POWERPILATES®

ADVANCED MAT CLASS REVIEW
WITH TRANSITIONS AND FLOW

TEACHER TRAINER'S EDITION



CONTINUING EDUCATION

CORE CURRICULUM

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11-30-15V02

ADVANCED MAT CLASS REVIEW WITH TRANSITIONS AND FLOW

FORMULA

Technique: Name exercise, work on full precision during the set-up and for one repetition only. The goal is to maximize flow for a total workout.
Flow: By the second repetition get moving: minimum of movement for maximum flow.
Cue: Full Powerhouse, complex cueing

When teaching an Advanced class focus on:

- Seamless transitions
- Precise Set-up
- Proper initiation ("split-second" before moving)
- When there, give an inch further

GUIDELINES

Only teach variations when the client understands the Ideal form, mentally and physically

Tough variations are fun, the goal for teaching them is not to entertain, but rather to challenge physically and mentally; preparing the client to another level. So, have fun but with a purpose and caution!

Choose only a couple of variations per workout

Create a theme

Always teach the Ideal form of the exercises in a session, either before or after the variation

HUNDRED

Transition

- Stand at front of mat, stack arms and cross legs; sit on the mat with control
- Supine w/legs long, lift head and feet to hover 2 inches off mat

Variations

- Inhale for 4 counts, exhale for 6 counts
- Breath on 4 in and 6 out
- Lower legs for 5 lift for 5
- Leg beats instead of arm pumps

ROLL UP

Transition

- Lower legs and head
- Lift arms overhead

Variations

- Rhythm changes, work with breath
- Arms reach to ceiling and head stays between arms through roll up and down

ROLLOVER

Transition

- Roll down and lift straight legs up to ceiling

Variations

- Rhythm changes
- Add stretch on final

ONE LEG CIRCLES

Transition

- Roll down to sacrum and lower one leg to mat

Variations

- Heel to toes and up to nose (full ROM). Allow hips to move

ROLLING LIKE A BALL

Transition

- Roll up and lift sit bones to heels

Variations

- Heels touch buttocks, arms hug legs tight
- Heels to buttocks, arms circled around legs, w/o touching legs
- Only roll to base of ribs
- Around the clock

SINGLE LEG STRETCH

Transition

- Lift back to middle of mat
- Roll down and draw one knee into chest, extend other leg to 45°

Variations

- Legs reach 2 inches above mat
- Arms alongside body
- Reverse bicycle

DOUBLE LEG STRETCH

Transition

- Keep head up, tip of blades on mat, hug both knees in, tailbone on mat

Variations

- Double breath
- 2 inches off mat
- Hold, reach, then circle in
- Arms reach forward legs low
- Around the clock

ADVANCED MAT CLASS REVIEW WITH TRANSITIONS AND FLOW

SCISSORS

Transition

- Keep head up, split legs

Variations

- Tempo change, single count
- Large ROM
- Flex feet
- Arms alongside body

LOWER/LIFT

Transition

- Keep head up, reach both legs to the ceiling, and place hands behind head

Variations

- Lower on one count, 3 to lift
- Lower to 45°, shift legs right and lift, then repeat, lower to 45°, shift legs to the left and lift
- Lower to 45° with little pulses
- Lower 2 inches off mat and up to 45°

CRISS/CROSS

Transition

- Keep head up
- With legs @ 45°, bend one knee in and twist elbow back

Variations

- Stay at tabletop and work the lift
- Twist to bent leg, when lifting higher in center, both legs out to 45°
- Legs in diamond, hands to heels, lift to seated w/o legs moving
- Sit up, lower to blades while twisting
- Single count right, center, left

SPINE STRETCH FORWARD

Transition

- Roll up
- Roll up to "Teaser", maintaining straight legs, open then lower heels to boxes, reach arms forward

Variations

- Single breath/triple breath

Hands behind neck

OPEN LEG ROCKER

Transition

- Reach for ankles, drag heels to seat, simultaneously lift legs, reach straight legs upward
- From last Spine Stretch Forward, roll spine back to seated, keep arms extended forward, lean back slightly and lift legs into hands.

Variations

- Hi "V" to low "V", no arms
- Rock, hands do not touch ankles (palms hover)
- Hold toes (v1 legs apart, v2 legs together)
- Closed leg rocker
- Only roll to base of ribs
- Full ROM plus stretch
- Last repetition: toes all the way to floor, bend elbows to stretch hamstrings deeper, straighten arms, float toes off the floor, then rock back up to seated.

CORKSCREW

Transition

- From "Teaser", lower spine to mat, legs stay up to ceiling

Variations

- Overhead, parallel to floor, roll to base of ribs, then twist
- Hips lift higher overhead, twist right away
- 4 vertebrae off only
- Tick/tock

SAW

Transition

- Roll up to "Teaser", maintaining straight legs, open then lower heels to boxes, open arms to side

Variations

- Single count

SWAN DIVE

Transition

- From Saw, roll on back, lift one arm overhead, roll onto stomach

Variations

- From a "dead start"

Arms to side

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SINGLE LEG KICK

Transition

- Reach arms forward and simultaneously drag into position

Variations

- Emphasis on oppositional lengthening

DOUBLE LEG KICK

Transition

- Place hands high behind back, lower one side of head to mat

Variations

- For finish, release hands, extend arms back, then to a "T", then forward lift higher
- Lift legs as well
- On the last repetition, reach arms to front and Swan Dive from a dead start

NECKPULL

Transition

- From "sit back to heels" roll spine up turn around, lie down flat, hands behind neck.

Variations

- Tempo change
- Combine with "reverse corkscrew"

HIGH SCISSORS AND HIGH BICYCLE

Transition

- With control lift legs overhead, hands support lower back, legs as straight to ceiling as possible.

Variations

- on Bicycle, reverse the action

SHOULDER BRIDGE

Transition

- From supine bend knees, place feet flat or From last High Bicycle, bring legs together, bend knees and reach toes for the floor and land softly into Shoulder Bridge position

Variations

- Legs together
- Alternate kicks

SPINE TWIST

Transition

- Roll up to seated

Variations

- Hands in front of sternum
- Hands folded behind neck

JACKKNIFE

Transition

- Roll into mat, legs to 45°

Variations

- 3 levels: parallel, "angle", straight up

SIDEKICK SERIES

Transition

- Roll to one side
- Transition from right to left: stay prone and do beats or hamstring curls, hands under forehead
- Always work Front/Back first, then no more than 3 variations and one Big Finish

Variations

- Up/down: parallel, or externally rotated
- Slow big circles (instead of Little Circles), not to be confused with Grand Ronde de Jambe
- Bicycle
- "Grand Ronde de Jambe"
- Big Scissors

TEASER

Transition

- Return to supine, bend knees to chest

Variations

- Legs stay long @ 45° (no break)
- Teaser 1 - Upper Body
- Teaser 2 - Lower Body
- Teaser 3 - All Together
- Teaser 4 - with Bar or Magic Circle
- Teaser 5 - Circle with legs and arms

ADVANCED MAT CLASS REVIEW WITH TRANSITIONS AND FLOW

HIP CIRCLES

Transition

- Roll up into "Teaser"
- Keep legs in the air as arms circle around to back of mat, fingers pointing away from hips

Variations

- Bigger ROM

SWIMMING

Transition

- Reach arms back into Teaser, roll into mat, lift one arm overhead, roll onto stomach

Variations

- Arms half tempo of legs

LEG PULL DOWN (FRONT SUPPORT)

Transition

- From "rest" jump forward into plank

Variations

- Leg in the air, higher

LEG PULL UP

Transition

- Place one hand next to other, fingertips to face toes, flip over, hips stay up

Variations

- After three sets of leg lifts, "open chest" to ceiling, arch head back

KNEELING SIDEKICK

Transition

- Fold one knee in and face side, extend top leg, parallel to mat

Variations

- Pulse top leg up
- Top leg circles
- Kicks to 90°, front and back

MERMAID

Transition

- Bend knees and sit back
- Sit to one side

Variations

- Alternate sides for three sets
- Arms in a "T" one palm up, lift Powerhouse to land on upward palm forearm for final sidebend

BOOMERANG

Transition

- "Teaser" up and around to face front of mat

Variations

- Tempo change

SEAL

Transition

- Fold into "ball"

Variations

- Full ROM: feet one inch from mat front and 2 inches from mat back
- Up tempo

CONTROL BALANCE

Transition

- Remain seated, lower spine to mat, head with flush with back edge of mat

Variations

- Arms remain by your side
- Step Off (Caution!), to knee of foot

PUSH UPS

Transition

- Cross ankles and arms and come to standing

Variations

- Hold low plank for 5-10 counts
- One legged

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