



Twisting Tower

Presented by Cathy Terrazas

OVERVIEW

Twist. Turn. Spiral. Swivel. The Tower offers unique opportunities for incorporating twists into both Pilates classes and private sessions. We will cover the proper execution of the spinal rotation movement pattern and how to help improve your client's movement quality and Powerhouse strength. Learn new choreography on all parts of the Tower and programming tips to challenge your clients in a whole new way.

OBJECTIVES

- 1) Be able to identify a minimum of 3 precision points in the proper execution of spinal rotation in Pilates
- 2) Learn twist variations on all parts of the Tower (arm springs, leg springs, rollback bar, and push through bar)
- 3) Confidently sequence twist variations into Tower classes and private sessions

OVERVIEW OF SPINAL ROTATION

Let's go over a quick review of what happens in the body when the spine rotates:

- When the spine twists, it rotates the vertebrae and hydrates the spinal discs
- The back muscles are strengthened and stretched
- Abdominal organs are massaged to improve digestion
- A "wringing" action is created that mobilizes the thoracic and lumbar spine and creates space between the vertebrae
- Deep muscles like the transverse abdominis activate to stabilize the lumbar spine
- Muscles such as the QL, obliques, and erector spinae work in coordination, some lengthening on one side while their counterparts contract on the other



PRECAUTIONS

- Avoid forceful, abrupt, or excessive rotation - especially when combined with a heavy load/weight and forward bending. Can lead to muscle strains, spasms, disc issues, ligament strains, etc.
- Those with osteoporosis or bone density issues should avoid deep twists, as it may increase the risk of vertebral compression fractures
- Avoid forcing the twist with your arms, low back or hips
- Avoid collapsing the spine as it rotates
- Avoid holding your breath
- Avoid twisting when recent spine, hips, or neck injuries are present

CHOREOGRAPHY

Rollback Bar

- Rollback
- Rollback 1 Arm with rotation
- Short Box Twist (& Reach)
- Sitting Rolling In and Out
- Saw and Reverse Corkscrew
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- Saw and Reverse Corkscrew

Arm Springs (seated)

- Half rollback with twist
- 90 degrees - hinge and bicep curl
- Seated spinal rotation
- Seated Mermaid/Side Bend with arms OH



Push Through Bar

- Push Through S & L (add saw arms to PTS)
- Saw
- Stomach Massage Series
- Ab Series (arches on bar)
- Knee sways (bar in hands)
- Tick Tock
- Hips lifts into Corkscrew
- Teaser 1 Leg – with rotation
- Teaser – with rotation and 1 leg
- Teaser – with rotation, both legs lift, release bar for challenge
- Seated Mermaid - add rotation and pumps
- Kneeling Mermaid with Twist
- Kneeling SKS
- Standing Push Down and Push Down 1 Arm Side
- Splits & Lunges (unloaded) – with open and closed twist with a hand on vertical pole

Arm Springs (standing)

- Push Up
- Raise
- Boxing
- Butterfly
- Bat

Standing leg springs

- Front, Side, Back
- Marching (1 leg) with rotation
- Releve, balance, and add rotation

Thank you for attending PES 2026!