

Short Box- Round Back

Modifications

#1 Hold Pilates Ring – to facilitate greater abdominal activation

#2 Small ball or foam cushion between knees – to reinforce adductor connection

Tier 1

Abdominals

Flexion

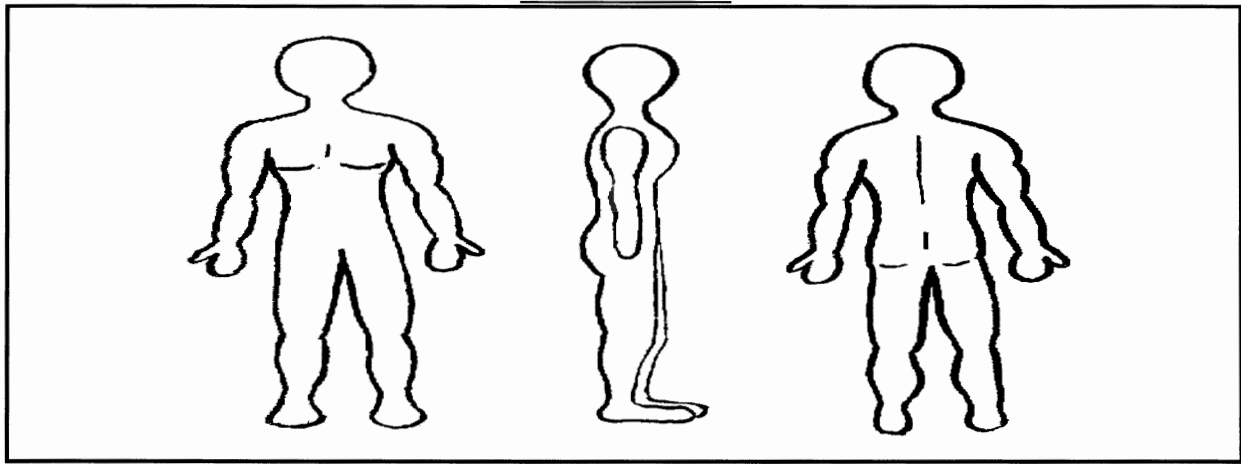
Possible Props:

Pilates Ring

Foam Cushion

Small Ball

Biomechanics



Mobilizers: Rectus Abdominus, Obliques, Hip Flexors

Stabilizers: Pelvic floor muscles, Transversus Abdominus, Adductors of Femur, Shoulder girdle stabilizers

Notes:

Cueing at a Glance:

Inhale: Lengthen the spine

Exhale: Roll back away from the legs in a C-curve

Inhale: Lift the arms overhead

Exhale: Curl up and over the legs, returning to the sit bones

Inhale: Lengthen up to start position

Rotation Prone 3

Tier 4

Obliques, Erector Spinae

Rotation, Extension

Goal: Increase range of motion of the spine in rotation and strengthen the erector spinae

Pre-requisites: Rotation Prone 1 2

Contraindications: Lumbar issues, Cervical issues, Herniated Disk

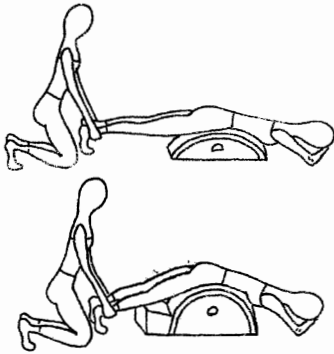
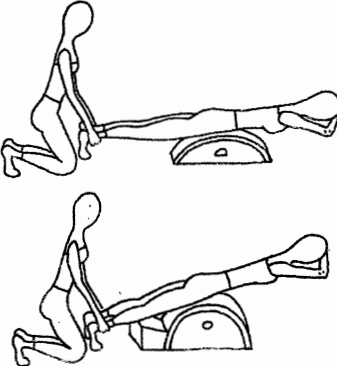
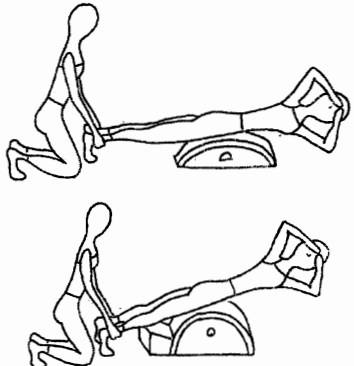
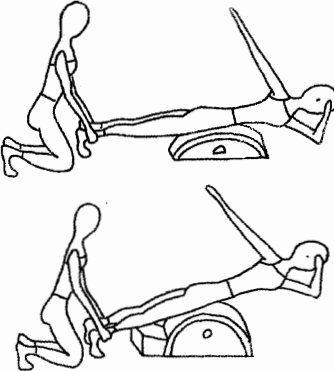
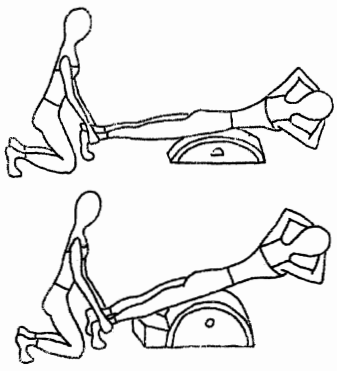
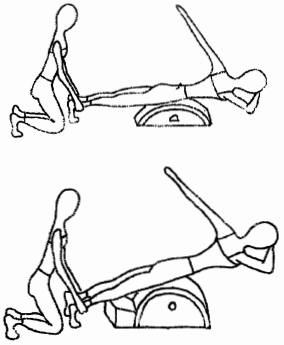
Equipment Set-Up: Prone on barrel, pelvis at or just off apex

Repeat 3-5 times each side

Exercise Set-Up:

Pelvis: Neutral
Spine: Slight lumbar flexion

Arms: Elbows bent, hands stacked at forehead; weight resting on hands
Legs: Abducted, slightly laterally rotated, knees bent, toes curled under
*Instructor will hold client's ankles

<p style="text-align: center;"><u>Starting Position</u></p> 	<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Exhale</u></p> 
<p>Lie prone on the barrel with the pelvis at or just off the apex, causing the lumbar spine to flex slightly. Bend the elbows and place both hands at the forehead with the head resting on the hands. Legs are abducted and parallel, with the knees bent and toes curled under.*</p>	<p>Retract the scapulae and lift the torso off the mat, simultaneously straightening the knees to create one long line between the heels and the top of the head.</p>	<p>Rotate the ribcage toward the right, maintaining one long line between the heels and the top of the head.</p>
<p style="text-align: center;"><u>Inhale</u></p> 	<p style="text-align: center;"><u>Exhale</u></p> 	<p style="text-align: center;"><u>Inhale</u></p> 
<p>Extend the elbow of the free hand, simultaneously extending the spine from tail to head, maintaining thoracic rotation.</p>	<p>Return the hand to the forehead as the spine moves out of extension (but in rotation), then rotate the rib cage to the left, passing through neutral and moving to full rotation left.</p>	<p>Extend the elbow of the left hand and fully extend the spine once again, maintaining rotation of the rib cage. Then, exhale to repeat, or return to neutral and relax into the starting position.</p>

! Watch Out For... Non-neutral position after torso lift Spinal extension during rotation Loss of abdominal support
 Rotation or shifting of pelvis during execution Neck and shoulder tension Loss of shoulder girdle stability

Modifications

#1 Place foam cushion on barrel for comfort

Rotation Prone

3

Tier 4

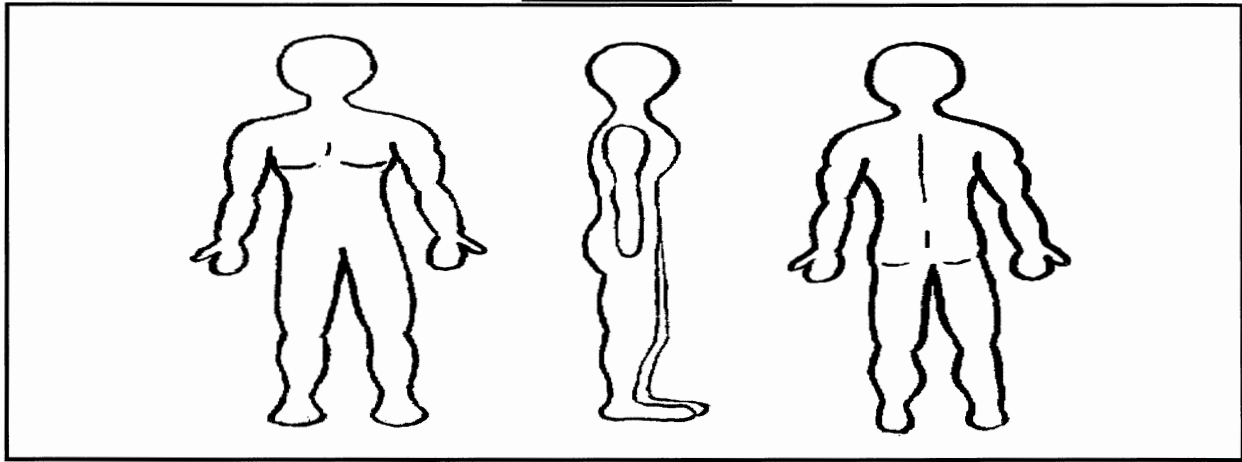
Obliques, Erector Spinae

**Rotation,
Extension**

Possible Props:

Soft foam cushion

Biomechanics



Mobilizers: Obliques, Erector Spinae, Quadratus Lumborum, Triceps

Stabilizers: Transversus Abdominis, Pelvic Floor Muscles, Gluteus Maximus, Vasti of Quadriceps, Shoulder Girdle Stabilizers, especially Middle & Lower Trapezius

Notes:

Cueing at a Glance:

Exhale: Rotate to one side

Inhale: Extend the elbow of the free hand and extend the spine, maintaining rotation

Exhale: Bring the hand back to the forehead and lower the body out of extension, maintaining rib cage rotation until the spine is neutral. Then, rotate to the other side to repeat

To finish: Rotate back to the starting position