



Pilates Manual



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Introduction

Pilates is not a new form of exercise. As discussed later in the course material, Pilates has been around since the early 1900's, however, it has regained significant popularity. In part, this popularity can be attributed to it being the trend of exercise programs that Hollywood celebrities swear by. It can also be attributed to the fact that the principles applied when doing Pilates exercises coincide with the latest scientific research of core stabilization. The world of physical rehabilitation has crossed over into the world of fitness. Adding to that wonderful transition is the potential self healing and preventative maintenance the average person has within arms reach.

The NETA Pilates program is designed to make it possible for fitness professionals to embark on the training and practice process necessary to develop themselves as Pilates instructors, able to teach safe and effective Pilates Matwork.

The focus of the 2 day workshop is on the education of the Pilates principles and exercises. Learning Pilates requires a basic understanding of biomechanics and scientific terminology. The muscles are bolded the first time they appear in the manual and are pictured in section 4 biomechanics.

Additionally, a well trained instructor has also practiced effective teaching techniques. This clinic teaches how to communicate all of the course material in ways that can be readily understood and utilized by the participant. Clinic attendees will walk away from the training with an understanding of what it takes to teach Pilates and a game plan of how to do it.

The first section provides insight to Joseph Pilates, the man behind the method. His background and upbringing is of significance in his development as a pioneer of health. His passion is what made him excel at what he did. The many benefits of doing Pilates are discussed in this section as well as further descriptions of what Pilates exercises are.

Section two explains the Pilates principles. They are defined with the **A, B, C' S**: **Alignment**, **Breath**, **Concentration** on **Core** **Strength**, **Control**, and **Stability**. There are varying "principles" attested to by many different individuals, authors, and certifying bodies. Upon close inspection of them all, the A, B, C' S sum them up neatly. All of these descriptions are central and agreed upon by most:

- Joseph Pilates works were initially designed for those with injuries and those with postural issues. The **Alignment** principle is comprised mainly of postural assessment.
- Joseph Pilates spoke of the **Breath** numerous times in his published works with insurmountable passion.
- Getting "inside" the movement or being the participant during the exercise and not the observer is attainable only with maximum **Concentration**.
- His works regarded the abdominal area and the spinal muscles to be the center or the powerhouse of the body. That powerful, efficient movement emanates from the **Core**.
- The original self title of his method was "**Contrology**".
- Modern science has gifted the proven benefits of **Stabilization** of particular joints and body parts prior to movement, namely; the head, neck, shoulders, spine, pelvis, and hips.