Pilates and Conditioning for Athletes

An Integrated Approach to Performance and Recovery

Amy Lademann
Rick Lademann

HUMAN KINETICS
PART III THE WORKOUTS

8 Foundational Workouts
Structurally sound conditioning programs start with strong foundational workouts.

9 Intermediate, Advanced, and Sport-Specific Workouts
Progress your training based on your goals, sport, and level of conditioning.

Glossary 249
About the Authors 251
Earn Continuing Education Credits/Units 254
Pilates and Conditioning for Athletes was written for you, the serious or elite athlete, or a coach working with high-level athletes. You will gain valuable insights and tips for training and recovery that will improve your level of play. We will provide you with pregame and postgame exercises to help you create a more functional system so that you will be able to better adapt to the demands placed on your body and perform at a higher level. As you read and use the assessment tests and training programs, you will follow programs similar to those that we use with the elite and professional athletes that train at our facility. Regardless of whether you are a 50-year-old triathlete, college athlete, professional athlete, or even a weekend warrior, this book has something for everyone.

We encourage you to follow the program completely, starting with your personal assessment tests. Once you have gone through each chapter, you will be able to select the individual workout at the end of the book based on your assessment, current needs, and goals. This is more than a book that you will read once and put on a shelf; Pilates and Conditioning for Athletes should be used as your training partner and coach. You will use this book whether you’re working out at home, the gym, or on the road. As your results improve, refer back to the programs for inspiration and new workouts. You will be able to challenge yourself with a new workout every few months based on your performance level and needs at that time. Remember to log your progress and set your goals. Successful athletes never leave training to chance. They don’t wander through their workout wondering, “What should I do next?” Every workout is planned. Every exercise is done for a specific reason, and each movement and program builds on the next.

This book is a culmination of more than two decades of inspiring work, research, and studying the training of professional and high-level athletes. Throughout the process we have learned that although each body is unique, every athlete requires the same fundamental strengths to perform at their highest level. The best athletes are strong, fast, reactive, and cognitively aware. To prepare you for competition, we have designed complete and balanced programs that tap into each of the key factors you need for success.

How did we go about doing this? Our philosophy is founded on a science-based approach, literally working with your body from the ground up, helping you to develop a more productive system both neurologically and in the musculature. This multidimensional training system, known as the seven pillars, will help you become a stronger, faster, healthier, and better-equipped athlete.
CONTENTS

Acknowledgments v
Introduction vii

PART I PILATES CONDITIONING FOR YOUR BODY

1 Functional Philosophy 3
   Pillars of performance frame the way to think about your training.

2 Goal Setting, Primary Assessment, and Visualization 17
   Map out a plan for your ideal conditioning program.

3 Daily Movements That Enhance Performance 31
   Learn how to fine-tune your movements for optimal performance.

4 Movement Prep: Dynamic Warm-up 73
   Great workouts are built upon solid warm-up routines.

PART II CONDITIONING EXERCISES

5 Pilates Exercises 97
   Pilates exercises build the endurance and strength needed in all
   sports and every athletic discipline.

6 Training With Medicine Balls and Resistance Bands 155
   Versatility is the hallmark of these overlooked fitness tools.

7 Fundamental Strength Exercises 195
   Use barbells and dumbbells to push yourself to new levels.
UPPER AND LOWER LIFT

Working control and stability is important for upper and lower lift. Keep your body stable as you work your adductors during this sequence.

TECHNIQUE

1. In the beginner variation, the arm extends to align the head with the spine. The arm position of fully extended under the head is a good option for people with neck or shoulder issues who may have an issue being elevated. It can be used for all of the side-kick series.

2. Inhale and engage the abdominals, stabilize the bottom leg, and bring the top leg to hip height. The ankle, knee and hip should ideally be in a straight line with the pelvic girdle.

3. Exhale and bring the bottom leg to meet the top leg (a).

4. Inhale and lower both legs together (b).

REPETITION

Repeat six to eight times on each side.

TIP

Keep the lifted leg stable; don’t lower it to meet the bottom leg. This exercise can be done with the legs in parallel or in external rotation.
DUMBBELL ROMANIAN DEADLIFT

The dumbbell RDL creates a hip hinge and a tight thoracic spine. You’re looking for the mid-thoracic to be completely engaged and tight (but not tight as in muscle soreness and tightness). It’s also a great way to uncover deficiencies. For instance, tight hamstrings limit the range of motion of the RDL.

TECHNIQUE

1. Stand with your feet about hip-distance apart, toes pointing directly forward. Hold the dumbbells in front of your thighs, with your palms facing you (a).

2. Bend your knees slightly to increase mobility on the downward phase. Before you begin your descent, engage your core and set your back into the thoracic arch position. The best way to establish your thoracic arch is to begin by slightly hinging at your hips so that as your torso moves forward, your glutes shift slightly back. Keep your chest up and shoulders wide so that you feel engagement in your middle and upper thoracic spine. As you lower the weights toward your knees, you should feel not only your core and midback engage, but also feel a hamstring stretch.

3. As you hinge at the hips to lower your upper body toward the floor, push your glutes behind you and keep the dumbbells close to your legs. Think about pressing your backside against a wall to ensure your hips are following the correct path (b).