


PEAK PILATES®
Happy Hour: Reformer Stretch
Zoey Trap, MS



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Benefits of Stretching

- Increased range of motion/ freedom of movement
- Reduce risk of low back pain
- Improve posture
- Increase coordination
- Relieve tension and stress




PILATES EMPOWERMENT SUMMIT

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Flexibility Factors

Anatomical structure and joint type
 Properties of connective tissue and muscle
 Gender
 Pregnancy
 Genetics (hypermobility)
 Lack of use or mis-use
 Previous injuries
 Body Fat percentage
 Race
 Age



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The ABC's of Stretching



- **A** – Align and support
- **B** – Breathe
- **C** – Choose Wisely & Consciously Control

Never force the stretch to the point of pain

Avoid overstretching weak muscles

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Workout Guidelines

- Make movements matter
- Balance the body
- Create blocks that build
- Sequence for flow and optimal effect
- Mix in Mobilizations, Dynamic, Static & PNF
- Find Point of Tension and breathe!
- Springs alter stretch effect



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<u>Warm Up</u>	<u>Block 1</u>	<u>Block 2</u>
<ul style="list-style-type: none"> • Elephant-down dog • Wrists • Legs Front w Spinal Flexion • Legs Side w Lateral Flexion 	<ul style="list-style-type: none"> • Footwork Toes <ul style="list-style-type: none"> • Hams • Footwork Arches <ul style="list-style-type: none"> • Adductors • Footwork Heels with T arms <ul style="list-style-type: none"> • Shin Stretch • Tendon Stretch* • Running/ PNF* • Hip Stretch/ • Windshield wipers/twist 	<ul style="list-style-type: none"> • Frog • Leg Circles • Hamstrings/ PNF • Unilateral Adductor/ PNF • Laterals/ PNF • Bilateral Add/ PNF • Pike & Peel • Short Spine Massage w traction • Geronimo

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<u>Block 3</u>	<u>Block 4</u>	<u>Block 5</u>
<ul style="list-style-type: none"> • Side Stretch w rotation* • Z sit, diving swan • Piriformis Progression • Chest Opener • <i>Repeat Side sequence on other side</i> • Open & Lift– Kneel forward, hands back 	<ul style="list-style-type: none"> • L Sit <ul style="list-style-type: none"> • Heel Lowers • Seated Forward Fold Spinal Wave • Half Knee Side Stretch <ul style="list-style-type: none"> • Hand to FB • Hip pulses • Monkey Stretch • <i>Repeat Half Knee</i> • <i>X leg sit- tricep stretch</i> • Half kneel hip flexor-stretch R/L 	<ul style="list-style-type: none"> • Elephant /Down Dog <ul style="list-style-type: none"> • Lateral hips • Calf Walks • Knee to Nose – Arabesque <ul style="list-style-type: none"> • Arabesque w bent knee hip opener • Standing Splits • Repeat other side • Standing forward fold • Squat • Reverse Table

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<u>Block 6</u>	<u>Block 7</u>	<u>Going Deeper 7</u>
<ul style="list-style-type: none"> • Knee Stretch Round & Flat • Knee Stretch Round to Flat • Bind for Quad stretch • Camel • Hip Flexor Stretch Progression-FB • Pigeon • <i>Repeat Other Side</i> • Childs Pose 	<ul style="list-style-type: none"> • Pigeon-near knee • Front Supported Split Variations • Down Dog • Standing Supported Straddle Stretch • Seated Straddle Fold • Seated Twist • Repeat Pigeon and standing supported front and straddles on other side 	<ul style="list-style-type: none"> • Bridges • Moving Bridges • Bridge with Bind • Lying bind to open shoulders • X Leg Twist <p><u>Chilling</u></p> <ul style="list-style-type: none"> • Constructive Rest

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Keep calm –and stretch on!

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