



STUDIO CIRCUIT

THE SPINE CORRECTOR
THE ENERGETIC BODY

INTERNATIONAL PILATES HERITAGE CONGRESS 2017

SIDE BEND WITH FLEXION AND EXTENSION

Sit on Spine corrector in Diamond position

Hip Lifts

Side Stretch over calf and back

NOTES:

ABDOMINAL CONTRACTIONS UNDER POLE

Sit on spine corrector, knees bent or in diamond position. Stretch back over spine corrector. Lift pole to ceiling. Contract upper body under pole.

NOTES:



1.

SWEEP WITH ROTATION AND CONTRACTIONS

Sit on Spine Corrector facing front in diamond position. Place hands behind head.

Contract and round back over spine corrector to shoulder level.

Sweep

Sweep to side. Sweep to center and to other side.

Rotation

Sweep to side. Roll up and rotate chest to floor.

Contractions

Stay in center.

Contract up and back.

NOTES:



TRADITIONAL MATWORK ON THE SPINE CORRECTOR

Single Leg Pull – Double Count

Single Leg Pull – Single Count

Criss Cross

Double Leg Pull – Double Count

Double Leg Pull – Single Count

NOTES:

SIDE PULL SERIES

Side Stretch over Extended Leg and to Floor

Mermaid

NOTES:



TRADITIONAL SIDE LEG SERIES

Point Up /Flex Down

Sweep Front and Back with Point and Flex

Bicycle and Reverse

Bend and Extend with Straight Leg Lower and Lift

NOTES:

PUSH-UP AND LEG AND BACK EXTENSION SERIES

Level 1 – Double Arm Push-up

Level 2 – Single Arm Push-up

Level 2 -- Rocking

Level 1 – Diamond Leg Lifts

Level 2 – Diamond Pulses

Level 3 – Diamond Leg Lifts with Extensions

Level 3 – Swan

Level 3 -- Grasshopper

NOTES:



The Hundred

Sit with feet over barrel. Lift legs with knees bent.

Pump arms with 5 inhales and 5 exhales – 20 counts.

Extend legs low -- Pump arms with 5 inhales and 5 exhales – 40 counts.

Lift legs higher -- Pump arms with 5 inhales and 5 exhales – 20 counts.

Lift legs higher -- Pump arms with 5 inhales and 5 exhales – 20 counts.

NOTES:

FULL ROLL BACKS AND CIRCLES

Sit in diamond position. Stretch over spine corrector. Roll Up.

Round over front. Sweep to side. Sweep to back and over other side. Round over front.

Reverse circle.

NOTES:

