

# STEEL PILATES

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### I. INTRODUCTION

1. Jeff's Background with Virgin Active, Equinox and Golden Door Spa
2. Our Purpose Today:
3. Who this class is for; Personnel trainers, Group exercise instructors, mind body teacher
4. Where the class came from:
  - a., Chicago Crunch
  - b. Lolita San Miguel elder whom studied under Joseph
5. Pilates
6. Strength training
7. THINKING OUTSIDE OF THE BOX
8. The people whom come to our classes.

### II. THEORY

*Physical fitness can neither be achieved by wishful thinking nor outright purchase.*

-JOSEPH PILATES

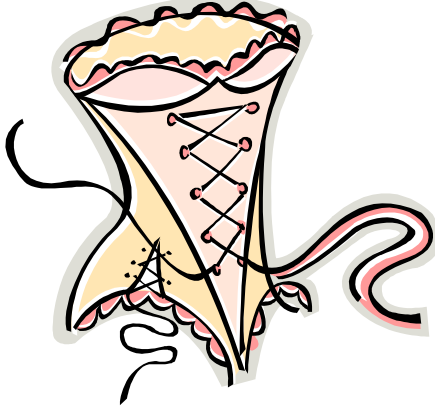
#### Why Pilates?

- Traditional fitness methods increase muscle bulk by overloading muscles tearing fibers and causing them to rebuild. This process causes the muscle to become shorter and thicker.
- Pilates based movement does exactly the opposite. It works by continually stretching the limbs and torso, ensuring muscles to become longer, rather than shorter and thicker
- Pilates based movements train the body to work in Synergy.
- The body is built on lines of symmetry and the Pilates technique recognizes that. The traditional series was designed to move the body the way it was intended to move .always aiming towards a functional/balanced approach to exercise.
- Pilate's exercises are functional exercises that are designed to be appropriate to the needs of everyday life.
- Pilates based exercises develops the areas of the body that need attention and build strength in our weakest areas

"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"

## Why Steel?

- **Joseph thought the back was flat. The revived exercises that you will come away with will be only the most effective exercises scientifically proven for maximum results.**
- **Total body workout**
  1. **This is a great addition to your already existing body conditioning class.**
  2. **Tons of new abs exercises to challenge your participant**
  3. **Will be simulating workout with hand weights to challenge your core that much more.**



## III Anatomy of your ABS:

. You use your abs in virtually every movement that matters...when you run, lift, bend, Jump....The stronger your core, the better you'll be able to move through your daily life. Joseph Pilates called the abs the "girdle of strength" because the abdominal muscles wrap Around your torso. In order to strengthen and tone your abs properly, you must Understand how they work.

### **Your body has four different layers of abs, similar to the layers of an onion.**

- **Rectus Abdominals:** this is the outmost layer – just underneath the skin and it is That "6 pack" muscle that helps your upper body bends and straightens. It's the Muscle most people think of as abs.

- **External oblique's and**

- **Internal oblique's:** the next two layers. These muscles help Your torso rotates. They are key in preventing injury- they act as protection for Your spine and they are responsible for movement happening at the waist.

- **Transverse Abdominals:** the deepest layer of the abs. It's a thin muscle that runs Horizontally, wrapping your body like a belt. It acts as a compressor for the Abdomen keeping everything in place. You can find this muscle when you cough Or sneeze. Once you understand how to use this muscle and "scoop" out your abs, You will begin to notice the results.



#### **IV Anatomy of your back:**

The muscles in your core don't function in isolation – they work in conjunction with your Back. When your abs muscles are weak, you overcompensate with other muscles often Resulting in back pain and strain.

#### **You have 24 vertebrae in your back:**

- **Cervical spine** – 7 vertebrae
- **Thoracic spine** – 12 vertebrae
- **Lumbar spine** - 5 vertebrae

#### **Pilates History:**

**“All new ideas are revolutionary and when the theory responsible for them is proven through practical application...such revolutionary ideas simply cannot be ignored. They cannot be kept in the background**

1. **Do as little as possible, but as much as necessary...**
2. **Control your stability while you add life's mobility...**
3. **Where your eyes go, there too goes your posture...Lolita San Miguel...**
4. **Activate your core, engage your pelvic floor**
5. **Generally exhale when you execute the concentric phase of the movement...**

#### **The 7 general benefits this work out will address:**

- increased body awareness
- union of mind , body and spirit
- improved: balance and stability
- muscular flexibility
- muscular strength at joint angles worked
- overall well-being and health

*“We shouldn't stop playing because we grow old, for we will grow old if we stop playing!”*

**Pilates moves you will experience:**

- **Roll-up**
- **Hundred**
- **The rollover**
- **Scissors**
- **Teaser**
- **Hip circle**
- **Single leg**
- **Rolling like a ball**
- **Leg circle**
- **Double leg**
- **Side kicks**
- **Pull down**

**By integrating variety into your classes – you will avoid  
boredom and help your members  
Notice changes in their core like never before.**

**Stay healthy,  
*Jeff Howard***

*Choreography to be given at session.*

*"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"*

*"We shouldn't stop playing because we grow old, for we will grow old if we stop playing!"*

