the mind to master the muscles.

**1918:** Pilates was credited when no internees became ill during the influenza epidemic in England

**After WWI:** Continued fitness training program in Hamburg, Germany with city's police force

**1926:** - Emigrated to the United States  
- On ship to the U.S., Joseph meets future wife Clara  
- The official Pilates Studio is established in New York City teaching Contrology to many

**Post 1926:** "Contrology" method establishes a following in the dance community including Martha Graham and George Balanchine

**1934:** Authored *Your Health* – an essay on Pilates' beliefs and philosophy on "good" health

**1945:** Authored *Return to Life Through Contrology* – The power of our minds provides the fine-tuning of his method and includes 34 of his original low impact mat exercises to help the reader achieve strength, flexibility, and balance.

**1967:** - Joseph H. Pilates passes away at age 87  
- Romana Kryzanowska is designated as Pilates' successor  
- The Pilates exercise method continues to be taught to dancers, actors, and business people in Manhattan

**Early 1990s-Present:** A worldwide movement of the Pilates exercise method....Pilates' goal of reaching "masses" is coming to fruition.

# 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*
- *Eliminates impurities*
- *Breathe in to prepare for a movement, then exhale while performing movement*

# Terminology

**Articulation:** The act of moving a joint. In Pilates, articulation is at the spine; in other words, placing space between each vertebrae of the spine one at a time as one performs the roll up.

**“C” Curve:** The position of the body when the front of the body is concaved making a “C” shape.

**Contrology:** The name Joseph H. Pilates gave his exercises which emphasize the mind's control over the muscles of the body.

**Dynamic:** The energy output associated with the performance of the movements. Energy should coincide with the level of control

**Flexibility:** The ability to move a joint through the full range of motion without discomfort or pain.

**Hyperextension:** A continuation of extension past the normal anatomical position.

**“Lengthening”:** The act of stretching or straightening without strain or pain; a main focus of Pilates.

**Momentum:** The force with which a movement is performed in a control manner.

**Muscular Endurance:** The ability of a muscle to perform repetitive contractions over a prolonged period of time.

**Muscular Strength:** The ability of a muscle to generate the maximum amount of force.

**“Navel to Spine”:** The mental image and physical act of engaging the powerhouse region by pulling the abdominal area into the spine.

**Osteoporosis:** A disease characterized by a decrease in the total amount of bone mineral and a decrease in the strength of the remaining bone.

**Pilates Stance:** Standing tall, sitting, or lying with the feet in a “V” position with the heels together and toes a few inches apart; the legs are squeezing from the heels to the upper inner thighs.

**Powerhouse:** The band of muscles that circle the body just below the navel; this area is located between the rib cage and the line across the hips; the muscles include the rectus abdominis, internal obliques, transverse abdominis, lower back, and the gluteus maximus.

**Prone Position:** Faced down

**Range of Motion (ROM):** A measure of flexibility; ability to take a joint through a range of movement limited by anatomic factors associate with that joint

**Scoop:** The act of pulling your navel down to the spine to create a concave (or “scoop”) shape in the belly.

**“Softening”:** A mental image of keeping the knees and arms straight without “locking” out the joint.

**Supine Position:** Faced up





# Anatomy Involved in Pilates

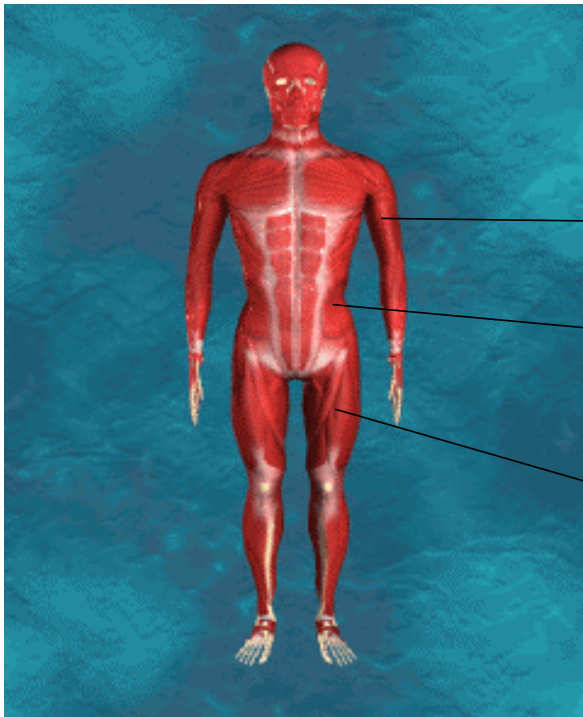
## **Skeletal System (206 Bones)**

1. Vertebra: Irregular shaped bones that stack together to form the spinal column.
2. Intervertebral cartilage: Cartilage between the vertebrae which functions as a shock absorber and reduces friction; gives the spine its flexibility characteristics
3. Spinal (vertebral) Column: A bony structure that consists of 26 vertebrae
  - Cervical Curve: (7 vertebrae) Relatively small bones at the neck
  - Thoracic Curve: (12 vertebrae) Articulates with the abdominal area
  - Lumbar Curve: (5 vertebrae) Large bones that are limited in mobility and bear most of one's weight
  - Sacral Curve: (5 fused vertebrae to form 1 bone) Fused bones that articulate with the ilium bones at the hip joint
  - Coccygeal Curve or "Tailbone": (1 vertebrae) Composed of 3-5 rudimentary vertebrae; very susceptible to shock fracture and many nerves pass along this area. Articulation between the Coccygeal vertebrae and the sacrum gives the Coccyx some flexibility.



**Muscular System: More than 600 Muscles**

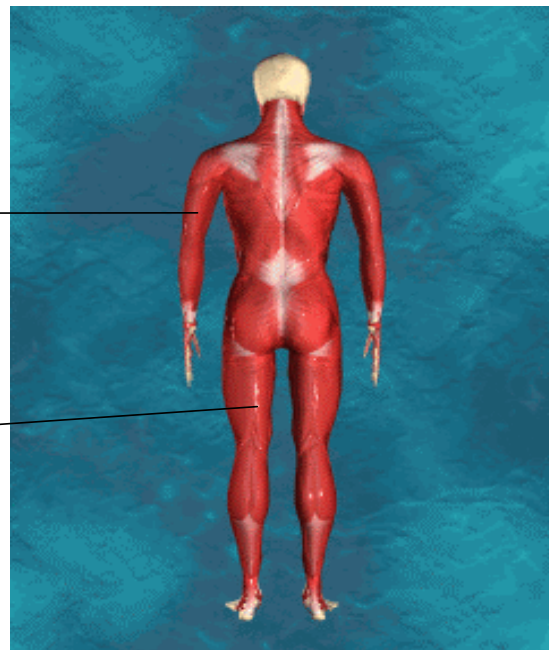
1. **Hamstrings:** Large muscle groups at the back of the thigh that cross both the knees and hip joints; includes Biceps Femoris, Semitendinosus, Semimembranosus
2. **Quadriceps:** The large muscle group at the front of the thigh, responsible for extending the knee joint; Rectus Femoris, Vastus Lateralis, Vastus Medialis, Vastus Intermedius
3. **Obliques (Internal/External):** The muscles that run diagonally to create the waistline and are responsible for rotation at the spine
4. **Triceps:** A three-headed muscle that lies within the upper back arm and is the main extensor of the arm.
5. **Biceps:** A two-headed muscle that consists of a long head and a short head. It extends from the shoulder to the elbow and is the main flexor of the elbow joint.



**Biceps**

**Obliques**

**Quadriceps**



**Triceps**

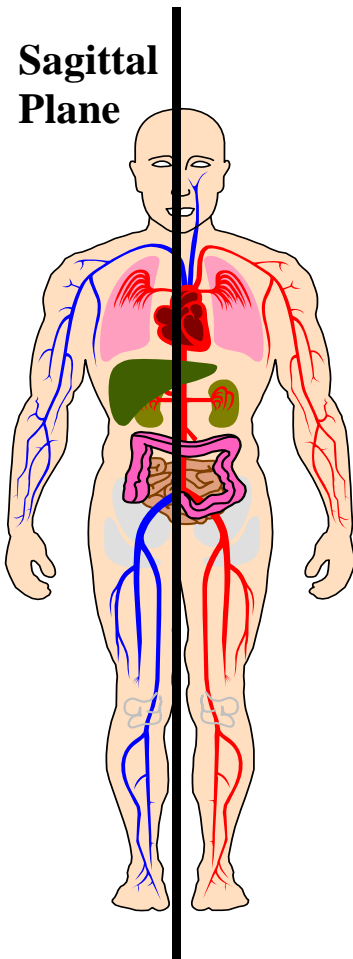
**Hamstrings**

# Planes of Movement

1. Sagittal Plane: An imaginary line that cuts the body into right and left halves
2. Frontal Plane: An imaginary line that cuts the body into front and back halves
3. Horizontal (Transverse) Plane: An imaginary line that cuts the body into upper and lower halves

The more symmetrical an individual is the more balanced he/she is.

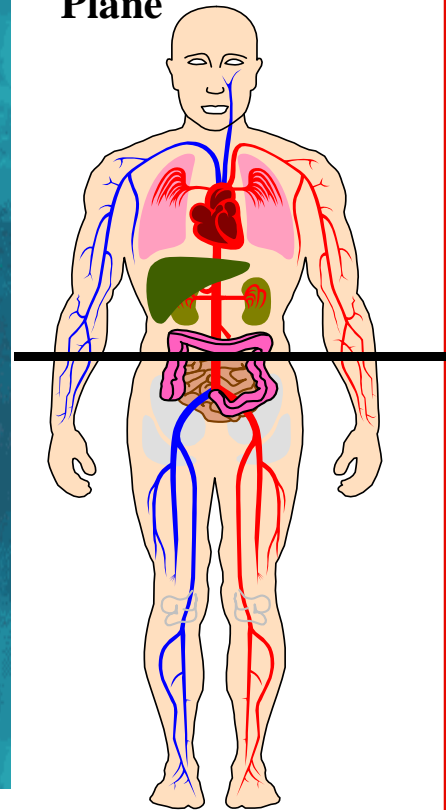
**Sagittal  
Plane**



**Frontal  
Plane**



**Transverse  
Plane**





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. Fill in the Blank with definitions from Pilates Terminology

1. \_\_\_\_\_ is the energy output associated with the performance of the movements.
2. \_\_\_\_\_ is the act of pulling your navel down to the spine to create a concave.
3. \_\_\_\_\_ is the ability to move a joint through the full range of motion.
4. \_\_\_\_\_ is a disease by which there is a decrease in the total amount of bone material.
5. \_\_\_\_\_ is the band of muscles that circle the body just below the navel.
6. \_\_\_\_\_ is faced up.
7. \_\_\_\_\_ is the act of moving a joint.

2. Explain the Anatomy Involved in Pilates.

3. Explain the Planes of Movement in Pilates.

4. There are six main principles of Pilates, name and define them.



# Tips For Matwork Exercises

## 1. **Setting Goals**

- a) *Recreate approach to exercise*
- b) *Reteach body correct form and movement*
- c) **Long-Term Goals**
  - *Break bad habits*
  - *Suppleness*
  - *Better Posture*
  - *Strong Center*
- d) **Short Term Goals**
  - *Accomplish beginner exercises of the mat*
  - *Breathing properly*
  - *Patience and persistence*
- e) *Individualistic*

## 2. **F.I.T. Principle**

- a) *Frequency: 4 times a week*
- b) *Intensity: With vigor and zest! Effort and sweat not strain and sloppiness!*
- c) *Time: 15-30 minutes per session/Some advance participants can perform the whole exercise program in 15 minutes without sacrificing correct form. Do not sacrifice quality of the exercises for quantity of time. If you only have 5 minutes to perform the exercises, DO IT!! Something is better than nothing.*

## 3. **Progression**

- a) **Beginner**
  - *Includes Body Awareness, Introduction Moves, and Beginner Exercises*
  - *With beginning any new exercise, consult a physician. If pregnant or injured, it is imperative that one has the approval of his/her physician before beginning.*
  - *Start slowly with a modified beginner matwork program*
  - *Focus on locating the powerhouse muscles: abdominals, buttocks, lower back, and hips.*
  - *This stage of progression strengthens the powerhouse to prepare for more difficult levels.*
  - *The foundation upon which one builds his/her knowledge and understanding of the movements.*
  - *Study and visualize the movements.*
  - *Connect the mind with the body*
  - *Body awareness*
- a) **Intermediate**
  - *After learning the beginner program, add one intermediate exercise at a time per session*
  - *Do not rush your progress*
  - *Listen to your body as you add a new exercise*
  - *Continue to use control and concentration*
- a) **Advanced**
  - *Perform the movements with caution and within the same manner as beginner and intermediate exercises.*
  - *Work from powerhouse*
  - *One is very susceptible to injury with these exercises if not performed correctly*

## 4. **Equipment**

- a) **Mat/Blanket**
  - *Thick or dense enough to support and protect the vertebrae of the spine*
  - *Surface too hard: may bruise or injure vertebrae*
  - *Surface too soft: may inhibit movement and promote imbalance*
- a) **Weights**
  - *For Intermediate to Advance levels*

- *May assist in stretching exercises*
- a) *You*
  - *Patient and persistent attitude*
  - *Committed frame of mind*
- 5. **Clothing**
  - a) *Regular workout apparel is fine (leggings, tank tops, etc.)*
  - b) *Comfortable clothing*
  - c) *Apparel without belt loops, zippers, buttons, etc. This may cause irritation during movements.*
  - d) *Bare feet are best!!!*
- 6. **Engage your Mind and Body by Using Visual Images:**
  - a) *"Keep your lower back in contact with the floor as though it were set in concrete."*
  - b) *Through visual image, instinctual muscle reaction is triggered.*
- 7. **Make a Connection between Pilates and Daily Activities**
- 8. **More is not Better**
- 9. **Believe in Yourself**
- 10. **Make a Commitment!!**
- 11. **Autonomy**

# Preparation of Mind and Body

*Before beginning the Pilates Mat Program, one must understand some key elements that are the foundation of the movements.*

1. **Powerhouse:** The muscles that are banded around the body just below the navel area. These muscles include the abdominals, gluteals, hips, and lower back. Focus on the muscles that radiate from the center instead of the extraneous ones, i.e., arms and legs. The cue is to lift up and out of the hips. Cinch the ribcage in as though you were in a corset.
2. **Navel to Spine or “Scooping” out your abs:** Make the distance between the abdominals and back as small as possible. Do not suck in the stomach which results in holding the breath. Visualize a weight bearing down on your stomach pushing it into the floor. Focus on breathing in and out of your lungs to maintain this position.
3. **Spine to Back:** In a lying position, one should be able to keep his/her back flush with the mat with the legs straight out and feet together. The hand should not be able to pass under the small of the back.
4. **Shoulder Blades Retracted and Depressed:** Always keep your shoulder blades pulled back together and lowered, i.e., keep the shoulders away from your ears.
5. **Lengthening:** The focus of Pilates is to lengthen and strengthen; therefore, when one squeezes the buttocks, there should be no “tucking under” of the pelvic area. Keep the base of the spine and pelvis pressed firmly against the mat.
6. **Anchoring:** Instead of focusing on the body part in motion, i.e., isolation, focus on anchoring the body part not in motion. This will result in the body working simultaneously in the correct control manner.
7. **The Pilates Stance:** A position in which the individual is standing tall, sitting, or lying with the feet in a “V” position and the back upper inner thighs are squeezing. This action engages and stabilizes the lower body.
8. **Imprinting:** When transitioning from a sitting position to a lying position, each vertebrae presses down into the mat like a chain goes around a gear.
9. **Child's Pose:** After every exercise that involves the prone position, rest the body in a child's pose by sitting back onto your heels faced down.
10. **Avoid Hyperextension:** Stretch limbs without locking them.
11. **Cervical Nod/Lengthening the Neck:** Relax the shoulders. Press the back of the neck to the mat when lying. When sitting, standing, or stretching forward, press out through the crown of the head. Bring chin closer to the chest.
12. **Listen to your Body:** Do not force what is unnatural. If it hurts, don't do it.
13. **The Whole:** View your body as a whole integrating all the muscles into one fluid movement. Avoid isolating specific muscles.
14. **Relaxation:** Avoid tensing the muscles or becoming rigid.



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**Section # 3 Review Questions**

**1. What are the 6 Tips for Matwork Exercises? Explain a detail about each.**

a.

b.

c.

d.

e.

f.

**2. List the 14 Mind and Body Elements that are the foundation.**



# Pilates Matwork Program

## *Body Awareness*

*During the first few weeks of beginning a Pilates Matwork Program, one should first accomplish the basics of becoming aware of his/her body. The following exercises are excellent for one to practice before beginning the Introduction Moves. One should practice these Body Awareness moves for the first week, then move on to the Introduction Moves once he/she is comfortable.*

**Pilates Stance:** Stand tall with heels together and toes turned slightly out in the shape of a “V.” The upper inner back thighs should squeeze together to engage and stabilize the lower body. Keep the knees soft. Practice this standing, sitting with legs extended straight out in front, and lying on your back and side.



**Breathing:** Always inhale to prepare for the movement and then exhale when you execute the movement. Inhale through the nose filling the lungs and expanding the rib cage. Avoid movement in the abs. Exhale through the mouth every drop of air as though you are “completely wringing out a wet cloth.” Pull the rib cage in and down as though you are being pulled into a corset. Pull the navel in towards the spine. 4-6 repetitions



### **Foot Work/Toe Raises**

Purpose: To establish a sense of balance and to evenly distribute body weight between the feet and among the four corners of the feet.

Beginning Position: "V" stance with shoulders relaxed and down, navel into spine and ribcage lifted. Arms are relaxed and naturally at the sides.

Execution: Wiggle the toes and fingers to create heat. Rock forward onto toes and roll back onto the heels. Roll feet out to the sides and roll feet in towards the instep. Spread the toes for a wider stronger base. Rise up on the toes, placing pressure at the ball of the foot, and slowly lower down to beginning position. Feel your body evenly distribute your body weight over the four corners of your foot (big toe, pinky toe, inside of the heel, and outside of the heel). Breathe naturally in through the nose and out through the mouth

Repetitions: 4-6

Tips: Don't overdo it. Only raise as high as you are balanced, then work on rising even higher with grace and balance.



### **Scooping Out Abs**

Purpose: To become aware of pulling in your navel to your spine and to focus on engaging your core.

Beginning Position: Supine position with feet together, legs straight.

Execution: Press your back as flat as you can to the mat making sure there is little to no space between the small of your back and the mat. Place your fingers underneath the small of your back. If there is space, then remove them and move your feet closer to your body until your back is flush with the mat. Work on moving your feet further away from your body while maintaining your back to the mat.

Repetitions: 4-6 until one is able to maintain his/her back flush with the mat

Tips: Avoid sucking in the stomach. Imagine a weight bearing down on your belly pushing it towards your spine.



### ***Pelvic Bowl***

**Purpose:** To connect your mind with your pelvic area to understand how to maintain a neutral spine during movement.

**Beginning Position:** Supine position with legs straight. Imagine that your navel is 12 o'clock, your left hip is

3 o'clock, your coccyx is 6 o'clock, and your right hip is 9 o'clock.

**Execution:** Pull the navel in towards the spine at 12 o'clock, then press left hip towards the mat at 3 o'clock,

then press the coccyx (or sitz bones) towards the mat at 6 o'clock, then press the right hip towards the mat at

9 o'clock. Breathe naturally in through the nose out through the mouth.

**Repetitions:** 4-6 then rotate counter clockwise 4-6

**Tips:** These are very small movements. Avoid raising the right hip while pressing down with the left hip and

vice versa. Avoid raising the tailbone off the mat while pressing down with the navel and vice versa.



### ***Cervical Nod***

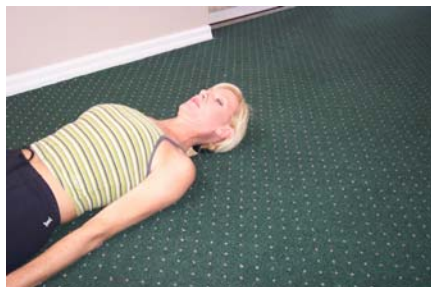
**Purpose:** To become aware of neck alignment and to relax the muscle in the shoulders and neck during movement.

**Beginning Position:** Supine position with legs straight.

**Execution:** Press the back of the neck toward the mat. Think about pressing out through the crown of the head. Lower the shoulders and keep them relaxed. Slightly roll the head back as the chin lifts and roll the head forward as the chin lowers. Roll the head side to side slightly to feel the difference in correct and incorrect alignment of the head. Breathe naturally.

**Repetitions:** 4-6

**Tips:** This movement is small and gentle. Think about lengthening the vertebrae just below the skull.



## ***Bridging***

Purpose: To understand and become aware of how the spine articulates and to understand the concept of “imprinting.”

Beginning Position: Supine position with feet on the floor and knees bent. Abs scooped out. Shoulder blades retracted (pulled back) and depressed (lowered). Arms naturally at the sides. Cervical Nod position with the head.

Execution: Inhale then exhale as you lift the tailbone while articulating each vertebrae one at a time until you reach the top. Inhale at the top, then exhale as you lower the tailbone to the mat imprinting each vertebrae one at a time into the mat.

Repetitions: 4-6

Tips: This movement focuses on articulating the spine. Try raising the torso without articulating the spine (flat back) to feel the difference. Raise the tailbone off the mat with a flat back and lower with a flat back (4-6 reps). Raise the tailbone off the mat by articulating the spine up and lower the tailbone with flat back (4-6 reps). Raise the tailbone off the mat with flat back, then lower the tailbone by “imprinting” down (4-6 reps).







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**Section # 4 Review Questions**

- 1. Explain the Pilates stance and breathing and how it is important to master this during your first few weeks of the program.**
- 2. Explain the purpose of the Foot Work/ Toe Raises:**
- 3. Define the execution of Scooping Out Abs:**
- 4. How many reps should be done for the Cervical Nod?**
- 5. Explain the Beginning Position of Bridging:**

## Introduction Moves

*These 7 introduction moves are your core exercises in Pilates. One must master these basic movements before progressing to the intermediate level. This level, although signifies an introduction to Pilates, is the most challenging level to achieve. Achieving this level before moving on to the next level may take a few weeks. Once you have moved on to the next levels return to the basic Introduction Moves periodically to confirm proper technique.*

### The Hundred

**Purpose:** A breathing exercise to begin circulating the blood to warm up the body for succeeding exercises.

**Beginning Position:** Lie flat with body on mat. Stretch arms straight forward with arms touching the body and palms prone (faced down). Bring knees toward the chest bending them at 90 degrees. Point toes forward and downward. Maintain cervical nod position while scooping out the abs. Shoulder blades retracted and depressed.

**Execution:**

Step 1 - Inhale, lift the head while focusing eyes on the toes. Raise the arms about 6-8 inches above the mat.

Step 2 - Exhale, pump the arms up and down within a 6-8 inch radius from the shoulders for 5 counts.

Step 3 - Inhale, pump the arms up and down within a 6-8 inch radius from the shoulders for 5 counts.

Step 4 - Alternate the 5-count inhale and exhale until a total of 100 pumps is reached.

Step 5 - Completely relax to the floor.

**Repetitions:** Begin with a total of 20 pumps then add 5 additional pumps until 100 total pumps is reached. Never exceed 100 pumps.

**Tips:** Keep the shoulder blades in contact with the floor. If the neck begins to cramp, lower the head down or place a pillow or towel underneath the neck for support.



## The Roll Up

Purpose: Strengthens the abdominal muscles, realigns the spine, and stretches the hamstrings.

Beginning Position: Lie flat on your back with knees bent and your feet planted on the mat. Arms are extended forward next to your body. Maintain cervical nod while scooping out the abs. The shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, squeeze the buttocks and knees together. Curl your head up by bringing your chin towards the chest.

Step 2 - Exhale, straighten your legs with your toes pointed as you articulate your spine like you are rolling up into a ball off the mat ("C" curve).

Step 3 - Continuing to exhale, lift up out of your hips as you stretch forward squeezing your thighs and buttocks. Reach forward as far as you can keeping the chin towards the chest and the navel pulling into the spine.

Step 4 - Inhale as you are stretching forward.

Step 5 - Exhale as you begin to roll back reversing the sequence of the movement. Imprint your spine one vertebrae at a time into the mat. Slide your feet closer to your buttocks as you bend your knees.

Step 6 - As your shoulder blades connect to the mat, lower the head to the mat and relax.

Repetitions: 4-6

Tips: Keep your navel pulled in toward your spine and keep your feet in contact with the mat. If at first you have trouble raising off the mat while keeping the feet in contact with the mat, place your hand(s) behind the hamstrings for assistance.



## One Leg Circle

**Purpose:** Stretch, strengthen, and articulate the leg at the hip joint while maintaining perfect posture and remaining still in the upper body.

**Beginning Position:** Lie flat on your back with one knee bent and foot planted on the floor with the other leg extended straight into the air with hip at 90 degrees. The extended leg is turned out slightly at the hip joint. The toes of the extended leg are pointed. Arms are extended on the mat next to the body with palms pressing down. Maintain cervical nod with the abs scooping out and the shoulders are retracted and depressed.

**Execution:**

Step 1 - Inhale before executing.

Step 2 - Inhale, draw a circle with your toes by moving your leg across your body first, then circling it down, around, and back up to the beginning position.

Step 3 - Exhale as you bring the leg back up to the beginning position.

Step 4 - Inhale, draw a circle, in the opposite direction, toward the outside of the body, downward, around, across the body, and back to the beginning position.

Step 5 - Exhale as you bring the leg back up to the beginning position.

Step 6 - Lower the leg down with both knees bent and feet on the mat.

**Repetitions:** 4-6 reps with one leg then 4-6 reps with the opposite leg.

**Tips:** The focus is on the upswing. Maintain the navel in toward the spine to insure not to lift the buttocks off the mat during execution.



## Rolling Back

Purpose: To work abdominals, relax the back as it is massaged, and improve balance.

Beginning Position: Sit at the front of your mat with knees bent toward the chest and feet slightly apart off the mat balancing on the tailbone. Hands are placed under the thighs with elbows wide. Maintain cervical nod and "C" curve in the spine while scooping out your abs.

Execution:

Step 1 - Inhale, imprint your spine into the mat as you roll back.

Step 2 - Exhale, roll forward, hold and balance on tailbone at the top.

Repetitions: 4-6

Tips: Avoid throwing yourself back onto your neck. Avoid touching your feet to the mat as you roll forward to the top. Think of your body as one unit, keep tucked in tight.



## Single Leg Stretch

Purpose: To stretch and lengthen the back and legs as you work your powerhouse by keeping the upper body completely still.

Beginning Position: Lie on your back with one knee bent into the chest. The other leg is extended up at a 90 degree angle at the hips. Toes of the extended leg are pointed. The outside arm is extended and placed on the ankle; the opposite arm is resting on the knee. Maintain a cervical nod while scooping out the abs.

Execution:

Step 1 - Inhale as you switch legs. For example, if right leg is extended and left knee is bent, inhale, then bend the right knee and extend the left leg at 90 degrees.

Step 2 - Exhale as you switch legs again.

Step 3 - Pull both knees in toward chest and relax head to the mat.

Repetitions: 4-6 each leg

Tips: The breathing cue goes inhale, inhale, exhale, exhale in coordination with left leg, right leg, left leg, right leg, and switch, switch, switch, switch.

Inhale  
Left Leg  
Switch

Inhale  
Right Leg  
Switch

Exhale  
Left Leg  
Switch

Exhale  
Right Leg  
Switch





### **Double Leg Stretch**

**Purpose:** To work the powerhouse and stretch the arms and legs while keeping the upper body completely still.

**Beginning Position:** Lie flat on your back with both knees pulled in toward the chest. Head is lifted. Place hands gently below the knees. Toes are pointed. Maintain cervical nod while scooping out the abs.

**Execution:**

**Step 1 - Inhale,** stretch your body long, reaching the arms back by your ears. Legs are extended above the body at 90 degrees at the hips toes reaching for the ceiling.

**Step 2 - Exhale,** pull your knees back into your chest as you circle your arms around to meet your knees and pull in emphasizing the exhale.

**Repetitions:** 4-6

**Tips:** Keep your torso anchored to the mat. Avoid throwing your head back when raising your arms back.



## Spine Stretch

Purpose: To articulate and stretch the spine while stretching the hamstrings and back muscles.

Beginning Position: Sit tall with legs extended with knees slightly bent. Feet are flexed and opened slightly wider than hip width. Arms are straight and extended forward at shoulder height. The navel is pulled in toward the spine. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale before executing.

Step 2 - Exhale, articulate the spine by rolling the chin in toward the chest and following down rolling the spine, "C" curve. As you stretch forward open the upper back and pull scoop out the abs. Stretch forward as far as you can.

Step 3 - Inhale

Step 4 - Exhale as you articulate up one vertebrae at a time. As you return to the beginning position lower your shoulders and retract your shoulder blades.

Repetitions: 4-6

Tips: Keep hips stable. Avoid the knees rolling inward. Sit up tall as you return to beginning position.





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. Explain the purpose of the Hundred introduction move:**
- 2. List the 6 Steps to The Roll Up introduction exercise:**
- 3. What is a tip for the One Leg Circle exercise:**
- 4. What is the purpose of the Rolling Back exercise:**
- 5. How many reps should you do for the Single Leg Stretch:**
- 6. What is the purpose of the Double Leg Stretch:**
- 7. Name the steps of execution for the Spine Stretch:**

# Beginner Exercises

*Although some of the Beginner Exercises possess the same names as those in the Introduction Moves, they take on a different look. You have achieved the basic foundation needed to progress to the beginner level. At this beginner level, you will learn variations of the exercises already achieved in addition to new exercises. Remember not to overdo it. Progress at your own pace before moving on to new exercises. You may return to the Introduction Moves for a refresher course if needed.*

## The Hundred

**Purpose:** A breathing exercise to begin circulating the blood to warm up the body for succeeding exercises.

**Beginning Position:** Lie flat with body on mat. Stretch arms straight forward with arms touching the body and palms prone (faced down). Knees are bent toward the chest with toes pointed forward and downward. Maintain cervical nod position while scooping out the abs. Shoulder blades retracted and depressed.

### Execution:

Step 1 - Inhale, lift the head while focusing eyes on the toes. Lift the feet toward the ceiling so hips are at 90 degrees. Raise the arms about 6-8 inches above the thighs.

Step 2 - Exhale, Lower the legs to 45 degrees as you scoop out your abs.

Step 3 - Inhale, pump the arms up and down within a 6-8 inch radius from the shoulders for 5 counts.

Step 4 - Exhale, pump the arms up and down within a 6-8 inch radius from the shoulders for 5 counts.

Step 5 - Alternate the 5-count inhale and exhale until a total of 100 pumps is reached.

Step 6 - Completely relax to the floor bring the knees in toward the chest.

**Repetitions:** Begin with a total of 20 pumps then add 5 additional pumps until 100 total pumps is reached. Never exceed 100 pumps.

**Tips:** Keep the torso in contact with the floor. If the lower back begins to lift off the mat, raise the leg higher or bend the knees. If the neck begins to cramp, lower the head down or place a pillow or towel underneath the neck for support. Squeeze the buttocks and upper hamstrings to maintain stability.



## The Roll Up

Purpose: Strengthens the abdominal muscles, realigns the spine, and stretches the hamstrings.

Beginning Position: Lie flat on your back. Stretch legs close together straight forward with knees straight. The toes are pointed forward and downward. Arms are extended above the head shoulder-width apart with the palms supine (facing up). Maintain cervical nod while scooping out the abs.

Execution:

Step 1 - Inhale, squeeze the buttocks and knees together. Bring arms straight forward to right angles. Flex your feet. Curl your head up by bringing your chin towards the chest.

Step 2 - Exhale, articulate your spine like you are rolling up into a ball off the mat ("C" curve).

Step 3 - Continuing to exhale, lift up out of your hips as your stretch forward squeezing your thighs and buttocks. Reach forward as far as you can keeping the chin towards the chest and the navel pulling into the spine. Stretch until your forehead touches your thighs.

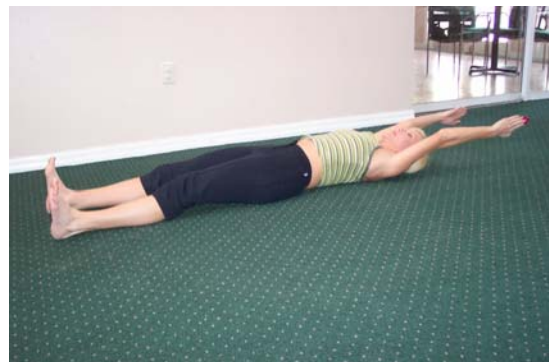
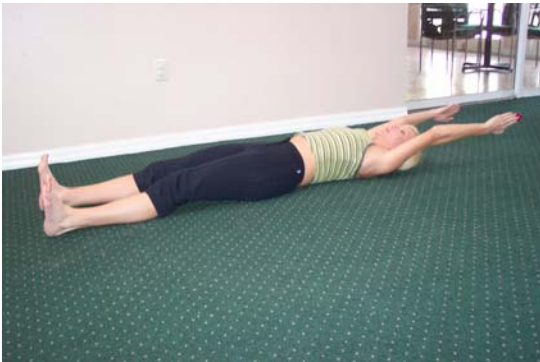
Step 4 - Inhale as you hold your stretch forward.

Step 5 - Exhale as you begin to roll back reversing the sequence of the movement. Imprint your spine one vertebrae at a time into the mat.

Step 6 - As your shoulder blades connect to the mat, lower the head to the mat and relax.

Repetitions: 4-6

Tips: Keep your navel pulled in toward your spine and keep your legs in contact with the mat.



## One Leg Circle

**Purpose:** Stretch, strengthen, and articulate the leg at the hip joint while maintaining perfect posture and remaining still in the upper body.

**Beginning Position:** Lie flat on your back with one leg extended straight out on the mat with foot flexed. The other leg extended straight into the air with hip at 90 degrees. The extended leg is turned out slightly at the hip joint. The toes of the extended leg are pointed. Arms are extended on the mat next to the body with palms pressing down. Maintain cervical nod with the abs scooping out and the shoulders are retracted and depressed.

**Execution:**

Step 1 - Inhale before executing.

Step 2 - Inhale draw a circle on the ceiling with your toes by moving your leg across your body first, then circling it down, around, and back up to the beginning position.

Step 3 - Exhale as you are completing the circle back up to the beginning position.

Step 4 - Inhale, draw a circle, in the opposite direction, toward the outside of the body, downward, around, across the body, and back to the beginning position.

Step 5 - Exhale as you are completing the circle back up to the beginning position.

Step 6 - Lower the leg down and extend out to switch legs.

**Repetitions:** 4-6 reps with one leg then 4-6 reps with the opposite leg.

**Tips:** The focus is on the upswing. Maintain the navel in toward the spine to insure not to lift the buttocks off the mat during execution. As you progress, you can make the circles bigger.





## Rolling Back

Purpose: To work abdominals, relax the back as it is massaged, and improve balance.

Beginning Position: Sit at the front of your mat with knees bent toward the chest and feet slightly apart off the mat balancing on the tailbone. Grasp legs tightly to chest. Try to press legs against the chest. Tuck chin under touching the chest. Toes are pointed forward and downward. Maintain cervical nod and "C" curve in the spine while scooping out your abs.

Execution:

Step 1 - Inhale, imprint your spine into the mat as you roll back.

Step 2 - Exhale, roll forward, hold and balance on tailbone at the top.

Repetitions: 4-6

Tips: Avoid throwing yourself back onto your neck. Avoid touching your feet to the mat as you roll forward to the top. Think of your body as one unit, keep tucked in tight.



## Single Leg Stretch

Purpose: To stretch and lengthen the back of the legs as you work your powerhouse by keeping the upper body completely still.

Beginning Position: Lie flat on your back. One leg is extended straight out and lifted off the floor about 2 inches or to the point you maintain your lower back in contact with the mat. The toes are pointed forward and down. The other leg is bent to the point where your knee is as close to the chest as possible. The outside arm is extended and placed on the ankle of the bent leg; the opposite arm is resting on the knee. Maintain a cervical nod while scooping out the abs.

Execution:

Step 1 - Inhale as you switch legs. For example, if right leg is extended and left knee is bent, inhale, then bend the right knee and extend the left leg.

Step 2 - Exhale as you switch legs again.

Step 3 - Pull both knees in toward chest and relax head to the mat.

Repetitions: 4-6 each leg

Tips: The breathing cue goes inhale, inhale, exhale, exhale in coordination with left leg, right leg, left leg, right leg, and switch, switch, switch, switch.

Inhale  
Left Leg  
Switch

Inhale  
Right Leg  
Switch

Exhale  
Left Leg  
Switch

Exhale  
Right Leg  
Switch



## Double Leg Stretch

**Purpose:** To work the powerhouse and stretch the arms and legs while keeping the upper body completely still.

**Beginning Position:** Lie flat on your back with both knees pulled in toward the chest. Head is lifted. Place hands just below the knees pulling the knees toward the chest. Toes are pointed. Maintain cervical nod while scooping out the abs.

**Execution:**

**Step 1 - Inhale,** stretch your body long, reaching the arms back by your ears. Legs are extended to hover over the floor about 2 inches.

**Step 2 - Exhale,** pull your knees back into your chest as you circle your arms around to meet your knees and pull in emphasizing the exhale.

**Repetitions:** 4-6

**Tips:** Keep your torso anchored to the mat. If 2 inches above the floor is too low and you are raising your back off the mat, do not lower your legs as low; 45 degrees may be low enough for you. Avoid throwing your head back when raising your arms back.



## Spine Stretch

Purpose: To articulate and stretch the spine while stretching the hamstrings and back muscles.

Beginning Position: Sit tall with legs extended about hip width apart with knees straight. Feet are flexed as far as possible. Arms are straight and extended forward at shoulder height. The navel is pulled in toward the spine. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale before executing.

Step 2 - Exhale, articulate the spine by rolling the chin in toward the chest and following down rolling the spine, "C" curve. As you stretch forward open the upper back and pull scoop out the abs. Place your hands toward the mat as you stretch further forward. Stretch forward as far as you can.

Step 3 - Inhale while pausing in a stretched position.

Step 4 - Exhale as you articulate up one vertebrae at a time. As you return to the beginning position lower your shoulders and retract your shoulder blades.

Repetitions: 4-6

Tips: Keep hips stable. Avoid the knees rolling inward. Sit up tall as you return to beginning position.



### **Side Kick (Up and Down)**

Purpose: To work the hips buttocks, and outer thighs while keeping the torso long and lifted. To stretch the inner thigh.

Beginning Position: Lie on your side with your head propped up by on your hand. Hips and legs are stacked with feet at a slight angle forward.

Execution:

Step 1 - Inhale, lift the top leg straight up to the ceiling. Keep a slight turnout in the hip. Go only as high as you can without bending your knee.

Step 2 - Exhale, press the leg down while resisting with the inside of the upper thigh. Extend the leg long as though your leg is being pulled out of the hip socket.

Repetitions: 4-6 on each side

Tips: Avoid sinking into waistline as your leg is lifted. Avoid rolling hips forward or backward. Imagine your head being pulled from the crown away from the hips.



### **Side Kick (Small Circles)**

**Purpose:** To stretch the inner and outer thighs while strengthening the buttocks, hips, and hamstrings.

**Beginning Position:** Lie on your side with your head propped up by on your hand. Hips and legs are stacked with feet at a slight angle forward. The top leg is elevated with the top heel just above the bottom heel.

**Execution:**

**Step 1 -** Squeeze the buttocks and lengthen the leg as though it were being pulled out of the hip socket.

**Step 2 -** Circle your leg forward from the hip in a small but vigorous manner.

**Step 3 -** Repeat in opposite direction to the back.

**Repetitions:** 4-6 circles forward then 4-6 circles to the back; repeat on opposite leg.

**Tips:** Avoid rolling the hips forward or backward. Avoid bending the knee or circling from the lower leg.





## Seal

**Purpose:** To work the powerhouse while improving balance and coordination. This exercise is a great spinal massager.

**Beginning Position:** Sit at the front of the mat balancing on your tailbone. Knees are bent and wide with heels together and hands cupping the ankles. Maintain a "C" curve with a cervical nod or chin to chest while scooping out the abs.

**Execution:**

**Step 1 -** Inhale, roll backward imprinting your spine into the mat. Go to the point of balancing on your shoulders, clap your heels together 3 times.

**Step 2 -** Exhale, roll forward articulating your spine and keeping your chin pressed to your chest.

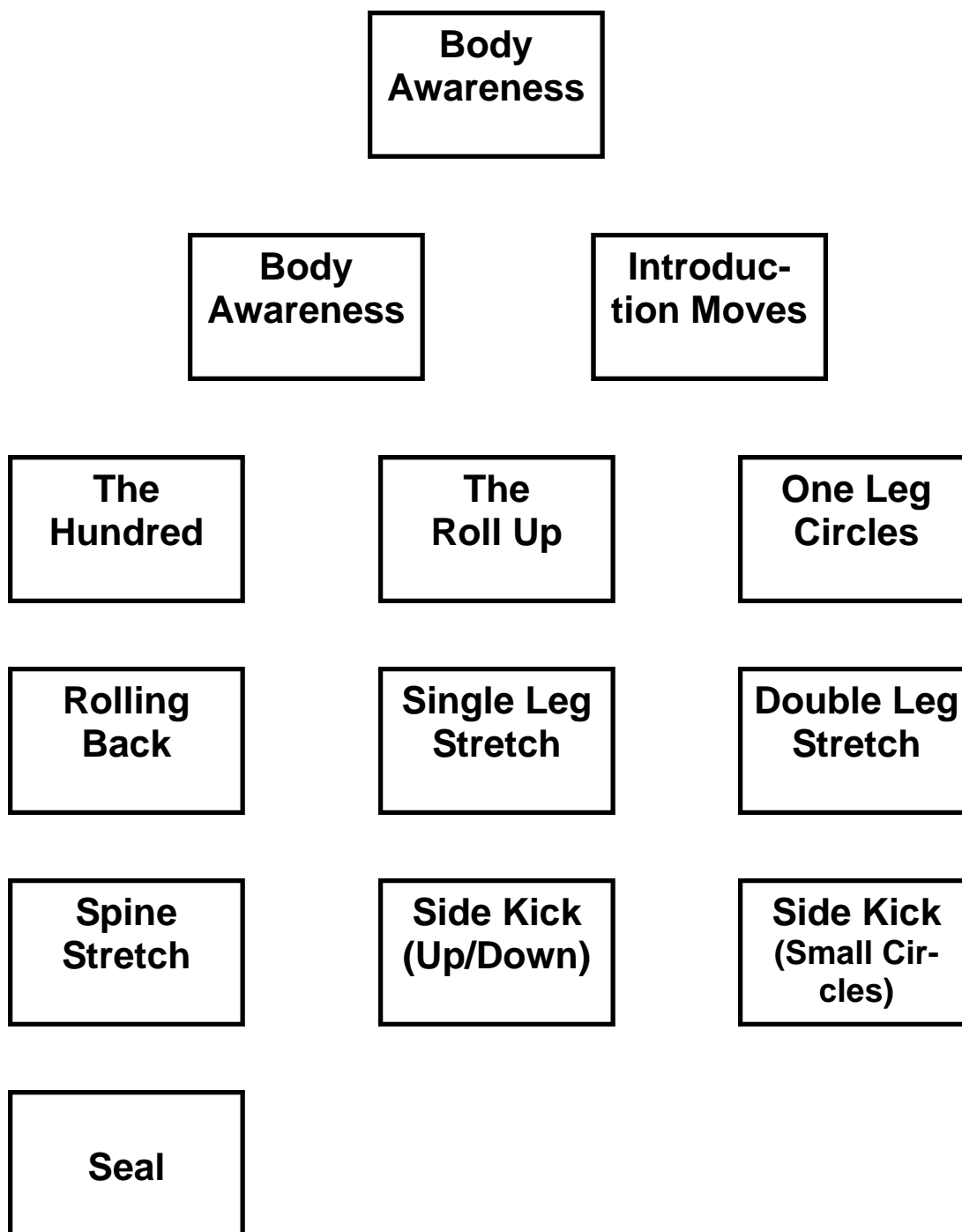
**Step 3 -** Clap your heels 3 times at the top while balancing on your tailbone.

**Tips:** Avoid this exercise if you have neck problems. Avoid rolling back on your neck. Relax and have fun with this exercise.



# The Beginner Format Summary

*The following beginner format is based on a 6 week Pilates Mat program. Begin with the Body Awareness exercises on the first day, then progress to the adding the Introduction Moves on the second day. Perform the Introduction Moves until your class is ready to move onto performing the exercises to the maximum movement of the Beginner Level Format. Typically this progression takes 6 weeks, but the progression may take longer based on the participants' levels of abilities.*





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. Explain the tips for the Beginner phase of The Hundred:**
- 2. How many reps should you do for the Beginning phase of The Roll Up:**
- 3. Explain the execution for the One Leg Circle Beginning exercise:**
- 4. What is the beginning position for the Rolling Back exercise:**
- 5. List the tips for the Single Leg Stretch for the Beginner:**
- 6. What is the purpose of the Side Kick (Up and Down), for beginners:**
- 7. List the Steps of execution for the Side Kick (Small Circles) for beginners:**
- 8. What is the beginning position for the Seal exercise for beginners:**

## Intermediate Exercises

Now that you have achieved and perfected the Beginner Exercises, you are ready to move onto additional exercises. By now, you should be totally connected with your body, and the movements are becoming easier to you. At this intermediate level you can reduce the number of reps for the beginner exercises while learning new intermediate exercises. Only add one intermediate exercise with each session.

### Single Straight Leg Stretch

Purpose: To stretch the hamstrings and lower back while working the powerhouse.

Beginning Position: Lie flat on your back with both knees pulled into your chest. Toes are pointed. Lift your shoulders off your mat as you pull your chin towards your chest. Maintain a cervical nod while scooping out your abs.

Execution:

Step 1 - Inhale, extend your right leg up to the ceiling grabbing the ankle and pulling in toward your forehead. Extend the left leg straight out hovering the mat about 6-8 inches.

Step 2 - Exhale, switch legs quickly and grab the left ankle.

Step 3 - Exhale, pull the left leg in toward the forehead by pulsing two times, then switch again.

Step 4 - Inhale and Exhale with each set of switching legs like scissors.

Repetitions: 5-10

Tips: Keep your torso pressed to the mat. Keep the rhythm dynamic as you pulse your leg toward your forehead two times and every time you switch legs. Keep your eyes focused on your belly.



### **Double Straight Leg Stretch**

Purpose: To stretch the hamstrings and lower back and to work the powerhouse to the max.

Beginning Position: Lie flat on your back with hands one on top of the other behind the head. The head and shoulders elevated maintaining a cervical nod. The legs are extended up toward the ceiling with hips at 90 degrees. Toes are pointed and feet are in a Pilates "V." Abs are scooped out. Shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, squeeze your buttocks and thighs together for stability. Lower your legs together down toward the mat. Stop just before your lower back begins to raise off the mat.

Step 2 - Exhale, squeeze your buttocks and thighs even tighter as you raise your straight legs back toward the ceiling at 90 degrees.

Repetitions: 5-10

Tips: Keep your torso in contact with the mat. Pretend it is locked down with cement. Keep your shoulders away from your ears.



## Criss Cross

Purpose: To work the external and internal obliques, i.e., waistline, while improving balance.

Beginning Position: Lie flat on your back with hands one on top of the other behind the head. Elbows are extended wide. The head and shoulders are lifted with chin toward the chest. Maintain a cervical nod while scooping out the abs. Keep shoulder blades retracted and depressed. Knees are bent toward the chest.

Execution:

Step 1 - Inhale, extend right leg.

Step 2 - Exhale, twist the upper body toward the left knee touching your right elbow to the left knee.

Step 3 - Look back toward the left elbow to increase stretch keeping the head and shoulders off the mat as you lift and twist.

Step 4 - Inhale, switch legs. Bring the right knee in toward the chest as you extend the left leg out.

Step 5 - Exhale, twist the upper body toward the right knee touching your left elbow to the right knee. Keep exhaling as you hold the stretch.

Repetitions: 5-10

Tips: Keep the torso in contact with the mat. Lift from the powerhouse and not the neck and shoulders. Keep the movements controlled by squeezing the buttocks.





## Rocker With Open Legs

Purpose: To work the powerhouse, stretch the hamstrings and lower back, improve balance, and massage the spine.

Beginning Position: Balance on the tailbone toward the front of the mat with knees bent and toes pointed. Hold your feet at the ankles. Maintain a cervical nod while scooping out the abs.

Execution:

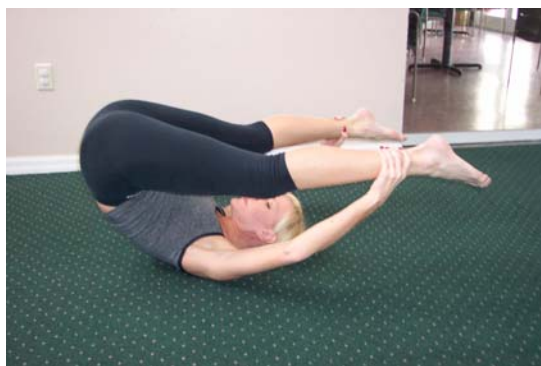
Step 1 - Inhale, straighten both legs in a "V" position about shoulder width apart toward the ceiling with arms straight.

Step 2 - Inhale, roll back imprinting the spine into the mat only going as far as your shoulders. Keep your chin tucked toward the chest

Step 3- Exhale, roll back up and balance on the tailbone.

Repetitions: 4-6

Tips: Avoid throwing the head back. Avoid rolling back onto the neck. Make sure the move is dynamic.



## The Corkscrew

Purpose: To work the powerhouse, neck, and shoulders. To stretch the lower back and improve balance.

Beginning Position: Lie flat on your back with legs extended up toward the ceiling at 90 degrees. Toes are pointed and feet are in a Pilates "V" stance. Arms are extended on the mat next to the body with palms prone. Maintain cervical nod while scooping out the abs. Shoulders are retracted and depressed.

Execution:

Step 1 - Inhale, circle your legs toward the left, down, and around.

Step 2 - Exhale as you bring your legs up to beginning position.

Step 3 - Reverse the direction. Inhale, circle your legs toward the right, down, and around.

Step 4 - Exhale as you bring your legs up to the beginning position.

Repetition: 4-6

Tips: Keep your hips and torso pressing to the mat. Squeeze the buttocks and inner thighs together for stability.



## The Saw

Purpose: To work the waistline and stretch the hamstrings while ridding the body of toxic air.

Beginning Position: Sit tall lifted out of your hips with legs extended as wide apart as you can. The toes are flexed. Maintain cervical nod while scooping out your abs. Lift your chest out. Arms are extended out to the sides at shoulder height. The shoulder blades are retracted and depressed.

Execution:

Step 1 - Inhale, twist from your waist to the right as far as possible.

Step 2 - Exhale, bend forward and downward bringing your head and chest toward your right leg. Extend your left arm past your right foot sliding your left pinky finger past your right baby toe as though you were sawing it off. The right arm is extended straight back behind you. Look toward your right hand behind you as you stretch forward.

Step 3 - Continue to exhale as you deepen the stretch in 3 consecutive sliding-reaching "saw-like" motions as far as possible.

Step 4 - Inhale, draw the body up to the beginning position and twist to the opposite side to repeat on the left side.

Repetitions: 4-6

Tips: Keep the hips planted firmly into the mat; do not let them raise up as you stretch forward. Remember to articulate as you draw up to beginning position; the head should be the last to come up.



### **The One Leg Kick**

Purpose: To work the hamstrings, chest, triceps, and biceps while stretching the quadriceps, knees, and abdominals.

Beginning Position: Lie in a prone position with your body lifted with your forearms. The elbows are directly underneath your shoulders with your pelvis firmly pressed into the mat and your abdominals are lifted off the mat by pulling the navel to the spine. The chest is lifted and the buttocks is squeezing. The toes are pointed. The hands can either be in a fist or palms prone. Maintain a cervical nod with shoulder blades retracted and depressed.

Execution:

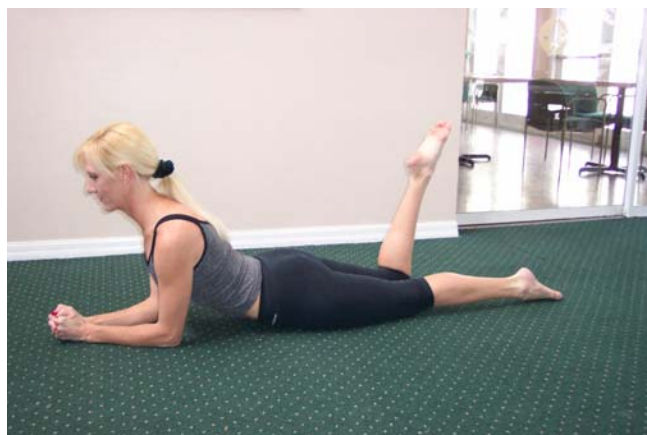
Step 1 - Inhale, raise both feet off the floor about 2 inches off the floor.

Step 2 - Exhale, kick your left foot toward the buttocks with a double beat. Lower the foot down.

Step 3 - Inhale, kick your right foot toward the buttocks with a double beat. Lower the foot down.

Repetitions: 4-6

Tips: Avoid this exercise if you have bad knees. Keep lifted in the abs. Avoid sinking into the shoulders. Sit back into a child's pose after this exercise to stretch and rest.



## The Double Leg Kick

Purpose: To work the hamstrings and buttocks while stretching the shoulders and midback.

Beginning Position: Lie in a prone position with face resting to one side. Arms are folded behind your back clasping your hands while your shoulders and elbows maintain contact with the floor. The legs are extended with toes pointed.

Execution:

Step 1- Inhale, pull the heels toward the buttocks kicking the feet 3 times. Squeeze the buttocks and inner thighs as you pulse kick.

Step 2 - Exhale, straighten and lengthen the legs back. Pull the arms straight back opening the chest, arching the back, and squeezing the shoulder blades together. The head looks forward.

Step 3 - Inhale, switch sides to rest your face. Return your arms the beginning position. Repeat.

Repetitions: 4-6

Tips: Avoid this exercise if you have a bad back or shoulders. Keep squeezing your buttocks throughout the exercise. As you lift and extend to switch sides, lift out through the crown of your head. To modify, keep your feet on the mat as you lift up and arch the back. After the exercise sit back on your feet in a child's pose to rest the back.





## The Neck Pull

**Purpose:** To strengthen the powerhouse, articulate the lower back, stretch the hamstrings, and improve posture.

**Beginning Position:** Lie in a supine position with hands clasped behind head. Maintain cervical nod while scooping out the abs. Legs are extended straight out hip width with feet flexed. Keep the heels in contact with the mat.

**Execution:**

**Step 1 -** Inhale, pull the chin toward the chest as you lift up and articulate the spine into a "C" curve.

**Step 2 -** Exhale, round your back over your quadriceps as you stretch forward touching your forehead to your knees. Keep elbows wide.

**Step 3 -** Inhale, pull the navel to the spine. Draw yourself up to a seated position by rolling up one vertebrae at a time.

**Step 4 -** Exhale, imprint the spine into the mat to return to the beginning position. The head is the last to touch the mat.

**Repetitions:** 4-6

**Tips:** Keep your feet in contact with the mat. Avoid pulling so hard that you strain the muscles in your neck.





### Side Kick (Front/Back)

Purpose: To work the buttocks and powerhouse while stretching the hamstrings. To improve balance.

Beginning Position: Lie on your side with your head propped up on your hand. Legs are extended straight out with a 45-degree angle forward. Hips and legs are stacked with a slight hip turnout. The top leg is lifted to hip height. Place the other hand in front of the body with the palm in a prone position pressing into the mat.

Execution:

Step 1 - Inhale, swing the top leg forward as far as possible. Pulse twice.

Step 2 - Exhale, swing the top leg back as far as possible.

Repetitions: 10 on each side

Tips: Avoid letting the hips and shoulders fall back or forward. Do not let your leg bend. Don't let your leg drop below hip height. For a variation, place both hands clasped behind your head.



### Side Kick (Side Passe')

Purpose: To work the hips and inner/outer thighs.

Beginning Position: Lie on your side with your head propped up on your hand. Legs are extended straight out with a 45-degree angle forward. Hips and legs are stacked with a slight hip turnout. Feet are in a Pilates "V" stance with toes pointed. Place the other hand in front of the body with the palm in a prone position pressing into the mat.

Execution:

Step 1 - Inhale, lift top leg straight up to the ceiling.

Step 2 - Exhale, bend knee with toes pointing down toward the knee. Lengthen the leg long sliding it down the length of the other extended leg until it is straight.

Step 3 - Inhale, bend the top knee sliding the foot up the extended bottom leg. Extend the leg up toward the ceiling.

Step 4 - Exhale, lower the straight leg to meet the other lengthened leg.

Repetitions: Perform 4-6 reps of Step 1 & 2 then perform 4-6 reps of Step 3 & 4

Tips: Keep your rib cage lifted; avoid sinking into your shoulders or waist. Avoid rolling your hips forward or backward.



### Side Kick (Inner Thigh Lifts)

Purpose: To strengthen the inner outer thighs while stretching the back hip.

Beginning Position: Lie on your side with your head resting on your extended arm. The bottom leg is extended straight out with toes pointed. The top leg is bent with the kneecap toward the ceiling and crossed over the bottom leg with foot planted flat on the mat. Place the top hand in front of the body with the palm in a prone position pressing into the mat and the elbow pointing up to the ceiling.

Execution:

Step 1 - Inhale, lift the bottom leg off the floor with the heel turned slightly toward the ceiling. Extend the leg out of the hip.

Step 2 - Exhale, lower the leg toward the mat without touching it to the mat.

Repetitions: 5-10 then hold leg up while pulsing 10 times

Tips: Avoid bending your extended leg. Avoid rolling your hips forward or backward.



## Teaser I

**Purpose:** To challenge the powerhouse, improve balance and control, and develop proper breathing.

**Beginning Position:** Lie in the supine position with arms extended above the head resting on the mat. Legs are extended straight overhead with hips at 90 degrees. Toes are pointed. Maintain cervical nod while scooping out your abs. Shoulder blades are retracted and depressed.

**Execution:**

Step 1 - Exhale, lower your legs to 45 degrees off the mat. Feel your navel pull into your spine.

Step 2 - Inhale, bring your arms forward toward your toes lifting your body up as you articulate the spine floating up toward your toes.

Step 3 - Hold that "V" position as you balance on your tailbone.

Step 4 - Exhale as you roll back imprinting your spine into the mat.

Step 5 - As your head touches the mat, raise your arms overhead to rest on the mat above your head.

**Repetitions:** 4

**Tips:** Avoid this exercise if you feel pain in your back. Squeeze your buttocks to maintain stability. Keep control of your movements. If you feel your back arching off the mat, raise your legs toward the ceiling to maintain a flat back on the mat.



## The Intermediate Format Summary



= Signifies New Intermediate Exercises  
= Signifies Beginner Exercises



cises

= Signi-

*After you have achieved proper technique with each Intermediate Exercise, perform all exercises in the sequence provided. Remember that you are decreasing the amount of reps for beginner exercises.*

**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**

**The  
Corkscrew**

**The  
Saw**

**The One  
Leg Kick**

**The Double  
Leg Kick**

**The  
Neck Pull**

**Side Kick  
(Up/Down)**

**Side Kick  
(Small Cir-  
cles)**

**Side Kick  
(Front/**

**Side Kick  
(Side**

**Side Kick  
(Inner Thigh  
Lift)**

**Teaser I**

**Seal**



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 Steps of execution for the Single Straight Leg Stretch for Intermediate:**
- 2. What is the beginning position for the Criss Cross Exercise:**
- 3. How many reps should be done for The Corkscrew exercise:**
- 4. List the Tips for The Saw exercise:**
- 5. What is the purpose of The Neck Pull for Intermediate:**
- 6. Explain the Execution for the Side Kick (Front Back):**
- 7. What is the beginning position for the Side Kick (Inner Thigh Lifts):**
- 8. List the tips for the Teaser I:**
- 9. 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.**





# ***Pilates Apparatus***

*Although this manual focuses on the matwork of Pilates, the following section describes the apparatus that is used in the Pilates machine body conditioning workout. Working with machines does not necessarily mean that you are getting a better workout. The machines only provide variation in the workout. The purpose of this section is only to raise the awareness of different variations of the Pilates not to describe specific exercises.*

**The Mat:** The basic foundation of all Pilates exercises. The mat should be firm but supply enough cushion for the spine and other bones. The matwork requires one to use his/her own body to perform the moves.

**The Wall:** Exercises that use the wall to limber the spine and stretch the hamstrings while strengthening the arms and legs.

**The Springs (Cadillac):** The springs are attached to the wall or door frame and teach one to hold the powerhouse in place while stretching, articulating and stabilizing the spine.

**The Barrels:** This apparatus is used to improve breathing, strengthen the arms and legs while correcting posture.

**The Magic Circle:** A circular device that is used to improve balance, posture, muscular strength and to improve the control of the powerhouse.

**The Pilates Reformer:** This is the classic piece of equipment that contains straps, springs, and a box to perform a variety of exercises. Joseph Pilates used this piece of equipment for those beginning, for the springs and straps provided assistance.

**The Chair:** A box-like piece of equipment that enables one to perform many activities including stretching and strengthening exercises.

**Hand Weights:** Weights may be used in most Pilates exercises to correct posture, improve balance, and tone muscles. Never use more than 5 pounds.

***Joseph H. Pilates – The Visionary***

**“Truth will prevail. That is why I know my teachings will reach the masses and finally be adopted as universal.” - - Joseph Pilates 1934**

October 19, 2000 – The courts overturn Pilates trademarks, making “Pilates” a generic term and making it universal.

2001 – “Today, more than 5 million Americans practice Pilates, and the number is growing exponentially.” (www.pilates.com)

2001 – There are over 300 Pilates instructors who span the United States and the world.

**“People will not understand the brilliance of my work for 50 years. I am 50 years ahead of my time.”**

**- - Joseph H. Pilates around 50 years ago**

**“Physical Perfection - - Man’s inherited birthright”**

***References***

Pilates, J. H. *The Complete Writings of Joseph H. Pilates: Your Health/Return to Life Through Control-ogy.* Bain Bridge Books: Philadelphia, 2000.

***Recommended Reading***

*The Pilates Method of Body Conditioning* by Sean P. Gallagher and Romana Kryzanowska  
*The Pilates Body* by Brooke Siler

***Recommended Videos***

*FiTour Pilates Video: Pilates Techno!! The technical review of Pilates matwork exercises for the instructor.*

*Pilates for Dummies*

*Jennifer Kries' Pilates Method Series (Perfect Mix)*



## **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!

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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**  
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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**  
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- **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

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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](http://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](http://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!!**