



Winning Seat: Athletic Chair

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Ignite your inner strength in this high-intensity MVe Chair Masterclass. Designed for those ready to bridge the gap between technical precision and athletic power, this session transforms the chair into a tool for total-body integration.

This isn't just a workout; it's a continuous, athletic flow where every movement is purposeful. We move beyond isolated exercises to create challenging sequences that transition seamlessly, demanding both physical stamina and mental focus. Prepare to sweat, focus, and redefine what your body can achieve on the chair.

- **The Powerhouse Connection:** Every sequence originates from your deep core. You will learn to move from the **Powerhouse** outward, ensuring that your limbs are supported by a stable, functional center.
- **Mind-Body Mastery:** By deepening the mind-body connection, you'll find greater control over the MVe Chair's spring resistance, turning every "push" into a conscious achievement.
- **The Full Pilates Spectrum:** This masterclass weaves together all the fundamental Pilates principles—Centering, Concentration, Control, Precision, Breath, and Flow—into one cohesive, **strong** experience.

SAMPLE WORKOUT

SET UP: Move chair with mat in front of the pedal. Spring = 2. Stand, facing the pedal
THEME: focus and flow

SUPINE ON THE MAT

- Imprinting
- Iso Abs
- Rib cage arms + head nod/neck curl
- The Hundred – lower feet to pedal to finish
- Pelvic clock
- Bridge, hamstring curls
- Supine frog
- Roll Back

SIDEWAYS LOW

- Kneeling side mermaid
- Sideways push up I
- Front Splits on the mat
- Sideways push up I – other side
- Kneeling side mermaid
- Front splits on the mat

SEATED FACING OUT Change Spring to 4

- Footwork series – toes, arches, heels
- Ankle Variations
- One leg footwork
- Frog facing out with variations
- Tendon stretch/Reverse pull up
- Table

STANDING

- Standing pumping one leg front – R foot on
- Basic Front mountain climb
- Basic Front balance and control
- Basic Tendon Stretch
- Pull up with hold

- Stretch, step R foot off
- Standing pumping one leg front – L foot on
- Basic Front mountain climb
- Basic Front balance and control
- Pull up with Frog
 - Stretch

SUPINE ON TOP Change Spring to 2

- Ab series – SLS, DLS, Scissors
- Seated Mermaid
- Twist II
- Teaser I
- Twist II other side
- Seated mermaid
- Ab series – Double leg lower + criss cross
- Two arm pumping and swan
- Push down from behind

STANDING SIDE Change Spring to 4

- Standing pumping 1 leg side
- Side kicks Standing
- Side pull up
- Side pull up other side
- Side Kicks standing other side
- Standing pumping 1 leg side other side
- Standing pumping cross over
- Basic Side Mountain Climb
- Basic Side Balance and control side
 - Stretch and step off
- Standing pumping cross over Other side
- Basic Side Mountain Climb other side
- Basic Side Balance and Control other side
 - Stretch and step off

STANDING FRONT Change Spring to 2

- Arm Frog Back – Standing
- Horseback

- Arm Frog Front – Standing
- Push Down/Washer Person