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STOTT PILATES® - the contemporary approach to the mind-body exercises pioneered by Joseph H. Pilates.

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HEAD AND CERVICAL PLACEMENT PRINCIPLE EXPLAINED

The cervical spine should hold its natural curve and the skull should balance directly above the shoulders when sitting in neutral. This position should also be maintained when supine. If there is a kyphosis (overflexion of the thoracic spine) or forward head posture, pads or foam cushions may be necessary in supine position to prevent the cervical spine from overextending.

In most instances, the cervical spine should continue the line created by the thoracic spine during flexion, extension, lateral flexion and rotation.

The idea of cranio-vertebral flexion should be incorporated anytime the thoracic spine moves into flexion. When flexing the upper torso from a supine position, focus on creating thoracic flexion and not overemphasizing cervical flexion. Cervical flexion should come from lengthening the back of the neck away from the shoulders and flexing the cranium on the first two vertebrae of

the cervical spine, not from jamming the chin into the chest. This is referred to as cranio-vertebral flexion. There should be enough room between chin and chest to fit a small fist. Once cranio-vertebral flexion and scapular stabilization are established, the upper torso can be flexed by contracting the abdominals to slide the rib cage toward the pelvis.

When extending the upper torso from a prone position, pay particular attention to maintaining an even extension from the thoracic to the cervical spine. Avoid lifting the head too high and creating overextension and compression of the cervical spine.

Be aware that the eyeline will affect the cervical placement. When flexing the upper torso from supine, the eyeline should be at the level of the knees. In thoracic extension, the focus should be slightly forward on the mat. When sitting in neutral, the gaze should remain at a constant height to avoid unnecessary flexion or extension of the cervical spine.

Head and Cervical Placement



neutral cervical alignment

cranio-vertebral flexion



correct upper body flexion

overextension of cervical

overflexion of cervical

CARRIAGE STOPPER

The position of the carriage stopper determines how close the carriage slides in toward the wooden platform. This in turn dictates the range of motion required of the body's joints. The hole closest to the wooden standing platform is referred to as position #1; the next hole out is position #2, etc.

ADJUSTING THE CARRIAGE STOPPER

- Do not sit on carriage while adjusting.
- Remove all springs from gearbar.
- Insert the rubber stopper in one of the six positions.
- Be sure the carriage stopper is completely inserted in the hole and is not loose.

The carriage stopper position should be selected so that when lying supine, with heels on the footbar, there is a 90 degree angle of flexion at the hip joint when the carriage is against the stopper. If injury, disease or other limitations restrict flexion at the hips or knees, adjust the stopper by placing it further out.

Never press the carriage out further than your strength and stability allow.

GEARBAR

The gearbar position determines the amount of initial tension on the springs. The gearbar slot closest to the wooden standing platform is referred to as position #1; the next slot out is position #2, etc.

ADJUSTING THE GEARBAR

- Do not sit on carriage while adjusting.
- Remove all springs from the gearbar.
- Place the gearbar in desired position.
- Ensure gearbar slides fully into slots.

The gearbar should be positioned to create an appropriate amount of tension relative to the strength of the individual and relative to the carriage position. Usually, the further away the carriage stopper is from the platform, the further away the gearbar should be. Ensure indentations on gearbar face wooden platform to properly house plastic balls at end of springs.

There should always be some initial tension on the springs, i.e. the gearbar should not be in position #3 if the carriage stopper is in position #1 or #2.

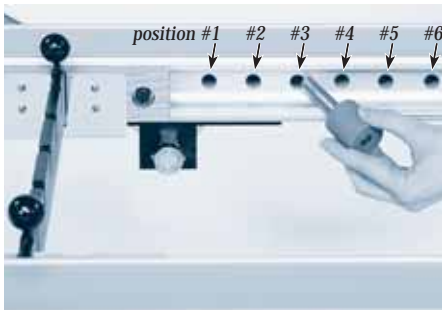
SPRINGS

The number of springs determines the total amount of resistance being worked against. A standard STOTT PILATES Reformer (except Client Reformer) comes with 4 springs of equal tension and 1 spring with half the amount of tension in the center position. Springs should always be adjusted for individual.

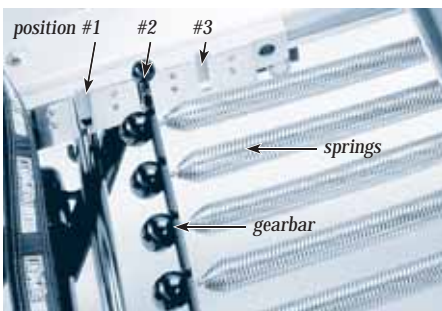
ADJUSTING THE SPRINGS

- Please take care when attaching and detaching the tension-coiled springs.
- Firmly grasp the spring, rather than the ball, and stretch it to hook it in or out of the gearbar.
- Ensure the ball at the end of the spring rests securely in the gearbar.

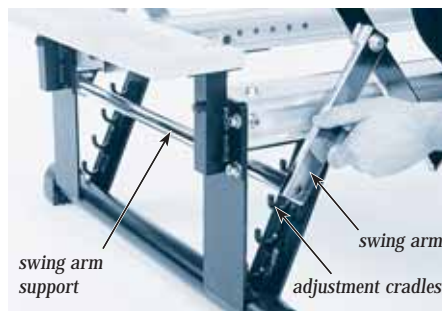
Reformer Features



carriage stopper



springs and gearbar



adjusting the footbar



pulleys

FOOTBAR

The footbar (except on the Client Reformer) can be set at four different heights to enhance the vast repertoire of exercises and to accommodate physical differences and abilities. The highest placement is referred to as position #1, the next, position #2, etc.

ADJUSTING THE FOOTBAR

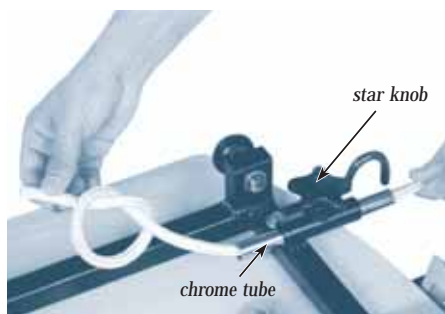
- The footbar can be adjusted while standing beside the Reformer or sitting on the carriage.
- Gently pull the footbar up with one hand, with the other hand lift the swing arm support out of the adjustment cradle.
- Lift or lower the footbar to the desired height and release the swing arm support into the nearest adjustment cradle.
- Make certain that the swing arm support is securely placed in one of the four cradles.

PULLEYS

We recommend adjusting the height of the pulleys to the same height as the top of the shoulder rests. Ensure star knobs are tightened securely.

The Rack & Roll™ Reformer has removable pulley bars. To remove for storing, loosen star knobs and remove pulley bars from receptacles. Place the pulley bars into the stacking block. No need to remove the ropes. Coil and place the rope slack neatly in the stacking block.

When replacing pulley bars, ensure they are firmly within the receptacles. Tighten star knobs securely.



ropes



storing rack & roll shoulder rests and pulleys



detachable shoulder rests



adjustable headrest

ROPES

To determine correct length of ropes, set carriage stopper in second hole, engage springs so carriage does not move, then attach Reformer loops to ropes and place loops on carriage so fixed D-ring on loop lines up with metal plate of shoulder rest. Subtle adjustments can be made to length of rope (to ensure equal length) by sliding chrome tube housing the rope. Secure by tightening star knobs.

HEADREST

The headrest has three positions available: flat, half-raised or fully raised. It should be adjusted on an individual basis to make neck and shoulders comfortable and tension-free when lying supine.

In exercises where the hips are lifted higher than the shoulders, the headrest should always be in the flat position – even when beginning supine. In some exercises it is raised to provide a brace for the feet. When not supporting the head or feet, the headrest is usually flat in order to remain out of the way.

ADJUSTING THE HEADREST

- Find a notched adjustment block on the underside of the headrest.
- With no weight on the headrest, lift it and hinge the adjustment block so that it rests securely onto the wooden edge of the carriage.

SHOULDER RESTS

Your Reformer may have detachable shoulder rests. To remove shoulder rests, pull directly up on the hand-holds. To attach, slide the square posts into the square holes in the carriage with the padded side facing the footbar.

To store shoulder rests for stacking Rack & Roll Reformers, slide the square posts into the square holes in the stacking block.

If your shoulder rests are not detachable, adjust to the desired width before tightening; check frequently that they have not loosened with use.

HUNDRED

footbar position #1, 2 or 3 springs, headrest adjusted for individual

STARTING POSITION

Supine, imprinted position. Legs parallel and adducted in air, knees flexed (tabletop position). Elbows flexed by sides of body. Hands in straps, fingers long, palms facing away. Scapulae stabilized.

EXERCISE

To prepare, inhale...

EXHALE lengthen back of neck, keep scapulae stabilized and contract abdominals to flex thoracic spine. Simultaneously, extend elbows, reaching arms by sides level with shoulders, and extend legs on a diagonal as low as imprint can be maintained.

Then...

INHALE for 5 counts, keeping upper body flexion, scapular and pelvic stability, while doing small vertical pulses with arms.

EXHALE for 5 counts while continuing to pulse arms.

Complete 10 sets (a total of 100 counts).

To finish...

INHALE remain in upper body flexion, flex knees and continue to reach arms.

EXHALE flex elbows and return upper body to carriage. Legs remain in the air.

NOTE: May be done starting in a neutral position and maintaining throughout once strength is gained and ability demonstrated.

ESSENCE

TARGET MUSCLES: transversus abdominis to compress abdomen and stabilize lumbo-pelvic region; deep pelvic floor to aid in firing transversus; rectus abdominis and obliques concentrically to create and isometrically to maintain thoracic flexion and stabilize pelvis; lats and pec major to stabilize arms challenged by resistance from behind; hip flexors, adductors and quadriceps isometrically to maintain position of legs; scapular stabilizers

STABILITY: lumbo-pelvic region against weight of legs; upper body in flexion; scapulae during arm movement

ENDURANCE: abdominals to maintain thoracic flexion and stabilize pelvis throughout

Hundred



1. starting position



2. flexed position



3. flex knees



4. return

ROUND BACK | SHORT BOX

NOTE: Position box widthwise on carriage. Box can be placed over or pressed against shoulder rests. Pelvis positioned in center of box with enough room for sacrum to roll onto box and not off it. Footstrap adjusted so that there is tension with knees slightly flexed. It is important to keep feet hooked securely under footstrap. Do not let feet slip out as weight of torso is leaned or rolled away from footstrap.

footbar position #4, 2 springs, headrest flat

STARTING POSITION

Seated upright on box, pelvis and spine neutral. Legs adducted with feet hooked under footstrap. Each hand holding other wrist in front of lower abdomen. Scapulae stabilized.

EXERCISE

To prepare, inhale...

EXHALE initiate by rolling ASIS away from front of femurs and flex lumbar spine as low as abdominals remain flat (upper spine will flex in response to lumbar spine).

INHALE maintain flexion, initiate by stabilizing scapulae and lift arms overhead.

EXHALE lower arms and initiate with abdominals to flex torso forward over legs, bringing weight on top of sit-bones.

INHALE sequentially lengthen spine from tail to head, returning to neutral.

Complete 5 repetitions.

ESSENCE

TARGET MUSCLES: transversus abdominis to compress abdomen and stabilize lumbo-pelvic region; deep pelvic floor to aid in firing transversus; rectus abdominis and obliques concentrically to create and isometrically to maintain flexion; gluteus maximus and hamstrings concentrically to bring back of pelvis toward back of femurs; scapular stabilizers

STABILITY: spine during articulation; torso in flexion; scapulae

MOBILITY: spinal articulation; pelvis on femurs

SEQUENCING: articulation of spine from tail to thoracic on roll back, from tail to thoracic on roll up

FOCUS

- initiate by rolling pelvis away from femur and increasing lumbar flexion with abdominals not leaning back
- avoid allowing upper body to lean further back than pelvis, causing lumbar to extend
- keep cervical spine in line with thoracic spine; avoid jamming chin into chest
- keep scapulae stabilized as arms lift overhead

Round Back



1. starting position



2. roll back



3. lift arms



4. flex forward



5. return

