



Tower Workshops with Shan

Biomechanics in Motion: Elevate Your Pilates Tower Classes with Precision and Power

Explore the application of key biomechanical principles to Classical and Contemporary Cadillac exercises, including Center of Gravity, Net Muscle Action Forces, Kinetic Chains Lever Systems, and Momentum. Gain a new understanding of "Pilates Physics" and how these principles can benefit your clients' strengths and performance.

Apply Biomechanical Principles to Classical and Contemporary Cadillac/Tower Exercises to:

Center of Gravity

- Understand how the body's center of gravity influences stability and balance.
- Learn to position clients effectively to optimize their center of gravity.

Net Muscle Actions

- Explore how muscles work together synergistically and antagonistically in different exercises.
- Emphasize the importance of balanced muscle engagement for optimal strength and movement precision.

Forces and Kinetic Chains

- Analyze external and internal forces acting on the body during different exercises.
- Explore kinetic chains to identify how movement in one part of the body affects the entire chain, emphasizing integrated movements.

Momentum

- Examine the role of momentum in Cadillac/Tower exercises.
- Teach clients how to control and utilize momentum to enhance the effectiveness of movements



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Pilates Tower Progressions and Creating Flow for Group Classes (Intermediate-Advanced)

Designed to equip you with the techniques to create a balanced and flowing class using the Tower/Cadillac. A series of classical and contemporary exercises that will flow together and minimize spring and position changes. Unleash the full potential of the Tower through a series of exercises that promote strength, stability, flexibility, and balance, enabling your clients to achieve peak athletic performance.

Applying Biomechanics to Equipment Setup:

- Gain insights into proper equipment setup and positioning to optimize movement and resistance, ensuring a safe and effective workout experience for your clients.

Identifying Imbalances and Maintaining Stability:

- Develop a keen ability to identify imbalances and asymmetries in limb usage and spinal stability. Learn essential cues and modifications to empower you to guide your clients toward balanced movement patterns and maximize their athletic potential.

Conquering Challenging Standing Exercises:

- Take your clients' postural alignment and balance to the next level by incorporating a variety of challenging standing exercises. Explore dynamic movements that will push their athletic boundaries and help them achieve greater postural strength and control