

Peak Pilates Pilates Fit

Created by: Kathryn Coyle

Pilates Fit

- Utilizes Pilates Principles
- Focuses on Powerhouse
- Includes:
 - Pilates mat & equipment exercises
 - Traditional Fitness exercises
 - Dance & Yoga exercises
- Sequences flow with focus

Why Pilates Fit?

- History of concept
- The gap between traditional fitness & mindbody practices
- Fusion is a growing market
- Minimal equipment
- Fun & Effective!

Today's Workouts

- Body Weight Set
- Tubing Set
- Light Weights

Pilates Principles

- Concentration
- Centering
- Control
- Precision
- Breathing
- Flowing Movement

Pilates Fit Alignment Concepts

- Powerhouse (abs, inner thighs & gluteals)
- Centerline
- Box
- Head position on supine ab work

Teaching Tips

- Include a Warm Up & Cool Down
- Consider Music Selection
- Provide Multi- Level options
- Empower students to self select
- Add Cardio sets
- Balance the body
- Create Energy

Warm Up

- Breathing Open
- Parallel 2x4
- Squat w/ Alt. Knee Lift
- High Knees
- Small Alt backwards

Body Weight Sets

- Bridge
- Reverse Table
- Dips
- Diamond leg lowers
- Diamond ab crunch combo

Table Top

- Glute Med & pulses
- Thigh Stretch
- Hip extension & circles

Seated

- Teaser One Leg w/ Twist
- Teaser One BB

Front Support (plank)
Into Mermaid (side plank)

Light Weight Sets

Seated & Supine

- Partial Roll Backs
- Roll back bicep curls
- 100
- Overhead reach w/ bridge
- Rowing I, II, Shave & hug

- Ball open & closes
- Reverse Table
- Ball open & close -alt sides
- Tricep Dips # 4 legs
- Supine Reverse Curls
- Tricep Dips # 4 legs
- Seated Over head press w/ straight leg lifts

Side Lying

- Ext. Rot
- Side Arm Pull
- Back Fly
- Side Plank w/ Lat Raise

Prone

- Double Leg Hip Ext.
- Flight
- Alt Leg ext
- Combo

Supine

- Coordination
- Double Leg Stretch
- Scissors w/ tap

- 4 ct. Chest Press w/ Bridge
- Tick Tocks
- Single Leg Stretch Bicycle Var.
- SLS into Teaser

Teasers

- Teaser w/ Bicep curl & chest press
- Teaser hold w/ Arms
- Teaser hold w. rotation

Standing

- Supraspinatus V
- Diagonal Lunge (fencing)
- Superman 1
- Single Leg Dead lift
- Superman 2

Tubing Sets

Seated

(WRAP FEET)

- Short Flat
 - Biceps
 - Short Box Flat
 - Running Biceps
 - Pulsing biceps
- Short Box Round
 - Back Flies
 - Round
 - Flies pulsing

- Seated 1 leg opposite twist & row
- Twist & reach (w/ pelvic roll)

Supine

- Footwork
- Coordination
- Lower lift w/ rhomboid row

Seated & Supine

- 1 Leg Teaser Climb
(biceps, OH pull)
- 1 Leg Circle
- 1 Leg Lower w/ Rib cage
arms
- Straight leg twist
- Roll Up 1 row, roll down

Prone

- Beats on belly (tube in
hands)
- Swan (tower)
- Hip ext.
- Pull band & legs apart
- Swimming

Seated

- Mermaid w/ Single Lat
pull
- Mermaid Stretch 1 side
- Knee wobbles
- Forearm Side plank w/
row
- Teaser transition

Standing

- Cross chest press w/
opp. Leg abd
- Front Raise w/
Arabesque
- Repeat
- Zip Ups w/ relive
- Tricep Kick Back

Thank You

Kathryn Coyle

pilatessolutions@gmail.com

Peak Pilates