



## **STUDIO CIRCUIT**

### **MAGIC CIRCLE ROTATIONAL PROGRAM INTERNATIONAL PILATES HERITAGE CONGRESS 2017**

- Shoulder Warm Up
- Cross Foot Stretch
- Triangle Stretch
- Bow & Arrow Facing Front and Turning Side
- Side Bend & Twist Series
- Around the World
- Washer Woman
- Diamond Hip Roll- Hip Evener- Leg Squeeze & Rotation
- Circles
- Rolling Like a Ball Series
- Stomach Massage with Twist
- Twist 2
- Lower Leg Rotation
- Diamond Squeeze
- Torso Rolls & Side Stretch
- Extension & Shoulder Stretch
- Single Leg Monkey & Teaser with Twist
- Swan Variation
- Butterfly
- Steering Wheel Stretch
- Cat Twist



## Shoulder Warm Up

<b>Beginning Position</b>	Stand with feet together- circle in hands
<b>Repetitions</b>	4-8 of each kind
	Lift circle to shoulder level.
	Lift overhead.
	Lower to shoulder level.
	Lower down.

## Cross Foot Stretch

<b>Beginning Position</b>	Stand with feet together- circle in hands
<b>Repetitions</b>	4-8 each side
	Lift circle to shoulder level Extend one leg. Bend knee. Place foot on floor across body.
	Lift circle overhead. Side stretch Up center
	Twist torso to opposite side Lift center
	Extend leg and bend knee with circle overhead. Place foot on floor.

## Triangle Stretch

<b>Beginning Position</b>	Standing- circle in hands
<b>Repetitions</b>	4-8 each side
	Step one foot forward bending knee. Turn out back foot. Place circle in vertical position next to forward foot- hold in same arm.
	Lift opposite arm to ceiling rotating upper body to side.

	Stretch arm overhead. Stretch back to ceiling.
	Stretch arm overhead Circle down and around to full circle. Reverse circle.

### **Bow & Arrow Facing Front & Turning Side**

<b>Beginning Position</b>	Standing, circle in front of chest
<b>Repetitions</b>	4-8
	Twist to side
	Keep hips center, pull circle back and release
	Twist to the other side Repeat

### **Side Bend & Twist Series**

<b>Beginning Position</b>	Stand with feet in turn out. Place arms in circle at forearms.
<b>Repetitions</b>	4-8
	Lift over head Twist to side Center
	Twist to side- round over Lift torso Twist center
	Side bend Up center
	Side bend- twist Turn to side Up center

	Side bend- twist Turn to side Twist to ceiling Turn to side Up center
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### Around the World

<b>Beginning Position</b>	Standing, circle at chest level
<b>Repetitions</b>	4-8
	Round forward Stretch to side Sweep back
	Stretch to other side Round forward

### Washer Woman

<b>Beginning Position</b>	Standing, circle on floor with hands on circle
<b>Repetitions</b>	4-8
	Press circle up and down, keeping spine rounded
	Pulse down

### Diamond Hip Roll

<b>Beginning position</b>	Sitting with circle between knees, feet in diamond
<b>Repetitions</b>	4 – 8 of each kind
	Roll on to hip
	Lift arm
	Roll hip to center position Repeat other side
	Repeat with arms out at shoulder level
	Arm up and twist back
<b>ADD</b>	Hip Evener Exercise
<b>ADD</b>	Leg Squeeze & Rotation

### Rolling Like a Ball Series

<b>Beginning Position</b>	Sitting with hands holding circle with feet inside.
<b>Repetitions</b>	4-8
	Bend knees and round back. Roll back. Roll up.
	Roll back- roll up Extend legs- bend knee
	Roll back Extend legs Roll up

	Roll back- extend legs Roll up- extend legs
	Roll up- extend legs Bend- extend legs Flex and point feet

## Stomach Massage with Twist

<b>Beginning Position</b>	Feet in circle- knees slightly bent.
<b>Repetitions</b>	4-8
	Place both hands on circle. Lift one arm overhead. Twist to side
	Stretch back straightening legs. Lift torso Twist center
	Round back, bending knees reaching arm to circle. Repeat with other arm.

## Twist 2

<b>Beginning Position</b>	Feet in circle, knees slightly bent, both hands on circle.
<b>Repetitions</b>	4-8
	Lift one arm overhead Twist to side. Stretch back- straightening legs.
	Twist center Lift torso Round back, bending knees, reaching arm to circle Repeat with other arm

## Lower Leg Rotation

<b>Beginning Position</b>	Lie on back with circle between knees- Diamond position
<b>Repetitions</b>	4-8
	Open feet from diamond and rotate to outside of body

## Diamond Squeeze

<b>Beginning Position</b>	Lie on back with circle between knees- in diamond position
<b>Repetitions</b>	4-8
	Squeeze circle



## Torso Rolls & Side Stretch

<b>Beginning Position</b>	Lie on floor
<b>Repetitions</b>	4-8
	Roll legs to floor at side of body keeping shoulders on floor.
	Lift upper body Lower
	Lift upper body and turn to side. Rotate to center and lower to floor
	Lift upper body and turn to side- squeeze circle Lift and lower both legs
	Slide torso off of floor. Stretch torso to feet. Stretch over to floor placing elbow on floor Roll to center Repeat

## Extension & Shoulder Stretch

<b>Beginning Position</b>	Sitting- place circle on floor behind back- arms straight
<b>Repetitions</b>	4-8
	Slide circle on floor behind back lifting chest to ceiling
	Sit up Lift circle rounding torso forward
	Round torso forward Lift and lower circle

### Single Leg Monkey & Teaser with Twist

<b>Beginning Position</b>	Sit on floor with legs straight. Bend one leg and place in circle.
<b>Repetitions</b>	4-8
	Extend leg to ceiling- bend.
	Extend leg to ceiling Reach arm past foot
	Lift arm and turn torso Lower arm to floor
	Lift arm to ear Twist to foot Repeat with other arm
	Place both feet in circle Round back & extend legs Bend
	Extend legs and roll torso toward floor Roll up
	Lift one arm Reach past foot
	Lift arm and turn torso Lower arm to floor
	Lift arm to ear Twist to foot Bend knees
	Extend legs and repeat with other arm

### Swan Variation

<b>Beginning Position</b>	Lie on floor in prone position. Place circle flat on floor. Arms straight
<b>Repetitions</b>	4-8
	Pull shoulder blades down Single arm pull down- alternate

	Swan- Pull arms toward torso lifting to extension
	Lift one arm and opposite leg lower
	Lift torso Lift one arm ear level Twist to side Twist to center Lower.

## Butterfly

<b>Beginning Position</b>	Kneeling, Circle in vertical position behind back One arm behind head
<b>Repetitions</b>	4-8
	Press circle down- stretch to side Bring top elbow to opposite knee Open to ceiling Lift center Other side
	Stretch to side Rotate torso to opposite knee Circle torso to ceiling and center Other side
	Stretch torso to side. Circle torso to opposite knee Circle back and rotate to ceiling Lift center Other side.

## Steering Wheel Stretch

<b>Beginning Position</b>	Hands and knees- circle flat on floor
<b>Repetitions</b>	4-8
	Place both hands on circle Rotate circle around and through other arm rounding torso toward heels.
	Round up bring circle back to starting position.

## Cat Twist

<b>Beginning Position</b>	Hands and knees
<b>Repetitions</b>	4-8
	Lift foot from floor. Rotate to other side of body rotating circle and looking at foot.

	Rotate body and circle center.
	Rotate foot to outside of body rotating circle toward foot and looking at foot.
	Rotate center Repeat to first side.