



## Sin City: Push & Pull, Stretch & Open

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### Notes:

This is Nancy's own choreography notes aka "cheat sheet" based on Fletcher Towelwork®  
The italics are teaching tips.

Transition and Ending can be the same thing depending on if you are doing a flow workout or an individual exercise

Reps can vary try 4 of each

### Opening - *Feet II*

Towel horizontal on ground

-shoulder-up and down, protract and retract, circles-reverse **Big Breaths**

-arms up roll down to floor, hold bend gently pulse to floor 8x, take towel and roll up:

### T1 Taut Towel Pulls -4 times each *Feet II*

a. "Seating" the humerus -**placing the humerus in the socket**

Underhand grip, elbows bent and tucked into, arms are shoulder width

-inhale pull towel apart

-exhale release ***moving from the back***

b. "Serve the Platter"

-pull apart, inhale

- reach forward, exhale
- bring arms back, inhale
- relax the pull. Exhale

**Transition**-bring arms down and **circle** them both ways

**Size up the towel**-double the width of the shoulder girdle-fold in half put closed end on one shoulder, hand on other end open shoulder width,

- c. Sternum level --**center of spine even with scapula spine so it is one clear circle, arms move from back, shoulders stay down, palms down**
- d. -pull towel taut, inhale  
-exhale release
- e. Hip **-movement comes from the upper trapezius, upper back, circle is low, widen through middle as you pull the towel taut, not form arms put one continuous chain of energy, watch for symmetry palms face back**
- f. -pull towel taut, wide, inhale  
-exhale release
- g. Overhead-**arm reaches up and towel goes directly overhead, watch the "negative space" is even, pulling into the lower trapezius (the V), one continuous energy between the towel, arms and back palms face front**  
-inhale pull  
-exhale release

**Transition**-bring arms down and **circle** them both ways, arms go to shoulder level, lift up and around to back arms even with shoulders

- h. Posterior **-as you pulls taut, you widen the space between her scapula and spine, ½ way down, watch hyper extended elbows**  
-inhale pull  
-exhale release  
-pull arms all the way to posterior hips  
-inhale pull  
-exhale release

**Transition**-bend elbow into a **"W"** (elbows into body, arms out in W), press overhead and then bring down to front hips

**T2 Anterior Range of Motion Fall Feet- this can be hard for tight people, similar to ribcage arms, it is very important to use you eye to keep even, shoulder in joint etc**

Towel is pulled taut at the hips

- a. Sternum level
  - inhale up to the chest
  - exhale down to the hips -**Shoulder are stable and spine is still**
- b. Overhead- **Shoulder are stable and spine is still**
  - inhale up to chest, exhale up overhead, inhale back to chest, exhale down -**if unstable they may shift entire body forward and back, important to teach from side so you can see. "Towel check" towel is right above the crown of head**
  - Next** Divide the space into 2,3,4.1
    - 2 count breath – inhale, inhale up, exhale, exhale down
    - 3 count breath-inhale inhale inhale up, exhale,exhale exhale down
    - 4 count breath-inhale inhale inhale inhale up, exhale exhale exhale exhale , down
    - 1 count breath-one long breath up, one long breath down

**End-** Pull the towel **taut** at hips and exhale release

**T3 Pull to "W"-organizing the joints from the upper hemisphere, aka the back, organizing the shoulders with elbows, wrists and hands**

Arms taut at hips, pull arms up to sternum level, arms and towel are "on a shelf"

- a. Sternum level
  - inhale and glide elbows evenly back on a shelf -**feel lateral expansion between the ribs. Note if a shoulder is tight it will show up as a cocked elbow or wrist. Can modify ROM**
  - exhale return

**Transition-**last one come in and rotate **elbow** down to "W" to go overhead -

- b. Overhead-towel over **crown of head**
  - bend into "goalpost arms", inhale
  - return up, exhale -**watch for symmetrical elbows as they go down**
- c. Posterior
  - Move the towel behind the head repeat
  - end inhale arms overhead pull, exhale lower arms down to hips, another inhale pull exhale release

**Look from side to show breathing laterally into ribs vs anteriorly (the body with shift and or ribs stick out)**

-towel goes behind head-add cervical ext towel goes in front add cervical flexion

**Transition**-last one inhale pull taut, exhale lower arms to hip, inhale pull taut, exhale release

**T4 Posterior Range of Motion,** \ Arms come up overhead **arms are straight** *-this is taught in 3 positions, never take them into posterior full range without going through all levels*

- a. Above shoulder girdle-overhead -do a “towel check”
  - bring the arm back and up to above head-**just back of head**
  - last one hold and do 8 pulses with double breath **in in/out out- pulse/pulse**
  - Look for Width across the chest and upper back**
  - Soften elbows if hyper extending**
  - **Transition** on last one bring arms up to overhead and back down to hip height
- b. Below shoulder girdle-base of the head
  - repeat above -**transition down to hips**
- c. Full ROM-center of scapula
  - repeat above-**transition down to hips**

**Transition:** arms return from hips to top of head, **then** “W” arms to bring posterior hips-**extremely rotated humorous, palms are up**

**Watch the width remains in the scapula**

- lift to top of pelvis and down – add 8 pulses up
- lift to base of ribcage-repeat
- lift to center of scapula-repeat

**Transition-W up and overhead down to front hips**

- add full range up and overhead, down to tail-breath in and out to overhead and then breath in and out to bring to tail
- advanced it by flowing with an inhale up and an exhale down

**End:** at front hips pull towel taut, release, roll shoulders up and around, reverse **-you can use this transition on all going forward or just do the “ending” of arms down to hips, towel taut release-aka reset**

**T5 Overhead to “U”** *works open chain and closed chain and protraction and retraction.*

- a. Simple-bring arms overhead and pull towel taut - **Closed chain is when the towel is taut, there is a continuous chain of energy, arms, towel and back**
  - bend elbows to make a “U” with towel behind back with a **inhale** and **exhale** (towel is now relaxed) **hands by ear at side of face**
  - return towel to overhead taut with and **inhale exhale**
  - Watch elbows are even and open**

- b. Protract, Retract: elbows stay bent with “**elbows on a shelf**” keeping chest wide:
  - draw elbows together (protract) inhale, exhale-**elbows down to make shelf**
  - cervical flexion-inhale, exhale **as you protract, elbows touch, keep width**
  - open-inhale, exhale
- c. Put it together
  - inhale to taut overhead
  - exhale to lower elbows- **hands on side of face by ears**
  - inhale to protract
  - exhale to go open
  - Play with the breaths to emphasize different parts**
- d. Add plie- **-parallel**
  - on protraction-plier (bend legs), straighten legs on elbow opening

**T6 Lateral Hip Stretch- *stretches the entire side of the body, down to the hip and down to the IT band area***

Start in hip height taut towel in parallel feet, lift toes and turn feet to a **turned out** position) not a V) **an active turn out**, arms come over head

- a. Simple
    - lean into hip and stretch over-inhale, exhale to the side-**hips lead movement**
    - inhale exhale to return
  - b. With pulses- **in/in out/out**
    - On lean -pulse into hips 8 times deepening the stretch **-even space between the towel, the arms and head aka spine is moving not arms, head stays on spine**
- End:** towel comes down to hip, pull taut and release

**T7 Footwork -in Parallel *integrates upper and lower hemisphere work, feet, hips, “towel”*** Towel is at chest height

- a. **Stationary** Towel
  - using the towel as a bar-this helps people with balance and proprioception issues***
    - Sternum level
      - press into ball of the left foot (lift the heel and down) alternate
    - Overhead
      - Repeat overhead

b. Moving Towel

-start with towel at **hips**- heel up as towel goes to **chest**, heel down as towel goes to hips -inhale up, exhale down

-start with towel at **chest**- heel up as towel goes **overhead**, heel down as towel goes to sternum -inhale up, exhale down

**-hips to overhead-**

ball -chest, toe-overhead, ball-chest, heel- hip

Inhale, exhale, inhale, exhale

**End**-Lift towel all the way up and back down

**T8 Thoracic Rotation**-Towel taut at hips. II position, lift toes and turn out, lift toes to go to II. Repeat 3 X opening out to **2<sup>nd</sup> position (Toe Out)** **heel to seat connection, during the rotation the body moves the towel not the arms, aka spine moves, aka maintain that "negative space" alignment check: ovel vertical, shoulder to heel to show 2<sup>nd</sup> position**

a. Sternum level

-rotate to one side, inhale exhale return, repeat OS-**heel to seat**

**Lift as you rotate, pelvis stays still-fix center of sternum to center of towel**

b. Overhead

-In thirds-pausing at each third rotation, inhale and exhale pause, pull back to center **with and inhale exhale grow tall**

-Returning to center-**then** inhale rotate **to side**, exhale back to center-OS

-Full thoracic rotation: inhale exhale to one side **to setup then** come all the way to the other inhale exhale-no stopping at center **OS**

-towel comes down, shoulder roils, **bring towel back overhead**

-faster right and left, inhale right, inhale left, exhale right, exhale left

**End**-towel down to hip taut, loosen towel, toe, heel back in-adding breaths

**T9 Lateral Lunge Series** -towel taut, lift to sternum height, feet in II- lift toes to turn out

a. Towel sternum level **-again like a bar this is more stable, lunge follows the**

**line of toes, knees etc., towel stays over the head or sternum for all of these**

-inhale lift leg, suspend, exhale lunge, inhale lift leg, suspend exhale return- **OS**

b. Towel to overhead on lunge

-inhale lift leg and arms, exhale lunge, inhale lift leg exhale return leg and arms back to chest **-hips and shoulder square**

**can lunge over knee if you can maintain alignment**

- a. Towel sternum level with thoracic rotation
  - same as above adding rotation after the lunge with an inhale rotate and exhale return **hips stay stable**
- c. Towel to overhead with thoracic rotation
  - same as above lifting arms overhead on lunge and rotation
  - End**-arms come up overhead, down to hips, taut pull, relax

**T10 Lateral Flexion in 2nd Position**-towel taut at hips bring it overhead - **enter the same way as you did prior** -spot from back keep hips still

- a. Small, controlled side bend-maintain symmetry of upper body keep hips still inhale, exhale down, inhale, exhale up, **watch negative space**
- b. Full side bend-ideally **perpendicular** to the floor
  - inhale, exhale, inhale exhale down, inhale exhale, inhale, exhale up

**End**-arms down, pull taut, release

**T11 Lunge Into Side Bend**-combines the lateral lunges and lateral flexion exercises above. Start in **first** turned out. (toe, heel)

- a. Return to First
  - arms at hip height
  - lift leg and arms up, lunge and side bend- inhale up, exhale lunge and side bend
  - lift up, return center with arms hip height- inhale up, exhale return
  - lunge follows the toe line, the side bend is lateral (coronal) perpendicular**
- b. Return to balance in passé **very challenging**
  - same as above adding passe

**T12 Taut Towel in Vertical: "Windmill"**

**Can from back to see the outward rotation of the scapula**

- a. Vertical to horizontal
  - arms at chest level
  - rotate scapula and bring towel to vertical- inhale
  - notice the outward rotation of the scapula of the extended arm, the scapula the pulls to return**
  - return-exhale
  - From the front look to see if the towel stays at the center of the sternum, like the spine, like a propeller. Takes a lot of concentration to keep the vertical line centered**

b. Vertical to vertical

-no stopping in the center-**inhale ex up/inhale ex down**

-move into second position-speeding it up

-inhale, inhale, / exhale, exhale -each **inhale inhale breath and each exhale exhale breath** is a full rotation to vertical **aka up down, up down**

-add a plie-down for 2 reps up for 2 reps-down 2,3,4 up 2,3,4 **inhale inhale, exhale exhale down then up**

### **Challenges stability**

**End**-arms come down to hips, pull taut, relax towel

**Note if this is the end of a class you can do shoulder rolls, roll down to put towel on the found and roll up etc. etc. etc.**

To purchase the Fletcher Towel

<https://www.pilates.com/products/fletcher-towel/#:~:text=Stay%20in%20the%20Know!>