



Up the Ante: Ped-o-Pull Vertical Challenge

Michael Fritzke & Ton Voogt

1. Different bases, Rectangular or Kidney shape determines what you can do.
2. Attached to the wall or not. Determines what you can do, and the effect on the body. The instability of not being attached will have a huge effect on stabilizing the body (Powerhouse), pelvis, legs and shoulder stabilization.
3. Add a box, when necessary, either because of alignment (e.g. to get the arms below shoulder-level) or to adjust the spring tension.
4. Romana used to say: the pole is your spine, the cross bar your shoulders and the springs your arms.
5. Standing with your back against the pole emphasizes shoulder stabilization.
6. Standing facing the pole emphasizes shoulder stabilization and Powerhouse, core, pelvis and legs stabilization.
7. When facing the pole, the teacher can hold the pole to help stabilize and for safety. When people lose their balance, they generally take a step and off the base to regain their balance. However, the pole SHOULD move to challenge the body and create a "functional dynamic". As the spring tension increases or decreases and as the pole moves forward and back, the tension and movement create a functional dynamic, and the body must adjust accordingly.
8. Foot position can be either parallel or Pilates stance. Parallel, creates a wider base which might be more stable for some people. It is considered an "easy alignment". Pilates stance, creates a strong midline and can be easier to feel the connection of the legs, pelvic floor, abdominals, etc. It is considered an "active alignment".

Seated arm series - shoulder rotation

Goals:

- Spine elongation
- Scapula gliding
- Scapula stabilization
- Shoulder joint stabilization

Starting position:

Sit on the base of the Ped-o-pole with your back against the pole. Bend the legs into a diamond shape or tailor's sit and hold one handle in each hand. Straighten the arms and turn the palms of the hands towards each other.

Execution:

Seated arm series - Pull down series

Goals:

- Spine elongation
- Scapula gliding
- Scapula stabilization
- Shoulder joint stabilization

Starting position:

Sit on the base of the Ped-o-pole with your back against the pole. Bend the legs into a diamond shape or tailor's sit and hold one handle in each hand. Straighten the arms and turn the palms of the hands towards each other.

Execution:

Shoulder shrug

Goals:

- Spine elongation
- Scapula gliding
- Scapula stabilization

Starting position

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand. Straighten the arms out to the front. Keeping the arms straight press the arms down until the hands are underneath the shoulders.

Execution:

Low circles

Goals:

- Shoulder stability
- Disassociation of the arms
- Arm & shoulder alignment

Starting position:

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand and open the arms out to the sides. The hands are in your peripheral vision.

Execution:

Up & Down

Goals:

- Centering
- Elongation of the spine
- Stabilization of the shoulders
- Strengthening of the shoulders and arm musculature

Starting position

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand. Straighten the arms out to the front.

Execution:

Triceps

Goals:

- Centering
- Elongation of the spine
- Stabilization of the shoulders
- Strengthening of the shoulders and arm musculature - especially the triceps

Starting position

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand. Straighten the arms out to the front. Keeping the arms straight press the arms down until the hands are in line with the shoulders.

Execution:

Side down/up & front/side

Goals:

- Shoulder stability
- Disassociation of the arms
- Arm & shoulder alignment

Starting position:

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand and open the arms out to the sides. The hands are in your peripheral vision.

Execution:

Arm circles

Goals:

- Centering
- Elongation of the spine
- Stabilization of the shoulders
- Strengthening of the shoulders and arm musculature

Starting position

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand. Straighten the arms out to the front.

Execution:

Rowing arms

Goals:

- Lengthening of the spine
- Stabilization of the shoulders
- Strengthening of the arm and shoulder musculature
- Coordination

Starting position:

Stand with the back against the pole, legs in Pilates stance and the heels against the pole. Hold the handles and straighten the arms out to the front and press the arms straight down next to the body and bend the elbows

Execution:

One arm side lift

Goals:

- Spine elongation
- Scapula gliding
- Scapula stabilization

Starting position

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand. Straighten the arms out to the front. Keeping the arms straight press the arms down until the hands are underneath the shoulders.

Execution:

Swimming

Goals:

- Lengthening of the spine
- Stabilization and control of the shoulder girdle
- Strengthening of the arm and shoulder musculature
- Coordination

Starting position:

Stand with the back against the pole with the feet in Pilates Stance and the heels against the pole. Hold one handle in each hand. Open both arms to the front at shoulder height and shoulder width, with slight tension on the springs.

Execution:

Chest expansion

Goals:

- Centering
- Elongation of the spine
- Stabilization of the shoulders
- Strengthening of the shoulders and arm musculature

Starting position

Stand with the feet in Pilates Stance facing the pole. Hold one handle in each hand. Straighten the arms out to the front.

Execution:

Chest expansion/squat combo

Goals:

- Powerhouse control
- Balance
- Coordination
- Shoulder stabilization
- Strengthening of the legs, hips and back musculature
- Opening of the chest

Starting position:

Stand in Pilates stance facing the pole. Hold one handle in each hand and straighten both arms out to the front at shoulder width, without tension on the springs.

Execution:

Lunge chest expansion

Goals:

- Shoulder stability
- Disassociation of the arms
- Arm & shoulder alignment

Starting position:

Stand facing the pole with one foot on the platform and one foot off. The back leg is parallel and straight; the front leg is parallel and bent. Hold one handle in each hand and straighten the arms out to the front with a slight tension on the spring.

Execution:

Lunge pull back

Goals:

- Shoulder stability
- Disassociation of the arms
- Arm & shoulder alignment

Starting position:

Stand facing the pole with one foot on the platform and one foot off. The back leg is parallel and straight; the front leg is parallel and bent. Hold one handle in each hand and straighten the arms out to the front with the hands shoulder height or to where there is a slight tension on the spring.

Execution:

Lunge horizontal circles

Goals:

- Shoulder stability
- Disassociation of the arms
- Arm & shoulder alignment

Starting position:

Stand facing the pole with one foot on the platform and one foot off. The back leg is parallel and straight, the front leg is parallel and bent. Hold one handle in each hand and straighten the arms out to the front with the hands shoulder height or to where there is a slight tension on the spring.

Execution:

Knee bends

Goals:

- Centering
- Coordination
- Elongation of the spine
- Stabilization of the shoulders
- Strengthening of the shoulders and arm musculature

Romana's version:

Starting position

Stand with the back against the pole with the feet in Pilates Stance. Keeping the heels together, lift the heels up and place them against the pole. Hold one handle in each hand. Open the arms to the side slightly in front of the shoulders and slightly below shoulder level

Joe's version:

One leg knee bends

Goals:

- Lengthening of the spine
- Stabilization of the shoulders
- Stabilization of the pelvis
- Strengthening of the arm, shoulder and leg musculature
- Balance
- Coordination

Starting position:

Stand with the back against the pole, legs in Pilates stance and the heels lifted against the pole. Hold one handle in each hand and open the arms to the side (peripheral vision) with light tension on the spring. Adjust the feet and bring one foot directly underneath the midline of the body. Lift the other leg up in front, with the leg bent and slightly turned out (attitude front).

Execution:

Roll down

Goals:

- Lengthening of the spine
- Stabilization and control of the shoulder girdle
- Strengthening of the arm and shoulder musculature
- Coordination

Starting position:

Teacher: HOLD THE POLE!

Stand with the back against the pole. The legs can be in either Pilates Stance or parallel apart with the feet forward on the base. Hold the handles and press the arms out in front about shoulder height

Execution:

Twist

Goals:

- Lengthening of the spine
- Spinal rotation
- Stabilization and control of the shoulder girdle
- Strengthening of the arm and shoulder musculature
- Coordination

Starting position:

Stand with the back against the pole. The legs can be in either Pilates Stance or parallel apart. Hold the handles and press the arms out to the sides, slightly below shoulder height with a little tension on the springs

Execution:

Centering

Goals:

- Centering
- Lengthening of the spine
- Balance and coordination
- Stabilization of the shoulders
- Strengthening of the shoulders, arm, hip and leg musculature

Execution:

1. Romana's version

Starting position:

Stand with back against the pole feet in Pilates stance and in relevé. Heels are against the poles. Hold one handle in each hand and open the arms out to the sides, in your peripheral vision, slightly lower than the shoulder height with slight tension on the springs.

Execution:

2. Joe's version

Starting position:

Stand with back against the pole feet in Pilates stance and in relevé. Heels are against the poles. Hold one handle in each hand and open the arms out to the sides, in your peripheral vision, slightly lower than shoulder height with slight tension on the springs.

Execution: