

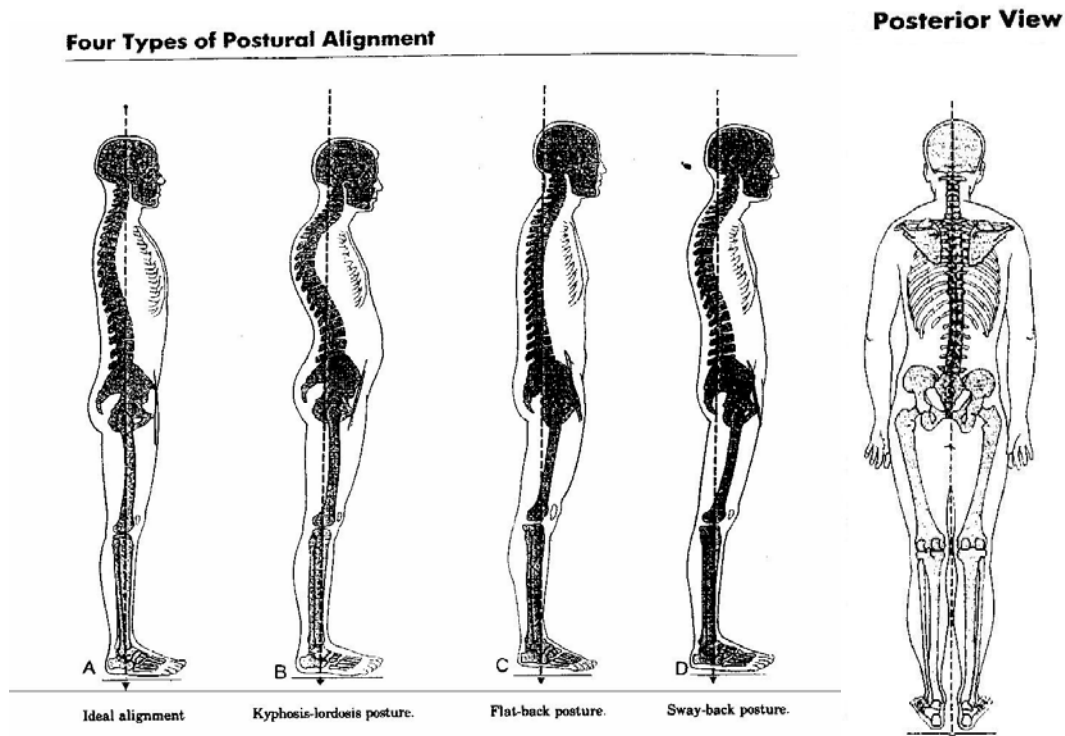
# POSTURE SKILLS FOR LIFE!

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**My goal** of this workshop is to bring awareness to poor postural habits, if any. We will then discuss appropriate strengthening exercises for those muscles that are likely weak, as well as a stretch for the muscles that are probably tight. Pilates has the unique ability to accomplish both of these objectives in nearly every exercise, making this an incredibly time efficient exercise practice for wellness. The benefits of bringing symmetry to the muscular system in strength and flexibility will result in decreased risk of injury or chronic pain.

Are you a...?

- a) Apple bum (glut squeezer, flat bum, narrow hip)
- b) Boob dropper (collapsed thoracic)
- c) Hip holder (hands on hips, rolled fwd sh.s)
- d) With child (Beer belly) (lordotic, hyper ext'd knees, round bum)
- e) Hip dropper (gluteus medius imbalance)



## Exercises most needed:

- a) Exercises that teach abdominal strength in neutral (restoring natural curve to low spine), without the glut taking over for postural control:  
ab prep, 1 leg kick, single leg extension, "bicycle"
- b) Exercises that strengthen midback postural muscle (bend upper back backwards), preventing further kyphosis: breast stroke
- c) Exercises that strengthen rear shoulder and upper back, open or stretch front of shoulder and chest: breast stroke prep → swimming, retraction, airplane
- d) Exercises that encourage flexion of low back, hamstring strengthening and hip flexor flexibility:  
legs elevated obliques, ½ roll back, roll over prep, spine stretch fwd, hip roll
- e) Exercises that strengthen stabilizing muscles of the hip and lower torso:  
side leg lifts, oblique planks, side bends

## Other exercises of benefit to all bodies include:

Spine twist, planks, push ups and shoulder bridges.

## 8 Essential Stretches (for most)

1. supine overhead shoulder flexion
2. spinal rotation (standing "check your boot bottoms", or laying)
3. lateral spinal flexion (drop something into other hand fr. overhead)
4. forward spinal flexion (stretch space between head and tail)
5. hamstrings (bent and straight knee varieties)
6. calf (straight leg calf stretch)
7. soleus (bent knee calf stretch)
8. hip flexor (seated on side edge of a chair, slide side leg back, pelvic tilt)

The following list of exercises is a sampling of the Stott Pilates repertoire. No exercises should produce pain. If you experience pain during any of the exercises, you should discontinue that particular exercise, or seek appropriate instruction for correction or modification of the exercise from a trained Pilates instructor. Notice that exercises that provide some of the essential stretches are identified on the list.

## POWER Matwork

Includes a well balanced selection of exercises that will give 8 essential stretches for ALL bodies, and address areas of common muscular weaknesses for all of the postures described above.

- 6-8 Ab prep
- 5 Breaststroke prep
- 5 ½ roll back
- 8 Roll up (towel?) (essential spinal & hamstring stretch)
- 8 Rolling like a ball
- 8 Single leg stretch
- 8 Obliques
- 2-3 Shoulder bridge (preps - good hip flexor stretch)
- 5 Roll over (towel- prep only for kyphotic)
- 8 Scissors (essential hip flexor & hamstring stretch)
- 10 Breaststroke
- 1 Shell stretch (essential overhead shoulder stretch)
- 5 Spine stretch forward (essential spine stretch)
- 2-3 Leg pull front (4 point pos'n- lift the knees 1")
- 6 Side kick (essential straight knee hamstring & calf stretch)
- 5 Side lift series (top leg, top then bottom, both)
- 10 Swimming
- 2 Push up (from standing, essential soleus stretch)
- 2 Side bend (essential spine stretch)

