

ATHLETIC PILATES WEBINAR NOTES

PRINCIPLES OVER GIVING JUST A WORKOUT

Be sure that you focus on movement principles and be sure that each student understands that athletic workouts are no different than a traditional Pilates class when it comes to applying the Pilates principles.

HARD DOESN'T ALWAYS MEAN EFFECTIVE

Keep the focus on giving a consistent well-rounded class rather than trying to make it super tough all the time.

LOUD MUSIC VS. MEDIUM AND WHEN THEY ARE APPROPRIATE

When you need your voice to teach, be sure the music is low. When you are wanting to set a pace and the exercises are foundational moves, not high-level, raise the volume to set the class vibe.

SPRING TENSION

Offer each student the option to experience spring tension and then allow them to find what a medium is and then increase or decrease tension from there.

PROPER TOOLS AND PROPS

Finding the right tools for athletic reformer classes is the most important difference between a traditional and an athletic class. Knowing what tools and how to use them defines a great athletic class.

WHY TIMING OVER COUNTING IS IMPORTANT

Time durations allow students to work within their fitness level and abilities. Every student may have different goals and using a timer, can help with feeling successful.

HIGH LEVEL MOVEMENTS AND FAST PACE NOT SUSTAINABLE

Be sure that when you choose an exercise that is unstable, always find adequate rest periods between sets. Trying to prolong the set durations with multiple variations is unsustainable and potentially problematic.

SET-UPS

1. WRAP ROPE
2. INCLINE BOARD
3. SHORT BOX, SPRING SIDE EDGE
4. SHORT BOX FRAME
5. NO SPRINGS STANDING IN THE WELL
6. BOX ON FLOOR (BIRD DOG VARIATIONS)

PROGRAMMING

1. MUSCLE FOCUS (STRENGTH)
2. GROUP SETS (STRENGTH)
3. CIRCUIT (STRENGTH + ENDURANCE)
4. HIIT (CARDIO + ENDURANCE)