

Pilates Exercise Progressions Building on Basics

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Session Objectives

- Starting with each of the fundamental ‘set-positions,’ a variety of options will be added to bring diversity & intensity into the class.
- Intermediate & advanced ‘set-positions’ will be added & progressions from foundational to intermediate mat exercises will be explored.
- Added challenging variations for those ready to advance their practice will be practiced.
- In addition, how to combine different exercises & variations to create diversified & compound sequences will be explored. A discussion on how modifications can be made to intensify or regress exercises based on individual needs will also be reviewed

Objectives



QUICK RESEARCH
OVERVIEW



PLANE
CHALLENGES

TECHNIQUE IS EVERYTING



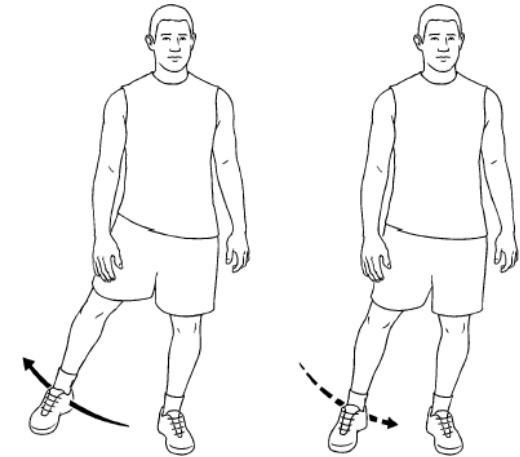
Research

- **Standing exercise is a good choice** (Ebert et al., 2017; Selkowitz 2013).
- To activate the gluteal muscles while minimizing TFL activation, then the clam, sidestep, unilateral bridge, & both quadruped hip extension exercises would appear to be the most appropriate (Selkowitz 2013).
- Closed chain exercises continue to be the choice for patello-femoral pain
- Include addressing flexibility of muscles & mobility of associated fascia (Hryvniak 2014).
- Postural sway, dynamic balance & function improvements evident after initial Pilates training (Bird 2013).



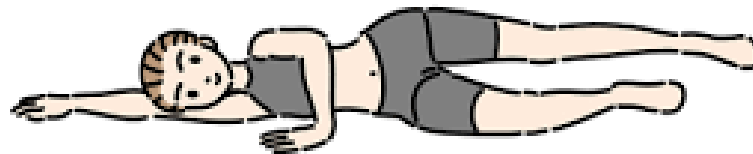
Research

- **Prone as effective as supine for core** (Escamilla et al., 2016)
- Pilates exercises may safe & effective & increase quality of life in ageing & postmenopausal women (Küçükçakır 2013; Meikis et al., 2021).
- Standing abduction exercises effective (Moore et al., 2020)
- Include adduction load for VMO strengthening (Hyong 2013).
- Bridging effective for gluteal (Lehecka et al., 2017)
- To activate the vastus medialis oblique, & to enhance the vastus medialis oblique / vastus lateralis ratio, use unstable environment (Hyong 2013).



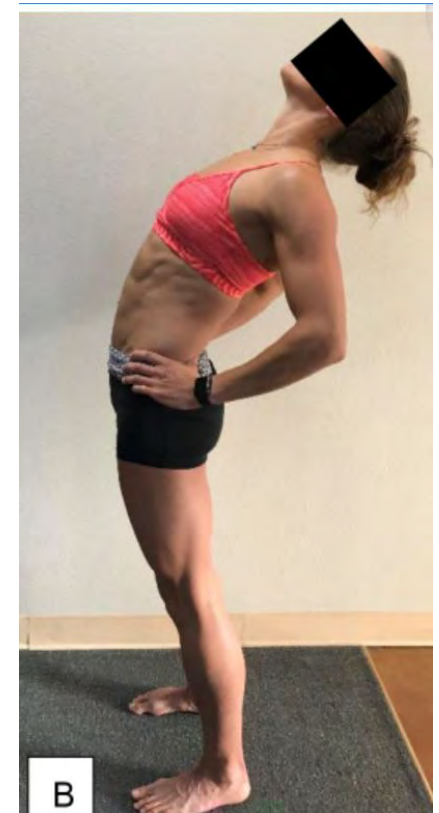
Research

- Side lying work not supine twisting best for oblique strengthening (Escamilla et al., 2016)
- Significant improvement with those with back pain (Lin et al., 2016)
- Multifidus activity higher in Pilates prone swimming exercise when less lumbar lordosis, working against rotation (Kim 2014).
- Shoulder protocols that include overall postural correction & scapula stabilisation may be of benefit rather than training the rotator cuff in isolation in shoulder impingement issues planes (Atilgan et al., 2017; Sciascia 2013).



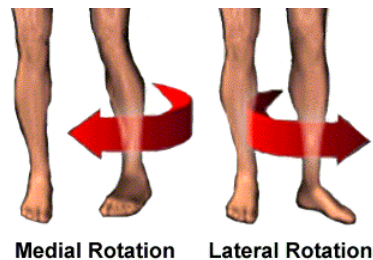
Research

- **Standing back extension effective for pain management** (Harrison et al., 2024)
- Trunk extension activates both lumbar & thoracic musculature, controlled leg extension activates thoracic musculature more than lumbar (De Ridder 2013).
- There is no conclusive evidence that an isolated muscle is the main stabilizer of the spine, all play varying roles based on the plane of movement or position (Riley 2013).
- However, core muscle activation is generated successfully in Pilates exercises (Franks et al., 2023)



Research

- PHEKF (prone, hip extension in knee flexion) exercise in the 30° hip abduction to facilitate the GM muscle activity & advance the firing time of the GM muscle (Kang 2013).
- Side lying gluteus medius activation relative to TFL greatest in internal rotation as opposed to neutral or external rotation of femur (Lee 2013).
- Core strengthening in older adults is related to improving balance in the older adult (Kahle 2014).



Exercise Choice Considerations

1. How to add challenge while still keeping everyone happy
2. Staying safe
3. Understand the goal – not just variety
4. When and why to add standing
5. Being aware of what progressions are needed to prepare
 1. Mobility requirements

Warm-Up Concepts

- Reinforce key principles of good posture – teach alignment & remind of the effect of the breath
- Warm up the body & mind
- If using standing work – stand as part of warm-up
- Gently mobilise hips, set the shoulders & set core – focus on the back
- Introduce a theme?
- Create atmosphere of fun & education
- Simple / Repetitive
- Encourage participants to stay within their control – permit experimentation yet reassure beginners
- Remember many people with pain will attend a Pilates practice

Standing

- Squat
- Single leg squat
- Crab walk
- Balance
- Balance with hip opener x 3
- Side leg abduction
- Side to back reach
- Single leg RD with arm
- Airplane to stork

Supine Flow Progressions – hip & core

Round 1

- Side hip open (2 feet down)
- Side hip open (elevated leg)
- Single leg tabletop
- 2 Leg tabletop (both legs open)
- 2 leg tabletop (1 leg open)
- 2 leg tabletop (arm open)
- 2 leg tabletop (arm open with leg open)

Round 2

- Bridge butterfly
- 1 leg butterfly bridge
- Legs together bridge
- Single leg bridge (bias with feet on floor)
- One leg bridge leg crossed
- One leg open bridge leg in tabletop
- One leg bridge with dynamic hip opener

Round 3

- Reverse tabletop
- Bridge hips only
- Bridge & triceps together
- Single leg lift on bridge
- Static hold with single leg lift
- Static hold with single leg lift and side open

Seated Variations

Round 4

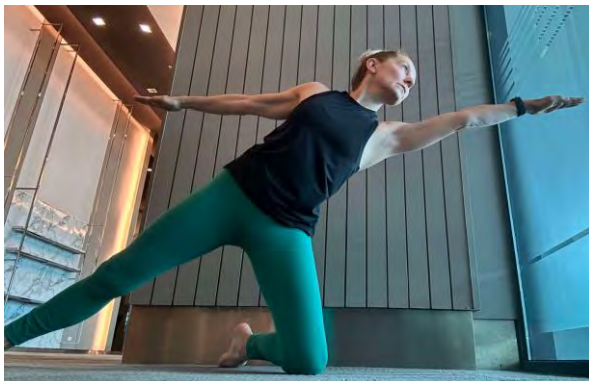
- Half Roll back
- Lift to seated tabletop
- Seated tight body hug (no arms)
- Half roll back with bent knee leg lift
- Tabletop with bent knee leg lift
- Seated body hug with 1 leg lift
- Half roll back with 2 legs lifted
- Tabletop hold
- Seated with two extended legs

Round 5

- Full roll back
- Bridge lift 2 legs
- Full roll back with bent knee leg lift
- Bridge with 1 leg
- Full roll up with 1 leg lift
- V sit
- Full roll back with 2 legs lifted
- Bridge 1 leg roll up
- Full roll up with 1 or 2 leg lift 😊

Kneeling – Side

- Kneeling side reach arms horizontal
- Kneeling side reach add opposite arm reach
- Kneeling side reach to floor add extended leg lift
- Kneeling side reach to floor add extended leg lift with circles
- Add extended leg thread the needle



Mixed Focus All fours Side plane

- Kneeling deadlift – kneeling lean back (hamstring to quad)
- Kneeling deadlift to all fours with knees lifted
- Thoracic mobility – cat curls / ½ thread the needle / straight arm to rotations behind head
- Opposite arm & leg reach
- Side balance / Side Glute lift
- All fours – to straight arm plank
- Plank arm touches



Prone Challenge

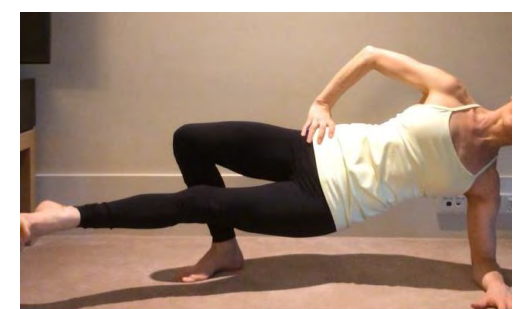
Preparation - kneeling lunge hip flexor stretch

- Kneeling pose of the child with E shoulder rotations
- Prone BKHE with butt squeezes
- Add double leg lift
- Head lift – arms on floor
- Head lift – upper body small lift
- Add E shape elbow arm lift
- All fours hover with bent knee / external rotation



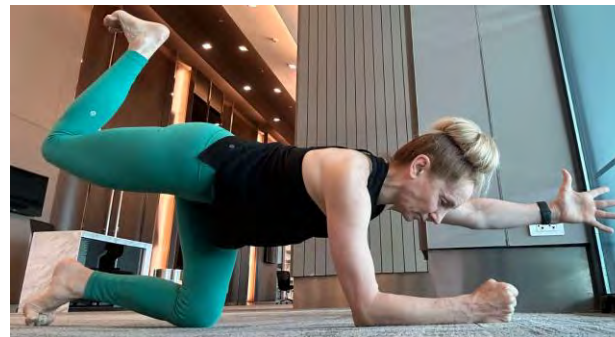
Side Lying

- Side lying – side lying inner thigh / top leg hinge
- Elbow hover / dynamic (arm variation / option to stay side lying)
- Side lying straight leg left or elbow hover with straight leg lift
- Side lying Inner thigh add elbow side bridge add inner thigh lift
- Side plank rotations
- Side plank leg lifts and bridging



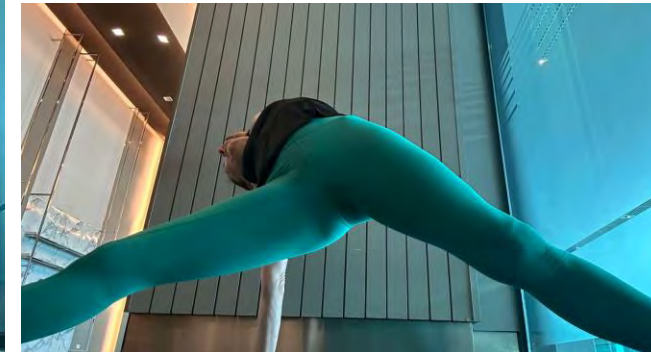
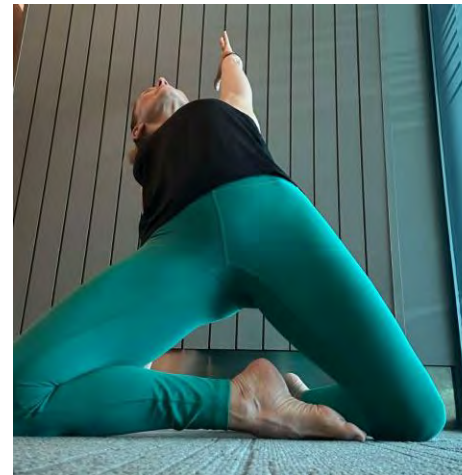
Plank/All Fours Variations

- Bridge on wall
- Wall plank
- All fours hover walks
- Lunge to side plank
- Elbow single arm lifts/reach
- Donkey kicks with arm reach variations



Seated to Side Plane

- Modified Saw
- Seated rotation
- Forearm side stretch
- Side Lift
- Wide straddle stretch (forward lean)
- Wide straddle hands behind – hip lift
- Cross knee twist – tabletop in cross



Stretch & Relax

- Chest release variations
- Twist variations
- Hamstring supine change angles
- Seated forward bend variations
- Sphinx
- Dog variations

Conclusion

- **Enhance Engagement:** Introducing new exercises, tempos, and sequences keeps participants mentally and physically stimulated, preventing monotony.
- **Challenge Muscles in New Ways:** Varying positions, resistance, and range of motion activates different muscle groups, promoting balanced strength and flexibility.
- **Progress Safely:** Gradually incorporating advanced variations ensures continuous improvement while reducing the risk of injury.
- **Mind-Body Connection:** Experimenting with different patterns, mindfulness techniques, and cues deepens participants' connection with their bodies.
- **Create a Holistic Experience:** Combining movement with elements like balance, core strength, and mobility ensures a well-rounded, effective class.

Thank You for Attending!
Questions?

Questions



Thank you



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