

Creative Moves

Charlotte Rosen

Lolita San Miguel's Pilates Master Mentor Program

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Group HH

MAT

Deli Slicer

Set up: Start on all fours on your mat

Execution: Inhale, bend one knee to the shoulder in a turned out position and then exhale and reach to an arabesque behind your tail bone. Repeat 4 times.

Progression: Repeat the same move in a plank position. Optional: Add in the deli slicer arabesque move. To do this, hit your plank and bend the knee to the shoulder, then extend the leg to arabesque as the standing leg returns to a bent position on the floor. Continue 4 times each side.

Goal: Hip mobility, asymmetrical balance challenge, glute sculpting



CADILLAC

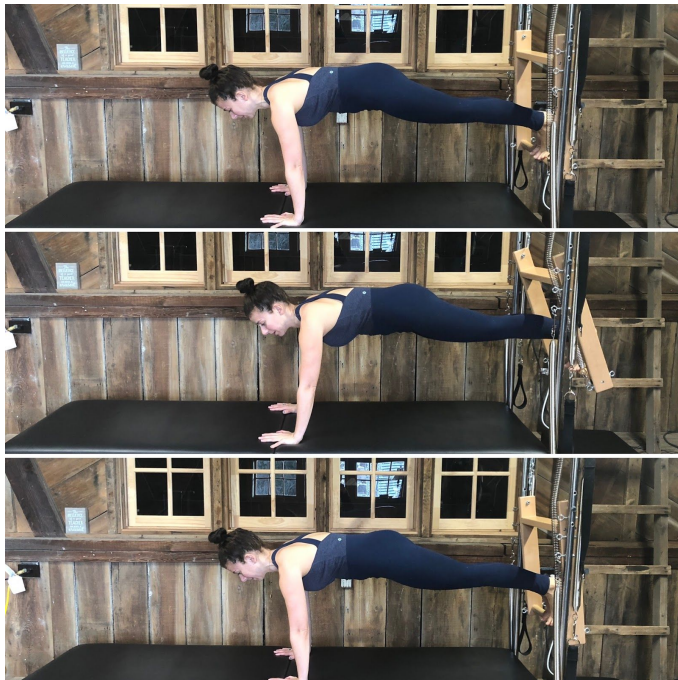
Dare Devil

Set up: Top load your push through barre. Face the side and place your inside leg on the push through barre, bring one hand to the floor, bring two hands to the floor, and bring both leg on to the push through barre in a plank position.

Execution: Rock your plank front to back while maintaining a strong center line. Exhale on the return.

Progression: Add a swivel kick across the body and directly out of the side, using a passe position to transition between the kicks of the legs. Repeat four times each side.

Goal: Balance challenge, oblique twist, coordination on a moving vehicle



REFORMER

Rolling Arabesque

Set up: Stand at the foot bar facing the springs with 1 light or medium spring, place two hands parallel on the reformer with spine in neutral. Feet are parallel hips distance apart.

Execution: Inhale, press the carriage out in an arched position and exhale pull back in in spinal flexion. Repeat four times using your breath to increase the stretch of the spine.

Progression: Step to one corner of the foot bar and repeat the same spinal moves with leg in a back arabesque. Aim to lift the leg higher each time you come in and out with the carriage.

Goal: Spinal articulation with assistance from the reformer, enhanced arabesque stretch



SPINE CORRECTOR

The Hover & Twist

Set up: Lay on your side with bottom knee bent and top leg elevated on the arc on one elbow, opposite hand on hip.

Execution: Inhale, extend inside leg into a parallel develop and exhale return. Add a lift of the hip and repeat the same leg sequence for more challenge.

Progression: Flex the foot on the barrel and come on to one hand, lift up into side a plank with leg extended forward. Pull the knee through passe, pivot on your foot and extend your leg to the opposite corner. Repeat 4 times.

Goal: Oblique activation, coordination on elevated surface, intense inner thigh work

