

Yoga/Pilates Boot Camp

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Session # 206
&
Session # 323

This will be an open level class, think of this as Yoga, meets Pilates, with lots of standing balance work.

There will be lots of modifications, progressions, add on's .

No matter what your fitness background or knowledge of any of these methods, you can participate and gain knowledge and insight.

The class starts with standing balance and posture work (no shoes please).

Standing work

Alignment - shoulders back and down, ribs wrap, long neck, neutral pelvis, feet hip width apart, toes spread.. (Every move starts and ends with this posture)

- Standing balance posture series -alternating knee lift, while maintaining alignment in neutral.
 - Standing roll down series - with feet flat, articulating roll down, roll up----- 8x, repeat all in Releve in Pilates stance and neutral----- 8x
 - On last roll down walk the hands out to plank, (push up or chin,chest,knees) --5x
 - Walk the hands back to the feet roll up
 - Powerful chair- neutral feet hold for---- 30sec.
 - Stand up straight and swan dive.
 - Down dog hold -----30 sec.
 - Left leg up for arabesque -----30 sec.
 - Rt knee hover just over mat, left leg straight back with square hips
 - Left knee crunch in with cat.-----8x
 - Back to arabesque and lower left leg
 - Walk the hands back to the feet
 - Roll up into powerful chair-----30 sec.
- REPEAT ALL ON OTHER SIDE.....

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- Standing balance, left knee in table top.-----30 sec
- Standing balance, right knee in table top-----30sec.
- Left knee table top with turn out and extended-----30sec
- Right knee table top with turn out and extended-----30sec.
- Standing balance side flexion, back extension, side flexion, front flexion, with arms up.

Floor work with or with out ball or roller

- Bridging neutral feet-----8x
- Single leg bridge with circles----8x both sides
- Ball under tail bone for table top
- Scissors
- Criss cross
- Bike
- Helicopters
- Curl up with ball on chins -----8x

Side-lying series with ball or roller

- Up down ball in front with flat hand
- Front back ball in front with flat hand
- Circles ball in front with flat hand
- Kneeling side kick with ball (both sides)

Prone series with ball or roller

- Modified swan ball in hands
- Pigeon pose (both sides)
- Heel beats
- Swimming

End with standing balance series.