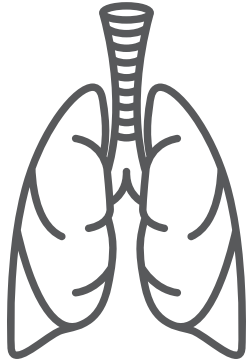


INTRO TO PILATES PRINCIPLES FOR COACHES



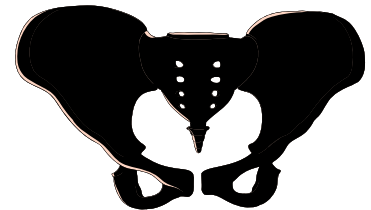
1. BREATHING

Inhale through the nose - Exhale through a pursed lip

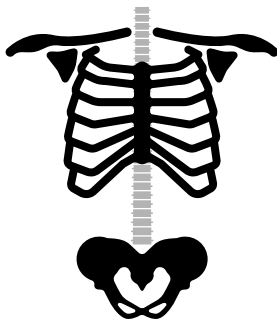
- Particularly useful in core exercises
- Exhale on 'Effort' or during challenge zone
- Practice diaphragmatic breathing
- Tummy narrowing on exhale

2. PELVIC PLACEMENT

Understand when to use the different pelvic positions



- **NEUTRAL PELVIS:**
 - Ideal for most pilates exercises
 - Promotes activation of deep stabilisers
- **POSTERIOR PELVIC:**
 - For challenging core work when you need more support, eg: on back with 2 legs in the air
 - To initiate spine articulation movements eg: Pelvic curl / roll down
 - To prevent lumbar involvement in glute work eg: glute reaches on stomach
- **ANTERIOR TILT:**
 - Required in back flexibility moves so knowing how to come back into neutral at the end of a skill will support the back



3. RIBCAGE PLACEMENT

Ribcage over pelvis

- In many pilates exercises the ribs should be stacked over the pelvis
- Recognise and correct rib popping by cueing abdominals & relaxing the ribs eg:
 - Pelvic curl hands behind ribs - put your ribs back into (or heavy in) my hand

INTRO TO PILATES PRINCIPLES FOR COACHES

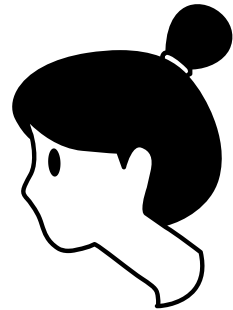


SHOULDER GIRDLE PLACEMENT

- Ideally the shoulder blades should sit flat and flush against the ribcage
- Cue push the floor away for shoulder blade winging in planks
- Cue shoulder blade squeeze & open chest to correct protracted shoulders

HEAD & NECK PLACEMENT

- In most pilates exercises the head should sit over the torso and follow the movement of the thoracic spine
- Cue eyeline to correct head and neck position
- 'Head pushing back into hands' cue works well for sit ups and some standing exercises (including to stack the ribs)



EXERCISES TO PRACTICE ALIGNMENT

- Breathing: one hand on tummy, one hand on chest
- Pelvic Tilts: without rib cage movement
- Pelvic Curls: with relaxed ribs
- Planks: moving between protraction & retraction to find midpoint
- Sit ups: with ribcage leading movement, head pressing back into hands



OTHER TAKE AWAYS

- Glute exercises are key to support the back and hips (especially for flexible athletes)
 - Include hip extension (leg back), abduction (leg side) & external rotation exercises (eg; clams)
- Knee alignment is influenced by both feet and hip alignment
 - Practice a spiral action for standing exercises, lifting from the inside arches of the feet, pulling up the inside of the knees and wrapping around the glutes
- Aim for smooth even paced movement in Pilates (unless otherwise prescribed)

NOW TIME TO CREATE YOUR FIRST PILATES PROGRAM!