



PILATES EMPOWERMENT SUMMIT

## Twist, flow and connect: Spinal mobility on the chair

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### Spinal mobility

- The upper and lower spine can move in different directions.
- We mobilize the spine not only through spinal movement, but by improving function in other parts of the body so spinal muscles don't overcompensate.
- Move toward greater symmetry and balanced load distribution.



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Warm up

Exercise	Set up	Notes
Standing Flexion/Extension	Legs slightly bent	Flex the lumbar spine, flex the upper back, extend the lumbar spine, extend the upper back
Standing Side Bends	Standing hip distance apart	Side bends with arm up Side bends with stepping straight leg to the side Add side bend of thoracic and cervical first to return
Standing Rotations	Standing hip distance apart	Rotate the upper and lower back the opposite way



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Dynamic workout – heavier spring

Exercise	Set up	Notes
Glute Walk	Feet to pedal, pedal halfway down	
Footwork	Seated on pedal	Curves deepen as hips flex
Seated Rotations		Is one side harder to twist to?
Figure 4 Stretch	On less mobile side	Image pelvic half rotating back
Kathy Grant Laterals	Wide stance, heels on pedal	Notice rotation
One Leg seated pumping		Sense movement of pelvic halves
Abs on the chair seat		
Standing Rolldown		Pelvis rolls on top of femurs
Tendon Stretch	Balls of the feet/Arches on pedal, hold front of chair seat	Pelvis rolls on top of femurs



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Exercise	Set up	Notes
Achilles Stretch		Notice side bending after
Standing Pumping Front		Notice pelvic half movement
Standing Pumping Front +Pelvic and Spinal Twist Variation		Pelvis rotates toward back leg Upper Spine rotates toward front leg
Basic Mountain Climb		
Pull Up		Pelvis rolls on top of femurs
Standing Pumping Side		Notice pelvic half movement
Side Pull Up		
Standing Pumping Cross-over		Notice pelvic half movement



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Dynamic workout – light spring

Exercise	Set up	Notes
Standing Saw		
Push-ups		
Kneeling Mermaid+ Pumps		Pelvic sides bends toward the chair
Kneeling Chest Expansion		Sternum lift, top front ribs float up as you pull the pedal
Spine Stretch Forward Variation		
Pelvic-lift with Hamstring Curls + Twist		
Backward Arms		
Flying Eagle		



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Exercise	Set up	Notes
Swan Prep Progression		
Twist I, Twist I to Teaser		
Mermaid Stretch with Leg Extension		
Teaser I		
Mermaid Stretch – Cat Variation		
Teaser II		
Seated Twist Variation		
Teaser Twist		
Pushdown		
Repeat Spinal Movements		



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