



PEAK PILATES®



PILATES EMPOWERMENT SUMMIT

POWER PLAY TOWER

Zoey Trap, MS



Let's get creative!



Master Class

Let's work out!

Sample Workout

Push Through Bar 1

- Reveles
- Washer Woman
- Sideways Push Down
- Standing Mermaid
- Standing Cat & Cow
- Sideways Push Down
- Standing Mermaid
- Push, Press & Lift
- Lunge Variations
- Cat & Cow

Push Through Bar 2

- Footwork Series
- Hundred
- Roll up to Horizontal Monkey
- Push Through Long & Short
- Saw
- Shoulder Roll Downs
- Stomach Massage Series

Push Through Bar 3

- Teaser Variations
- Rev. Push Through
- Swan Prep
- Full Swan
- Swimming
- DLK
- Full Swan
- Rest

Leg Springs 1

- Frog
- 3 Pt Frog
- 6 Pt Frog
- SSM

- Side Leg Springs
 - F & B
 - Up & Down
 - Circles
 - Passe/ Bicycle

- Supine Legs
 - Sparklers
 - Circles
 - Corkscrew
 - Scissors
 - Beats

- Flying Eagle

Roll Back Bar 1

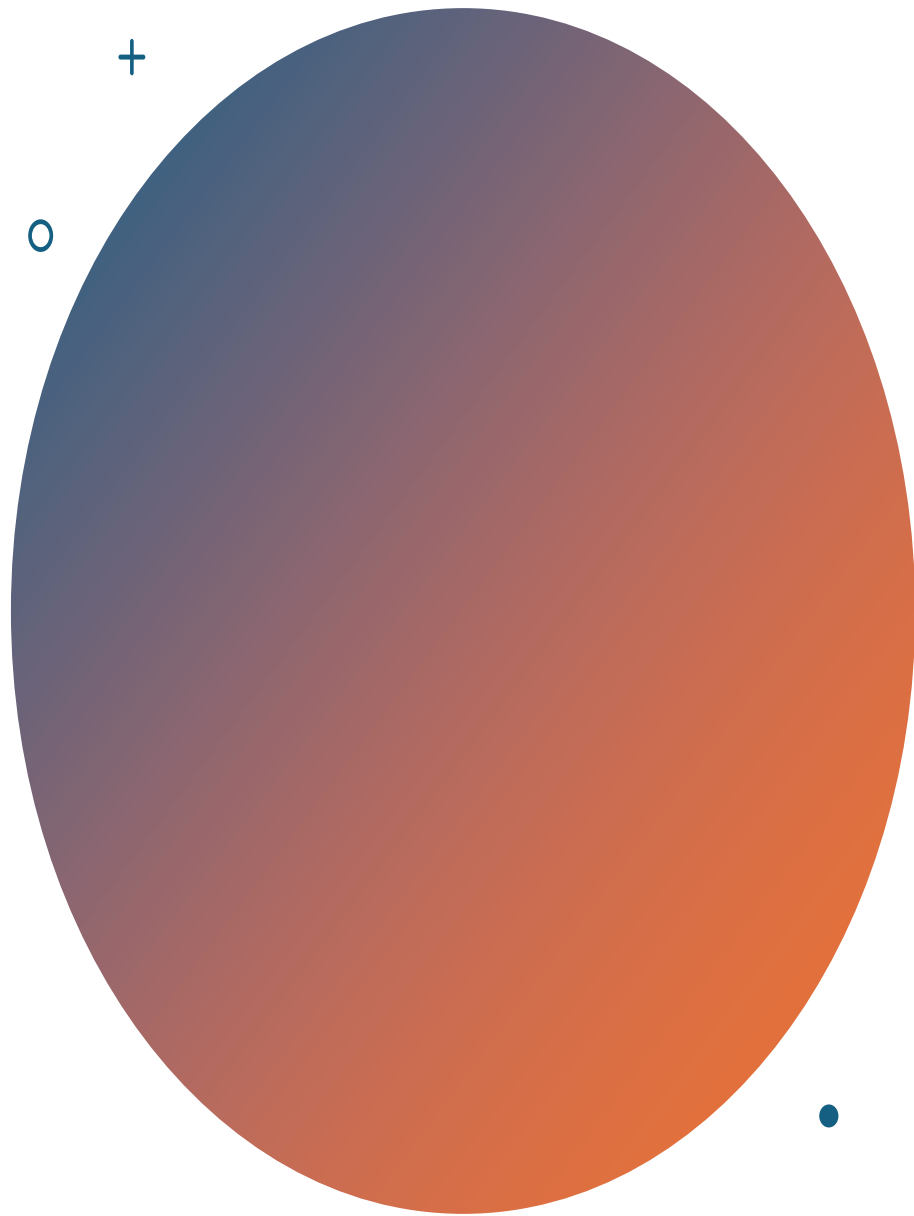
- Roll Back
 - C curve
 - Lat Pull
 - Arch/ Round
- Seated Rolling In /Out
- Arch to Rond
- Round to Arch
- Around the World
- Rolling Stomach
Massage Reverses
- 1 Leg Press
- 2 Leg Press
- Side Sit Ups

Roll Back Bar Sanding

- Push Up w/ Lunge
- Raise
- Combo
- Salute
- Chest Expansion
- Side Pull w Abduction
- LBS
- Side Pull w Abduction
- Roll Down & Squat

Endings on Frame

- Releve
- Splits Variations
- Side Stretch
- Quad Stretch
- Up/ Down Stretch
- Repeat on other side
- Releve

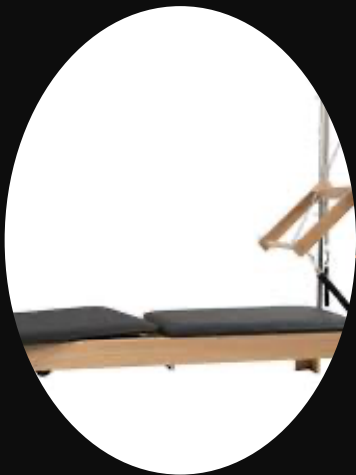


Use Your Tower Creatively

- Roll Back Bar
- Push Through Bar
- Arm Springs
- Legs Springs
- Frame



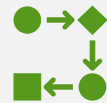
Go Beyond the Tower Repertoire



Create Variations of
traditional tower
exercises



”Borrow” exercises
from other apparatus



Mix in Preps & Stretches
to give a client what they
need and to build flow



Think out of the box-
but work with
intention

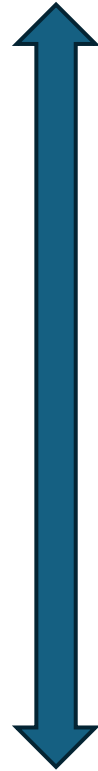
Variations :

* An alteration of an exercise to challenge the student mentally and/or physically

* A variation holds true to the goal of the exercise



- Rhythmical
- Tempo
- Complexity
- Lever Length
- Unilateral, Bi-lateral,
Ipsilateral



- Altering 'shape'
- Relationship to Gravity
- Adaptation
- Apparatus adjustment
- Combination

Choosing Variations

- Match variation to student's needs, goals & ability
- Work to student's stage of learning
- Think about the exercise- what variation does it lend itself to?
- Do not give variations until the student is solid with original.





Thank You!

Stay in touch-

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Certified Instructors