



Archival Arm Springs

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Combination



Archival Exercise

Exercise	Variation/ Progression	Goal/Intention	Notes/Other/SISL (Shapes in Space & Life)
Supine Arms All Series	Consider experimenting with angle of spring load. Or, increasing challenge by moving along Cadillac.	The entry level to the springs for most students and teaches connecting arms to back, how to not brace, teaches elongation, how to work with arm springs etc. As a teacher you can relate things back to this	Great starting building block that gives spine and shoulders feedback from mat. Can substitute springs with small weights or just fists. Shapes in Space/ Life: Bird Dog Reaching above head/ Remaining strong w/ liberated arms.
Seated Arms: -Rowing 1 Biceps -Rowing 2 Triceps -Long Back Stretch Overhead -Seated Chest - Expansion -Seated Chest Expansion Facing out -Seated Front crawl			
Upright Series		Feet in contact with ground. Connects the body	The series (and much of the archival work) progresses this

		completely and creates additional challenge in balance and control Challenging the optimal functional movement of the limbs by keeping the body stable, balanced and connected.	with increasing demand for control and training the transfer of power from feet, through body through the arms. In turn developing skill acquisition, choreography and motor patterning for fighting or boxing.
Roll Down Push Up Arm Circles Hug A Tree Fencing	Spring tension Distance from tower Mat or floor?		
Split Stance			
Exercises that Adv w/ Split Stance: Push Up Shave	Triangle arms Split stance Triangle Fully Up/Down Fully Round Down		
Helicopter	Only possible with split stance		

<p>Roll Back Bar Squat – Bar into chest Butterfly prep (sideways) Shave</p>	<p>Add Split Stance Add step into</p>	<p>Great for increased support to learn exercises before introducing single handles.</p>	
<p>Squats Feet in V Wide Stance Pistol</p>	<p>Introduce w/ Push Thru or Roll Back Bar</p>	<p>Various challenges that allow a deeper hip flexion. Develop gluteal work and increased core support Challenge balance in hip complex.</p>	<p>Sporting and life parallels</p>
<p>Archival Squats: w/ handles Russian</p>	<p>Arms up Arms at chest At chest then raise up</p>		
<p>Boxing</p> <p>Lean & Return</p> <p>Boxing and lean Split Stance w/ twists</p>			

Split Stance Boxing w/releve & reach			
Arm Circles: Arm Circles Circles w/ excessive accentuation	Breathe in as arms lower / Ex. Up and over Add. Split Stance		
Long Back Stretch Overhead:	Split Stance		
Chest Expansion	Standard	Breath/ 2 way stretch / balance / Back chain & Sh. girdle	Asthma & lung capacity (emphasis on exhale)
Archival Combinations and Pairings			
Chest Expansion Releve	Try on mat & floor w & w/out springs		

	Add Squat	Increases challenge	
Reverse	(Top/ bottom load)	Adds variation / Pecs	
Add Squat			
Bicep Curl	Top load @chest	Posture / 2 way / Heel seat / Biceps	
	Bottom loaded		
	Releve		
Bicep Curl/ Lean 90			
Roll Down	Standing w/ arms	PH & heel connection	
Squat	Standard		

Pistol Squats	Standard / Demi	Increase challenge / work weaker hip complex	
Roll Down Single Leg		Add balance challenge/ Identify weaker side	
Arabesque	NA	Balance opposition	
Box	Facing Tower		
Box – Standing Rolling in & Out	W/ Roll down and increased ROM		
Box	Facing front	Posture / Challenge Sh. dynamics	
Raise		Progression from Push up / Opposition/posture /	
Lunge Raise			
Lunge Raise	Step into/out		
Arm circles	Small ROM		

Arm circles	Full ROM	Opposition /	
Butterfly Side Stretch Prep Bat Twisted Bat			
Muscle Man			
Neck Stretcher	Standing Front (add in balance) Side Back to Tower Seated Various spring tensions & angles		
Notes:			

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