

pilates

DAVID W. ANDERSON

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history

THE PILATES METHOD OF EXERCISE DATES BACK TO WORLD WAR I GERMANY, WHERE AN ATHLETE NAMED JOSEPH PILATES WORKED TO HELP REHABILITATE INJURED SOLDIERS. SINCE MANY SOLDIERS WERE SO BADLY INJURED THAT THEY COULD BARELY GET OUT OF BED, PILATES USED STRAPS AND SPRINGS ON THEIR HOSPITAL BEDS TO HELP THEM PERFORM RESISTANCE EXERCISES AND FLEXIBILITY MOVEMENTS.

IN THE 1920'S, PILATES AND HIS WIFE OPENED A STUDIO IN NEW YORK CITY, WHERE SOME OF THE WORLD'S MOST FAMOUS DANCERS WOULD COME TO NURSE THEIR INJURIES. SOON, MANY ELITE PERFORMERS, INCLUDING ENTERTAINERS AND PROFESSIONAL ATHLETES, WOULD BEGIN USING THE PILATES METHOD.

TODAY, MILLIONS OF PEOPLE OF ALL AGES AND FITNESS ABILITIES HAVE DISCOVERED THE PILATES METHOD OF EXERCISE. PEOPLE FROM ALL BACKGROUNDS USE IT TO GAIN STRENGTH, FLEXIBILITY, AND ENDURANCE.

DAVID W. ANDERSON

D. Anderson

DAVID ANDERSON, CERTIFIED BY THE AEROBICS AND FITNESS ASSOCIATION OF AMERICA, IS A STOTT PILATES INSTRUCTOR AT METRO FITNESS IN MONTGOMERY, ALABAMA. ANDERSON, ALSO AN INSTRUCTOR AT A NURSING HOME AND AT PHOENIX STUDIO IN MONTGOMERY, HAS INTRODUCED A PILATES METHOD CALLED INTEGRATED STRENGTH TRAINING (IST), WHICH FOCUSES ON STRENGTH AND FLEXIBILITY BASED ON DANCE.

ANDERSON HAS A LONG RESUME IN DANCE, INCLUDING BEING A FORMER PRINCIPAL DANCER FOR THE SAN FRANCISCO BALLET AND A FORMER MEMBER OF THE AMERICAN BALLET THEATRE AND RADIO CITY MUSIC HALL SOLOIST. HE HAS WORKED AS A FREELANCE CHOREOGRAPHER AND HAS DIRECTED HIS OWN COMPANY, DAVIDANDERSONDANCE. MR. ANDERSON HAS ALSO COLLABORATED AND DIRECTED IN VARIOUS DANCE PROGRAMS, INCLUDING THE MONTGOMERY BALLET AND THE ALABAMA CONTEMPORARY DANCE COMPANY. HE HAS RECEIVED AWARDS FROM THE ALABAMA STATE COUNCIL ON THE ARTS AND THE PANOPLY FESTIVAL IN HUNTSVILLE.

THE HUNDRED (MODIFIED)



1. Lie on back with knees bent at a 90-degree angle with arms straight, raised about 6 inches off floor and palms down.
2. Inhale while pulsing arms 5 times.
3. Exhale. Bring head up with chin down while extending arms.
4. While exhaling slowly, pulse arms 5 times.
5. Repeat 10 times.



1. Lie on back with knees bent at a 90-degree angle.
2. Place one hand behind head while extending the other straight out from side.
3. Inhale while pulsing arms 5 times.
4. Exhale. Bring your head up with your chin down while extending arm out.
5. While exhaling slowly, pulse arms 5 times.
6. Repeat 10 times.

THE HUNDRED (CHALLENGED)



1. Lie on back with legs together.
2. Extend legs up at a 45-degree angle.
3. With chin down, lift head in the direction of the thighs, pulsing a pumping action with arms as they are extended straight.
4. Inhale for 5 pumps and exhale for 5 pumps.
5. Repeat 10 times.

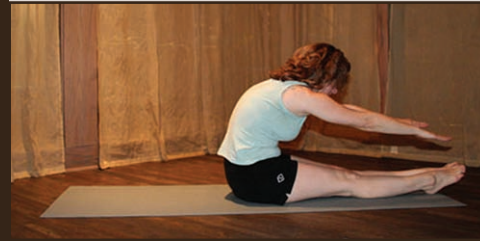
Muscles worked: Abdominals

ROLL-UP (MODIFIED)



1. Lie on back with legs together and straight.
2. Inhale, tightening abdominal muscles, while raising arms over head providing an opening for head to fit between shoulder blades.
3. Exhale while slowly returning to start position.
4. Repeat 5 times.

ROLL-UP (CHALLENGED)



1. With arms raised, head tucked, and legs straight, inhale while sitting up to lengthen the spine.
2. Roll body in an "up and over" motion reaching toward toes.
3. Keep upward body rounded over.
4. With arms straight and legs closed and straightened, exhale and reverse backwards to lower back to the floor.

Muscles worked: Abdominals, back, hamstrings

SWAN (MODIFIED)



1. Lie on mat face down with forehead on a towel.
2. Place hands flat on mat even with ears.
3. Straighten elbows.
4. Bend elbows bringing hands under shoulders.
5. Open legs shoulder width.
6. Using abdominal muscles, inhale and arch back up by pressing forearms and hands into the mat.
7. Form an arc with the upper back leaving the lower back on mat.
8. Exhale and return to the mat lying flat on back.
9. Repeat 5 times.

SWAN (CHALLENGED)



1. Lie on mat face down with forehead on a towel.
2. Place hands flat on mat even with ears.
3. Straighten elbows.
4. Bend elbows bringing hands under shoulders.
5. Using abdominal muscles, inhale and arch upper back up away from the mat.
6. Release hands and elbows and rock forward with hands extended as far as is appropriate and legs lifted outward.
7. Exhale and return to the mat.
8. Repeat 5 times.

Muscles worked: Abdominals, hip flexors, inner thighs, pelvic floor, hamstrings, back, shoulder blades

SPINE TWIST



1. Sit up tall on sit bones facing forward, with legs shoulder width apart.
2. Extend arms out to each side even with shoulders.
3. Exhale and rotate the spine to one side using the upper body.
4. Inhale while rotating the spine back to the frontal position.
5. Exhale while rotating spine to opposite side.
6. Inhale while returning to the frontal position.
5. Repeat 5 times to each side.

Muscles worked: Obliques, abdominals, back extensors, pelvis, and central vertical axis

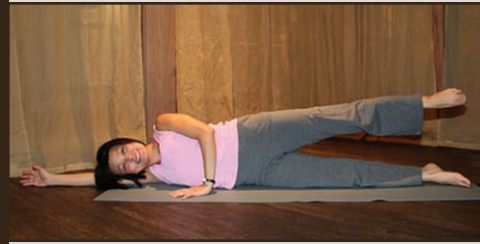
ROLL-OVER



1. Lie flat on back with arms by sides and palms down with legs together, lifted off the floor at a 90-degree angle.
2. Inhale while lifting legs over body and toward head.
3. Stop legs once they are parallel to the floor above head and exhale.
4. Inhale and hold for 2 seconds.
5. Lower legs from over body toward mat.
6. When legs begin to lower, spread them apart, slightly wider than shoulder distance.
7. Exhale while returning to starting position.
8. Repeat 5 times and switch sides.

Muscles worked: Abdominal muscles and hamstrings

LEG ABDUCTION



1. Lie on side with legs straight and knees together.
2. Rest head on extended arm with free arm bent, elbow up for balance.
3. Inhale while raising top leg straight at a 45-degree angle away from bottom leg.
4. Hold for 2 seconds.
5. Exhale while lowering leg, foot flexed, returning to start position.
6. Repeat 5 times and switch sides.

Muscles worked: Outer thighs and hips

LEG ADDUCTION



1. Lie on side with legs straight and knees together.
2. Rest head on extended arm.
3. Free arm bent, elbow up for balance.
4. Inhale while lifting top leg at a 45-degree angle away from bottom leg.
5. Raise bottom leg to meet top leg.
6. Exhale while lowering both legs to starting position.
7. Repeat 5 times and switch sides.

Muscles worked: Inner thighs

SINGLE LEG STRETCH



1. Lie flat on back with body straight, legs together, and arms straight. (If needed, hands may be placed behind head.)
2. Raise head and shoulders off floor.
3. Lift legs to 45-degrees.
4. Exhale while bringing one knee up at a time to chest.
5. Inhale while holding right knee with inside arm and right ankle with right arm.
6. Exhale while straightening left leg into the air.
7. Inhale while drawing left knee back to chest.
8. Alternate for 8 sets.

Muscles worked: Inner thighs, quads, outer thighs, oblique, lower abs, and hips

DOUBLE LEG STRETCH



1. Lie on back with legs together and head and shoulders lifted off floor.
2. Bring both knees to chest.
3. Lift legs to 45-degrees.
4. Exhale while holding both knees to chest.
5. Inhale while straightening both legs in the air.
6. Repeat 8 times.

Muscles worked: Inner thighs, outer thighs, hips, obliques

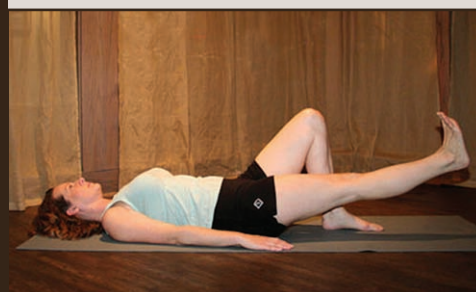
SCISSORS



1. Lie flat on back with left leg straight up at a 90-degree angle and right leg up about six inches, parallel to the floor.
2. Place left arm over head and right arm down at side to parallel right leg.
3. Inhale while lengthening the back of neck.
4. Exhale and flex upper body off the mat.
5. Inhale while the legs make scissors action with bottom leg pulsing at the bottom before changing to the other leg.
6. Alternate for 8 sets. Each set consists of both legs in the scissors action.

Muscles worked: Gluteus, lower back, abdominals, and legs

BRIDGE (MODIFIED)



1. Lie face up on mat with knees bent, feet and elbows on the floor, and arms extended out.
2. Flatten lower back against the floor.
3. Lift hips and lower back up toward ceiling, feet remaining on floor, and knees still bent.
4. Form a straight line from knees to chest and hold 20 seconds while breathing.
5. Return to starting position.
6. In the bridge position, lift the toes off the mat
7. Return feet to mat.
8. Lift heels off mat.
9. Return feet to mat.
10. Repeat 2 sets. (Working the right and left legs are one set.)

Muscles worked: Lower back, abdominals, gluteus, and hamstrings

BRIDGE (CHALLENGED)



1. In the bridge position, inhale while pushing the hips upward.
2. Exhale while extending one leg, maintaining balance with other leg, and arms securely on mat.
3. Inhale while returning to starting position.
4. Repeat with other leg.
5. Repeat 2 sets. (Working the right and left legs are one set.).

Muscles worked: Lower back, abdominals, gluteus, and hamstrings

ABOUT THE MODELS

Anne Neiman, an interior designer, has taken Pilates for the past three years at Metro, primarily under instructor David Anderson. Anne says she began taking Pilates following back surgery and found it to be a tremendous help. She has enjoyed continuing Pilates as a regular Pilates Metro member.

Paula Chang, a long-time fitness enthusiast, joined David Anderson's class at Metro Fitness in Montgomery. She has been enjoying the Pilates method for nearly three years.

