



June Kahn's Bodyworks, LLC
Professional Fitness Pilates Training

CAFFEINATED PLATES

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2009 World IDEA Fitness Instructor of the Year

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STANDING PROGRESSIONS

Review of Balanced Spine
Review of Rip/Hip Integration

Review of Breath Process: Forced Expiration

Standing Pelvic Tilts: Anterior and Posterior Pelvic Tilts

½ Roll downs and Roll Ups

Spine Twist

Unwinding – Lunge Back with arms to side, Rotate and Helicopter Arms through planes of motion to warm up torso and stretch Hip Flexors.

Standing Mermaid

Trace the Clock

Lunges side to side leading to Standing Open Leg Rocker

Standing Hundreds – Reach one leg forward, Bend supporting leg as you Flex forward through spine pumping arms forward. Roll Up to extend spine with arms pumping back engaging triceps

Standing Spine Stretch Forward

Standing Roll down “transitioning “ to floor to all fours

MATWORK PROGRESSIONS

Push Pull –

Transition to all Fours

Opposite Arm / Opposite Leg lift with Abduction

All 4's Core Control (reaching arm to side to reach ankle of bent knee)

Transition to Prone

Prone position

Prone Back Extension “Modified Swan”

Use “Little Piece of Heaven’ to stretch spine

Use Inversion (“Downward Dog”) to transition to seated position

SEATED PROGRESSIONS



½ Roll Downs

½ Roll Downs with Rotation

Transition with Rolling down to supine

SUPINE PROGRESSIONS

Double Leg Stretch

Single Leg Stretch

Leg Circles

Double Leg Lowers

Bridging Variations

Hip Smiles

Articulating Bridges

One Leg Articulating Bridges

Climb A Tree

Stationery Teaser with Extended Legs

Transition to Seated Mermaid Position Facing Front

SEATED MERMAID

Seated Mermaid with Lateral Flexion

Seated Mermaid with Lateral Flexion and Rotation

Seated Mermaid to Extended Mermaid or “Star”

Star to Twist

Transition to Seated Mermaid on other side using Hip Rolls

Seated Mermaid with Lateral Flexion

Seated Mermaid with Lateral Flexion and Rotation

Seated Mermaid to Extended Mermaid or “Star”

Star to Twist

Transition from Start to Plank

Walk hands to Feet

Roll Up

Finish with Standing Roll Down to Push up (3 reps)

Finish Standing



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