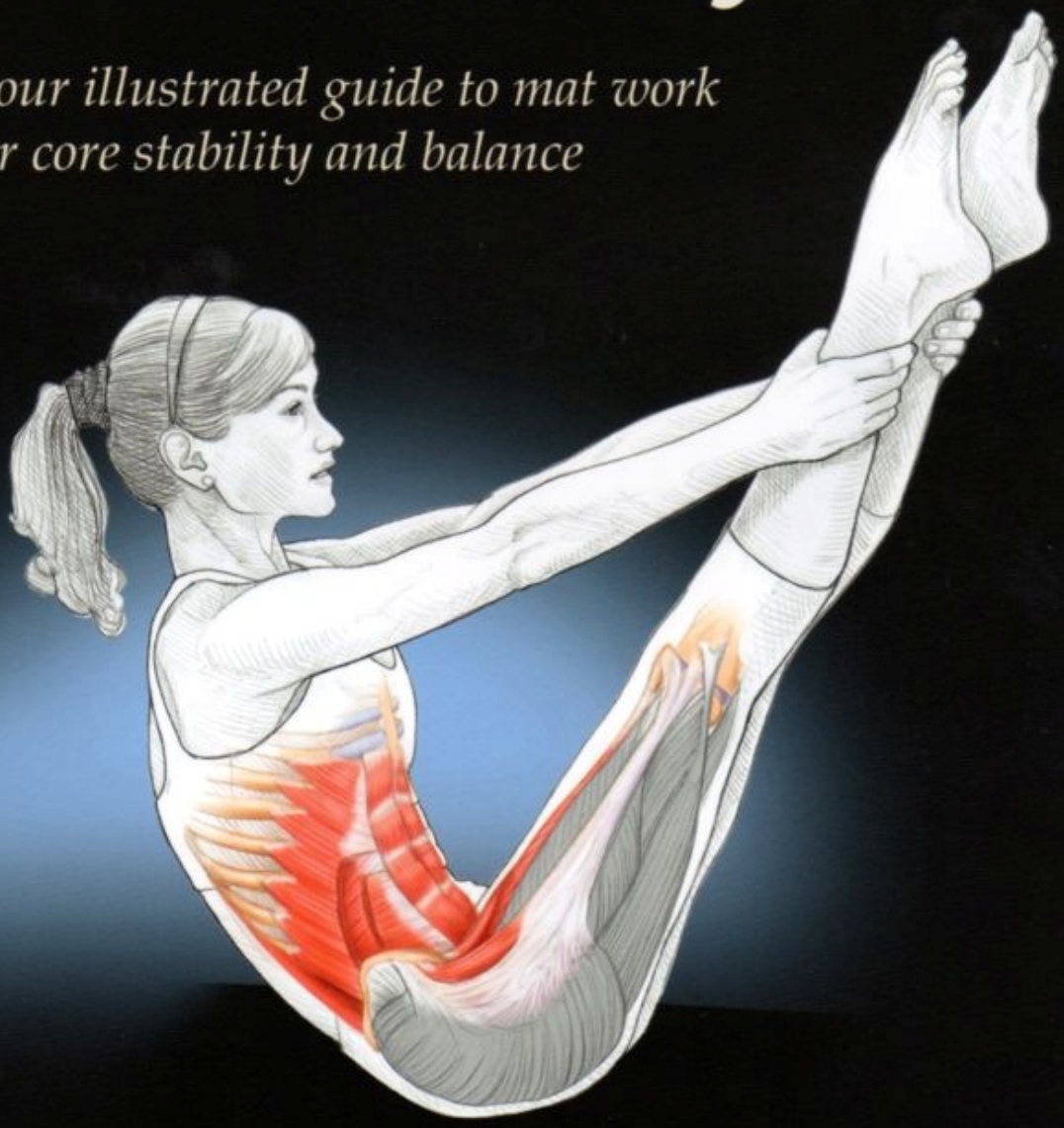
EXEMPLO DE CONTEÚDO!

PILATES Anatomy

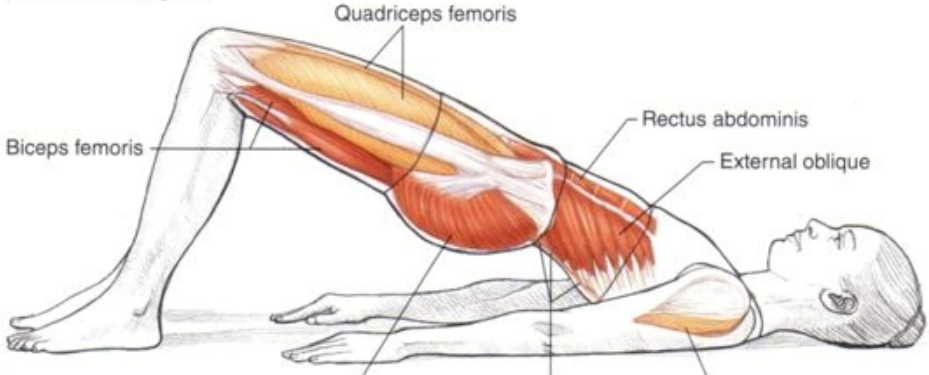
Your illustrated guide to mat work for core stability and balance



RAEL ISACOWITZ • KAREN CLIPPINGER

Pelvic Curl

Start position and step 2.



Step 3.

Execution

1. *Start position.* Lie supine with the knees bent and the feet flat on the mat and hip-width apart. Place the arms by the sides with the palms facing down. Focus inward, and consciously relax the neck, shoulders, and lower back muscles while maintaining a neutral pelvic position.
2. *Exhale.* Draw the abdominal wall inward, and slowly curl the pelvis and lower, middle, and upper back sequentially off the mat.
3. *Inhale.* Lift the upper trunk slightly higher to form a straight line on the side of the body running through the shoulder, pelvis, and knee as shown in the main muscle illustration.
4. *Exhale.* Slowly lower the trunk, articulating each vertebra, to return to the start position. Repeat the sequence 10 times.

Targeted Muscles

Spinal flexors: rectus abdominis, external oblique, internal oblique

Anterior spinal stabilizer: transversus abdominis

Pelvic floor muscles: coccygeus, levator ani (pubococcygeus, puborectalis, iliococcygeus)

Hip extensors: gluteus maximus, hamstrings (semitendinosus, semimembranosus, biceps femoris)

Accompanying Muscles

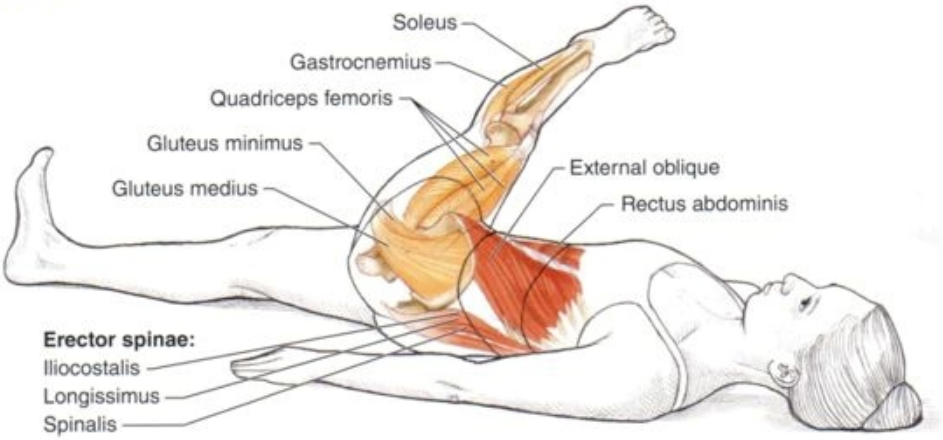
Spinal extensors: erector spinae

Knee extensors: quadriceps femoris

Shoulder extensors: latissimus dorsi, teres major, posterior deltoid

One-Leg Circle (Leg Circle)

Start position.



Step 2.

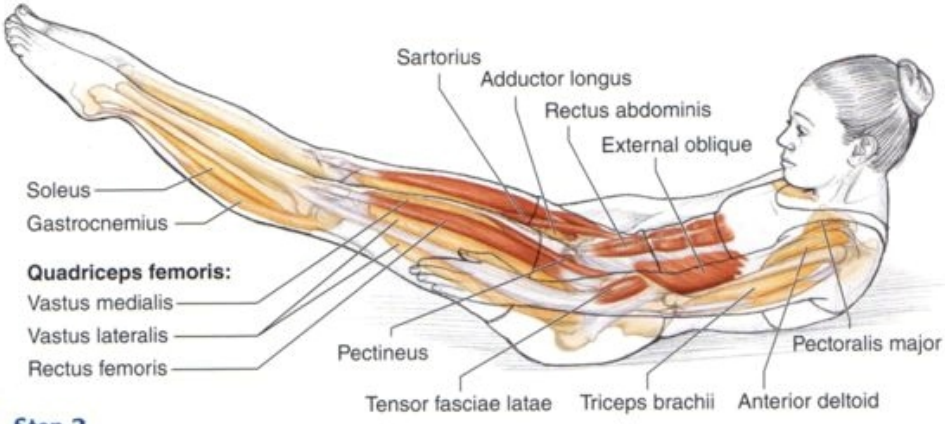
Step 3.

Execution

1. *Start position.* Lie supine with the arms by the sides and the palms facing down, both legs outstretched on the mat. Bend one knee to the chest, and straighten that leg toward the ceiling so that it is perpendicular to the mat. Gently point the foot. Flex the foot on the mat (ankle–foot dorsiflexion).
2. *Exhale.* Circle the raised leg across the midline of the body, allowing one side of the pelvis to lift off the mat. See the main muscle illustration. Continue to circle the leg down and across the other leg as the back of the pelvis returns to lie evenly on the mat.
3. *Inhale.* Continue to circle the leg out to the same side as it was originally raised to return to the start position. Repeat the same pattern with the other leg, alternating the legs with each circle. Do five circles with each leg.

Double-Leg Stretch

Start position.



Step 2.

Execution

1. *Start position.* Lie supine with the head and scapulae off the mat in Chest Lift (page 54) position, both knees bent and pulled toward the chest with one hand on each shin.
2. *Inhale.* Reach the arms down to the sides of the legs while simultaneously extending both legs to a height at which the lower back maintains contact with the mat. See the main muscle illustration.
3. *Exhale.* Bend the legs back in toward the chest while the arms return to the start position with the hands on the shins. Repeat the sequence 10 times.

Targeted Muscles

Spinal flexors: rectus abdominis, external oblique, internal oblique

Hip flexors: iliopsoas, rectus femoris, sartorius, tensor fasciae latae, pectineus

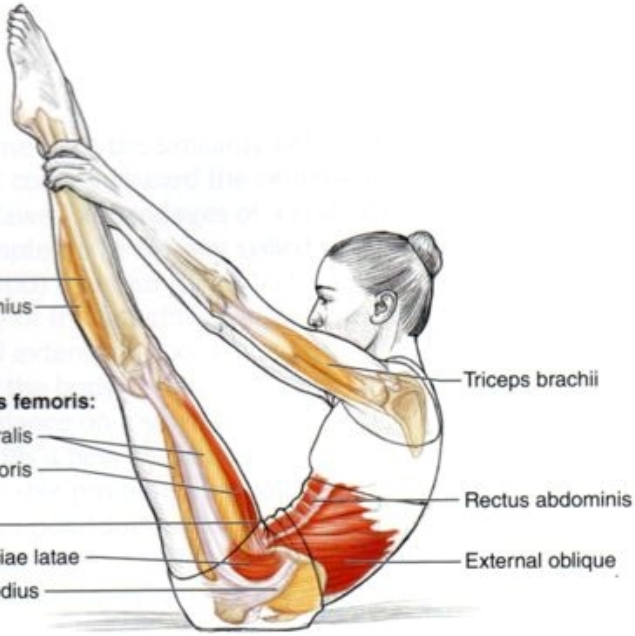
(continued)

Rocker With Open Legs (Open-Leg Rocker)

Start position.

Step 2.

Step 3.

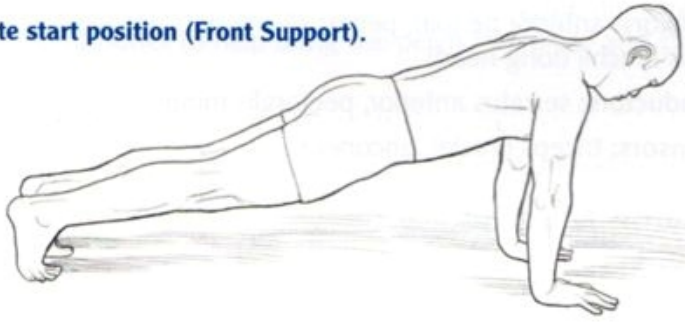


Push-Up

Early start position.

Mid start position.

Late start position (Front Support).



Step 2.

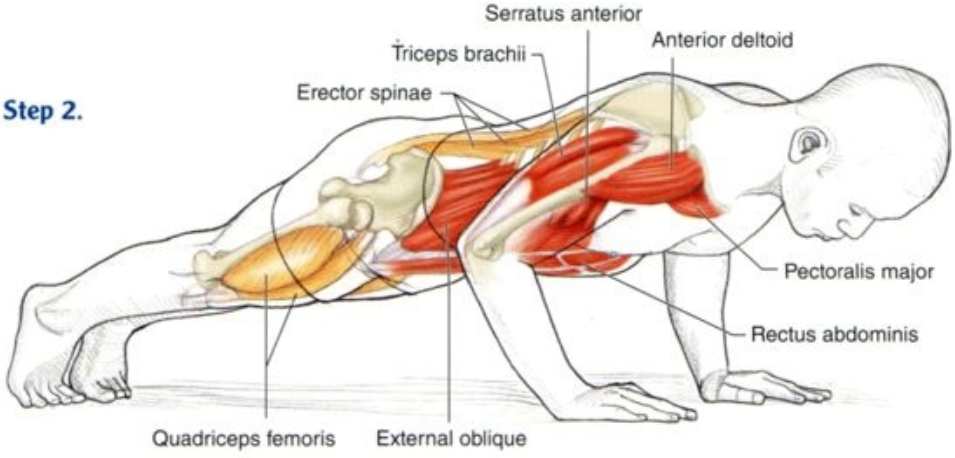


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Table 10.1 Fundamental Pilates Program

Exercise	Page number	Level	Repetitions	Comments
Pelvic Curl	52	Fundamental	5	
Chest Lift	54	Fundamental	10	
Leg Lift Supine	56	Fundamental	5 each leg	Consecutive
Spine Twist Supine	62	Fundamental	5 each side	Alternating
Leg Lift Side	58	Fundamental	10 each side	Consecutive
Back Extension Prone	66	Fundamental	5	
One-Leg Circle	70	Fundamental	5 each leg	Alternating
Hundred	78	Intermediate	10 breath cycles	Use modification
Rolling Back	100	Fundamental	10	
Spine Stretch	98	Fundamental	5	
Shoulder Bridge	128	Intermediate	5 each leg	Use modification Consecutive
One-Leg Stretch	82	Fundamental	5 each leg	Alternating
Saw	161	Intermediate	5 each side	Alternating
Spine Twist	158	Intermediate	5 each side	Alternating
Side Kick	150	Fundamental	10 each leg	Consecutive
One-Leg Kick	178	Intermediate	10 each leg	Alternating
Cat Stretch	176	Fundamental	5	
Leg Pull Front	142	Intermediate	5 each leg	Use modification Alternating
Swimming	184	Intermediate	10 breath cycles	
Seal	102	Intermediate	5	Use modification

The programs in tables 10.1, 10.2, and 10.3 incorporate elements from each chapter: foundation, abdominal work, spinal articulation, bridging, sides of the body, and back extension. It is good to begin an exercise session with a general warm-up that includes movements to increase the internal body temperature and moderately elevate the heart rate, such as brisk walking or calisthenics. Follow the general warm-up with a specific warm-up of foundation movements described in chapter 4. Think of the specific warm-up as a series of movements that prepare you for the specific movement demands of the workout that follows. The warm-up prepares not only the body but also the mind. It offers an opportunity to transfer the focus from outside to inside, to bring awareness to the work and set the tone for the session.

Abdominal work is an important part of the program and a key element for a strong and well-functioning powerhouse. Abdominal work is complemented by spinal articulation. In *Return to Life Through Contrology,* Joseph Pilates wrote, "If your spine is inflexible at 30, you are old; if it is completely flexible at 60, you are young" (page 27). Bridging exercises,

PILATES Anatomy

"Karen and Rael are two of the most respected names in the Pilates field, and *Pilates Anatomy* brings together their clarity and passion. This book is at the top of my list."

Nora St. John
Education Program Director
Balanced Body University

"There is a wealth of information in *Pilates Anatomy*. The Pilates world is fortunate to have this resource."

Peter Davis
Cofounder of IDEA Health and Fitness Association and Inner IDEA

This is Pilates as you've never seen it before.

With detailed descriptions, step-by-step instruction, and stunning full-color anatomical illustrations, *Pilates Anatomy* takes you inside the exercises and programs that will tone the body, stabilize the core, improve balance, and increase flexibility.

Using the original mat work of Joseph Pilates, you'll see how key muscles are used, how variations and minor adjustments can influence effectiveness, and how breathing, alignment, posture, and movement are all fundamentally linked.

Choosing from over 45 exercises, you can target a particular body region and delve deeper to stretch, strengthen, and finely coordinate specific muscles. You'll also find techniques for breathing, concentration, and self-awareness for a unique exercise experience that enhances your mind *and* your body.

Whether you are just beginning to explore the beauty and benefits of Pilates or have been practicing for years, *Pilates Anatomy* is a one-of-a-kind resource that you'll refer to again and again.

A qualidade do material impresso é bem superior a este documento, que foi digitalizado apenas como demonstração de conteúdo.

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