



## Adding Athletic Elements To Your Class

Jamie Isaac

jamie@fluidlifepilates.com

Instagram: @ThePilatesMan

Joe Pilates was said to believe that everyone should train like an Olympian. In my opinion, I'm sure he did not mean we should all be training at an advanced level, but was actually referring to our intention. Turn up ready to focus, with intensity and dedication. An Olympian mindset, whatever our level of ability.

So how do we meet the needs of our athletic students, whether they are pro- athletes or simply want to work out like one? How do we demand their 100% and support them in a workout where they sweat, smile, and go deep into the work?

Session topics:

- Exercise choice
- Work arounds for injury (common in athletic/ active students)
- Ways to turn up the heat!
- Variations and creativity to meet athletic needs
- Cueing athletes

To do this we will be considering my 6 Athletic Training Zones.

- Dynamic Mobility
- Agility
- Strength
- Stamina
- Precision & Control
- Recovery & Prehab (injury prevention)

We can blend athletic zone elements in a workout/ exercise, or can primarily focus on one key area.

To do this we use:

- Traditional exercises
- Variations
- Creativity (be careful, there are 500+ original exercises, so know your intention and do not become an entertainer!)

