

BOSU® Studio Pilates

1. Overview

A. Traditional Pilates vs. Contemporary Fusion

This workshop is more rooted in traditional Pilates with contemporary accents.

Example: Pelvic curl articulation versus hip lift bridge

B. Modifications/Cues

This workshop will favor traditional Pilates modifications/cues.

Example: Incorporating the 10 Tenets of Pilates with each exercise

C. Common sense

Not all exercises in the workshop are appropriate for all people

Example: Double leg stretch, single leg stretch and criss-cross

2. Pilates and the BOSU® Balance Trainer

A. Easier exercises → more challenging

Examples:

1. Roll-Up (Fulcrum)
2. Pelvic Curl (Instability)
3. Double Leg Stretch (Balance)

B. Challenging exercises → more user-friendly

Examples:

1. Roll-Over (Feedback)
2. Spine Stretch (Comfort)
3. Teaser (Assistance)

C. Inexpensive replacement for a variety of traditional props and equipment

Examples:

1. Step Barrel
2. Reformer
3. Small Stability Ball

3. Things to Consider

A. Sweat

B. Clothes

C. Bare feet

4. MVP!

BOSU® Studio Pilates

Session Handout

Warm-up		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Roll-up * Overhead Reach * Chest Lift * Chest Lift + Rot	Sit on BOSU with tush just above base, arms shoulder width in front of you, parallel to floor. Legs extended with adductors glued together.	
Gluteals Prone		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Frog * Extended Frog + Reverse * Openings * Beats	Lying prone, pelvis on apex of BOSU, forehead on backs of hands down on floor.	
Full Body Integration 1 (equipment option - use multiple BOSU under feet dome side up)		
Exercise:	Description / Set Up:	Breath & Movement Pattern Notes:
Front Support	Plank position, hands shoulder width on BOSU and feet hip width behind	
Leg Pull Front	Plank position, hands shoulder width on BOSU and feet hip width behind.	
Pilates Push-up's	Plank or kneeling plank position, hands on outside of BOSU and feet hip width behind.	
Hip Work		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Scissors * Helicopter * Openings * Beats	Lying supine, shoulder girdle on floor and tush near apex of BOSU, palms of hands pressing on sides of BOSU. Legs extended towards ceiling, knees straight.	
Elongation Sequence		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
Spine Stretch	Sitting on apex of BOSU, spine extended towards ceiling, knees straight, feet shoulder width apart (dorsi flexed), arms out in front of you palms facing towards each other.	
Spine Twist	Sitting on apex of BOSU, spine extended towards ceiling, knees straight, feet shoulder width apart (dorsi flexed), arms out in front of you palms facing towards each other.	
Saw	Sitting on apex of BOSU, spine extended towards ceiling, knees straight, feet shoulder width apart (dorsi flexed), arms out in front of you palms facing towards each other.	

Core Sequence 1		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Double Leg Stretch * Single Leg Stretch * Criss Cross	Lying supine, low back on apex of BOSU in your sweet spot. Knees table top, palms of hands pressing on tops of knees.	
Arms Supine (use 1 to 3 pound softballs)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Hug a Tree * Changes * Helicopter	Supine, shoulder girdle and cervical spine on BOSU. Feet hip width on floor and in plank position. Arms extended towards ceiling with a soft bend in elbows.	
Full Body Integration 2		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Back Support * Leg Pull Back	Sitting, tush up against BOSU base, arms behind on wide parts of the BOSU and almost straight.	
Core Sequence 2		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
Hip Circles	Sitting near apex of BOSU, legs extended out on high diagonal towards ceiling, toes pointed and legs glued together. Arms behind palms of hands pressing into wide parts of dome.	
Teaser 1		
Teaser 2		
Full Body Integration 3 (use gliding discs under feet or toes)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
Knee Stretch	On all fours, palms of hands on wide parts of BOSU dome, back rounded, knees lifted and on toes (hip width apart).	
Up Stretch / Up Stretch Arabesque	Standing, feet hip width, palms of hands on wide parts of BOSU dome, back extended and tush to ceiling.	
Snake	Standing, feet hip width, palms of hands on wide parts of BOSU dome, back extended and tush to ceiling.	
Core Sequence 3 (use flat band anchored around soles of feet and equal tension in each hand)		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
* Rhomboids * Row * Row + rotate * Wide arms * Wide arms + rotate * Biceps	Sitting just below apex of BOSU, legs extended out on 45 degree angle, feet dorsi flexed with theraband or tubing around feet.	

Core Sequence 3 (use flat band anchored around soles of feet and equal tension in each hand)		
Rowing Back 1	Sitting just below apex of BOSU, legs extended out straight, toes pointed, heels on floor. Arms extended out straight, palms up.	
Rowing Back 2	Sitting just below apex of BOSU, legs extended out straight, toes pointed, heels on floor. Arms extended out straight, palms facing each other.	
Lateral Flexion		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
Side Bend	On one side, hip on floor, legs out with 45 degree angle, top foot over bottom foot slightly and hand on BOSU apex.	
Twist		
Side Kick Kneeling	On one side, bottom knee on BOSU apex, top leg extended parallel to floor. Bottom arm on floor with wrist stacked under shoulder, top arm behind head.	
Lower Torso Side Lift	On one side, hip near apex of BOSU and stacked underneath top hip, legs extended out and straight and parallel to floor, inner thighs glued together.	
Back Extension		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
Basic Back	Prone, pelvis on apex of BOSU, arms glued to thighs, legs extended behind. Balancing on dome.	
Single Leg Kick	Prone, pelvis on apex of BOSU, arms in front, elbows down and forearms in prayer position, legs extended behind.	
Swan	Prone, pelvis slightly below apex of BOSU, legs extended wide on floor, hips externally rotated, upper body rounded over dome with fingers interlaced behind head.	
Swimming	Prone, pelvis slightly below apex of BOSU, legs extended wide, hips externally rotated, upper body lifted and arms out in front shoulder width apart.	
Cool Down		
Exercises:	Description / Set Up:	Breath & Movement Pattern Notes:
Hamstring Stretch w. Layback	Sit with tush up against base of BOSU, knees bent and hands on hamstrings.	
Gluteal Stretch	One knee bent on or near apex of BOSU with behind leg extended out, body rounded over bent knee.	