

The Center
for Women's Fitness



PRE & POST-NATAL
PILATES
ON THE
CADILLAC

by Carolyne Anthony

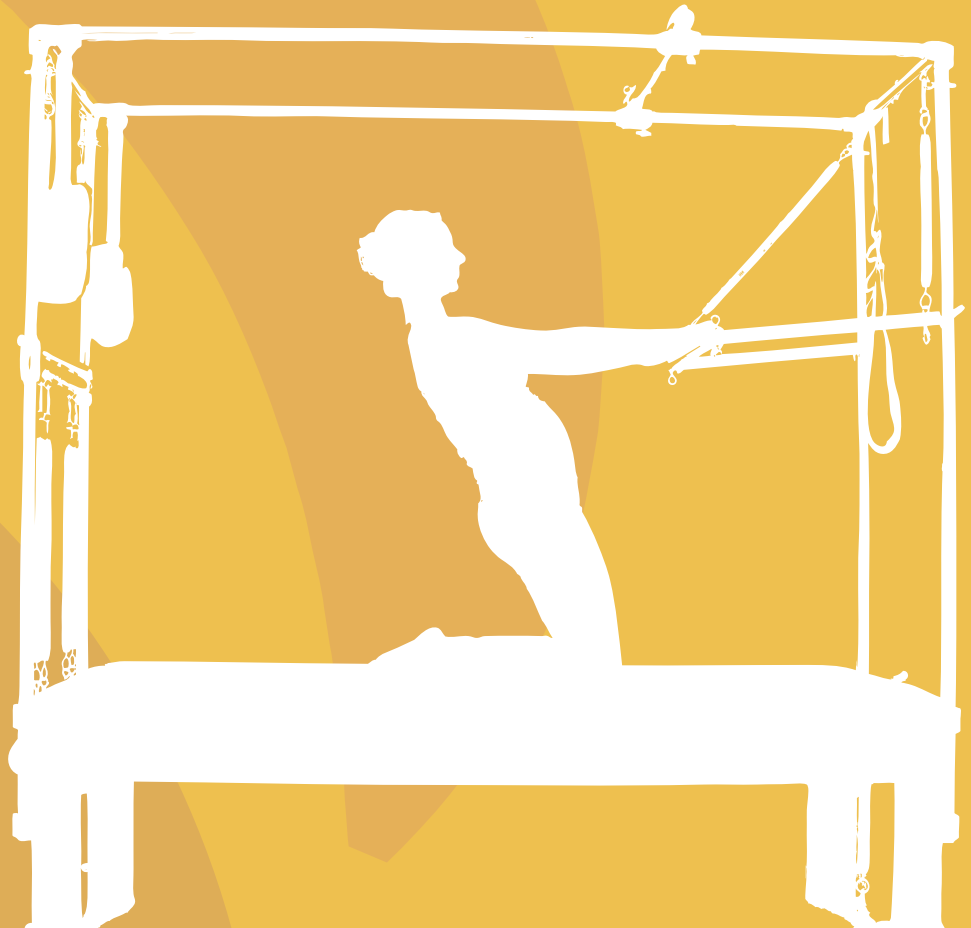


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INTRODUCTION

Welcome to the Pre and Post natal Pilates on the Cadillac from The Center for Women's Fitness. This workbook is intended for Pilates instructors who are going through our Pre and post natal Pilates Specialist Training Program™. This workbook forms the practical side to the lectures.

The exercises in this workbook are geared towards women in all trimesters who are fit and healthy with no known problems. It is preferred that they have done Pilates before, but we have added exercises that will benefit all pregnant and postnatal women.

The Center for Women's Fitness was founded in 1994 and has been at the cutting edge of prenatal and postpartum fitness ever since. The Center has trained teachers all over the world and is the leading organization for certification in Pilates for pregnancy and postpartum.

For more information on our workshops please visit www.thecenterforwomensfitness.com.

PRE & POST NATAL PILATES ON THE CADILLAC

All sessions should begin with a full body warm up, especially for the pregnant exerciser. During the second and third trimester the body responses have slowed and a good warm up is essential for preparing the body for further movement. It is an opportunity to calm down and focus.

A warm up should ideally include the following:

- *Breathing* – to calm and focus the mind and to also begin activating and oxygenating the muscles.
- *Gentle stretching* – rhythmic rather than static stretching works better at the beginning of a session. The “rocking” motion of rhythmic movement helps to release a muscle.
- *Spine mobilization and stabilization* – gently opening up the space between the vertebra allows spinal fluid to pass between them. This helps healing and is also an energy boost.
- *Spine rotation and extension* – first warm up the spine in flexion and then add rotation, lateral flexion and extension. This helps prevent unnecessary strain to the spine.

Keep a rhythm and flow to the warm up as this helps send energy throughout the body.

ESSENTIAL EXERCISES FOR PREGNANCY AND POSTPARTUM

- Pelvic floor exercises
- Abdominal work to activate the TA and obliques and to maintain lumbar pelvic stability
- Hamstring strengthening and stretching to help stabilize the pelvis
- Hip adduction/abduction
- Arm work to include external rotation and shoulder adduction

ADDITIONAL IMPORTANT EXERCISES

- Thoracic extension
- Lumbar flexion and articulation of the spine
- General stretching especially hip flexor and piriformis

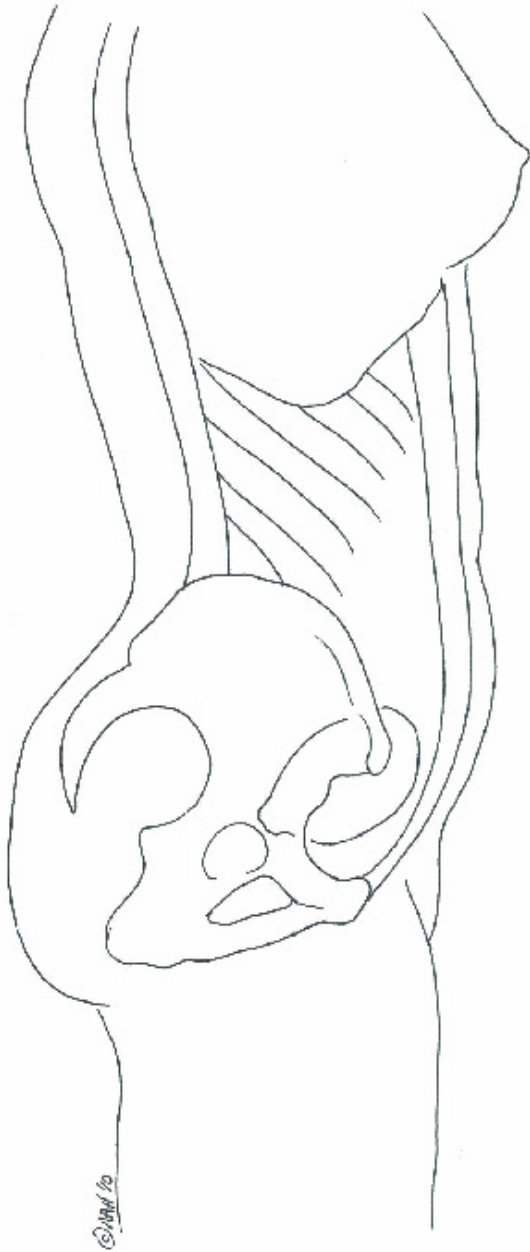
The areas affected by pregnancy remain the same during the postpartum period. Those areas in pregnancy that have been overstretched and misaligned, need to be gently coaxed back into place and strengthened postpartum according to the individual client. Exercising with props to support the vulnerable postpartum body is helpful.



FIRST TRIMESTER (0-12 weeks)

ESTABLISHING A ROUTINE

Before you can begin designing sessions for your pregnant client, you need to know a little bit about what is happening to her body. Remember, everyone is different and these are some general statements.



Physical Symptoms

- Tiredness
- Nausea
- Sometimes vomiting may be present
- Breasts larger and more tender
- Some weight gain
- An increase in urination at this time

Psychological symptoms

- Excitement
- Fear
- Confusion

The fetus is about 6 to 7 centimeters long, weighs a couple of ounces and looks like a miniature human being. It has some reflexes. The heartbeat can be picked up on ultrasound by six weeks.

Breakdown of first trimester: fetal development

Week one – date of last menstrual period.

Week two – ovulation and conception.

Week three and four – missed period and implantation. (Implantation may cause some spotting which may confuse some women as to whether they have a period or not).

Week five – central nervous system forming.

Week six – arms and legs forming. Brain and major organs forming.

Week seven – muscles developing. Eyes forming

Week eight – ears, bones and mouth forming

Week nine – fetus starts to move- not felt by mother. Tooth buds appear.

Week ten – heart functions at basic level. Lungs forming.

Week eleven – head is about ½ the size of the body

Week twelve – nose lips and chin forming. Toes and fingers formed.

Week thirteen – placenta completely formed.

If you look at this list, you realize how important it is to know if someone is trying to get pregnant. By six weeks the fetal brain is developing and it is at this stage that some neural tube defects may occur. Some causes for this have been linked to being overheated during vigorous exercise. Not a problem with Pilates unless you also include a cardiovascular section to your routine. Most women do not realize they are pregnant until about week eight. By then the fetus is almost fully formed.

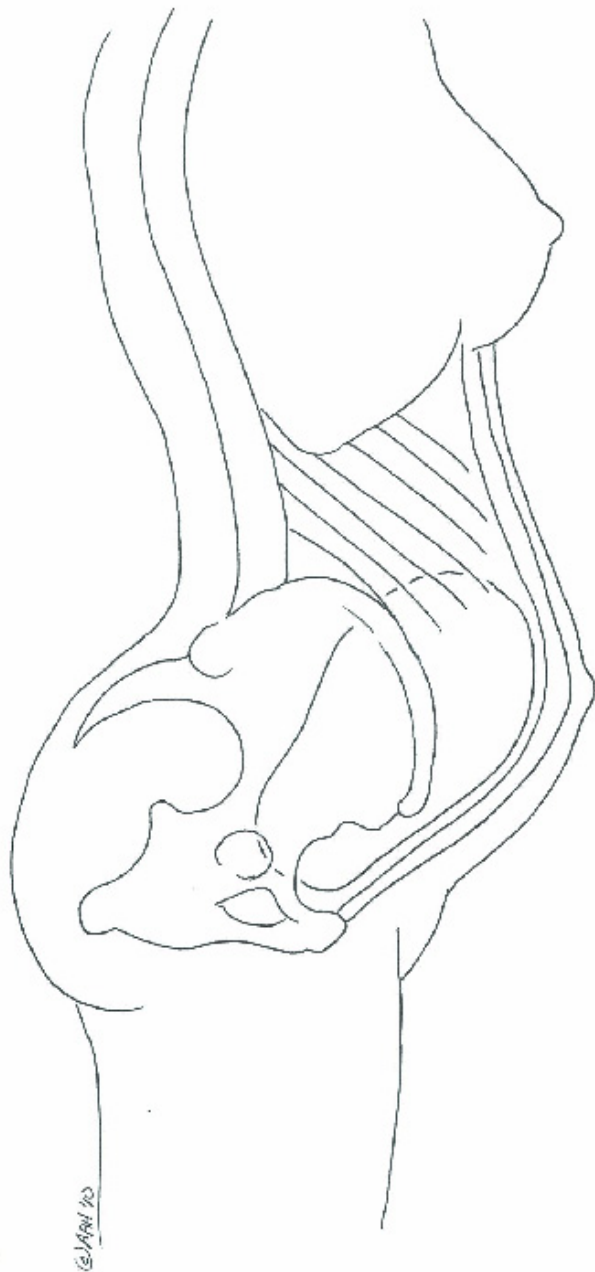
During this trimester, the focus should be on establishing a routine that will see you through the rest of the pregnancy. Try to educate her on her pelvic floor, why you will not be working her too hard and the reason behind all of your concerns. If your client is adamant about working out hard, allow this but keep a watch on her and then give her permission to slow down when it seems like she is struggling. Never make her feel like she has done anything wrong. She really hasn't. There is just a better way of doing this.

Essential exercises for the first trimester

- ***Neutral pelvic alignment***
Important for alignment of the pelvis to facilitate correct birth positioning of the baby and for a reference point for when the pelvis moves into a more anterior tilt.
- ***Extension of thoracic spine***
To increase awareness of this area and to strengthen it in preparation for the progression of kyphosis in later pregnancy.
- ***Flexion of lumbar spine***
To gain mobility in this area and to strengthen and stretch the lower transversus and the back extensors.
- ***Transverse abdominus stabilization***
Strengthening and stabilization of abdominal area. Prevention of destabilization of rectus abdominus. Learning to activate this muscle with breathing exercises.
- ***Oblique strengthening***
Strengthening and stabilization of abdominal area. Prevention of destabilization of rectus abdominus.
- ***Pelvic floor toning***
Learning to indentify the pelvic floor and to strengthen and stretch this area.
- ***Breathing***
Teach breathing as a meditative and relaxation tool and abdominal and pelvic floor strengthening exercise.

SECOND TRIMESTER (14-27 weeks)

MODIFYING THE ROUTINE



Physical Symptoms

- The mother usually feels better and has more energy.
- For most women, morning sickness is a thing of the past. However, some women will experience nausea for the whole nine months. This is quite a strain as it is sometimes difficult to eat enough and so fatigue and lack of energy will be a factor here.
- The pregnancy is more noticeable as the uterus lifts up and out of the pelvic basin into the abdominal cavity. This may cause round ligament pain.
- The mother may feel the baby move at around 18-22 weeks.
- Usual weight gain by the end of this trimester is between 18-25 pounds.

Psychological symptoms

- The mother is more relaxed about the pregnancy and is beginning to get excited about it. There is usually a sense of well being during this time.

The fetus is around 14 inches long and weighs about 1-2 pounds.

Breakdown of second trimester: fetal development

Week 14 – sex is identifiable.

Week 15 – kidneys begin to function.

Week 16 – lanugo hair forming. Body is growing fast.

Week 17 – fingernails and toenails forming. Heartbeat audible.

Week 18 – heartbeat audible. Ovaries forming in females.

Week 19 – mother can definitely feel the baby moving.

Week 20 – scalp hair forming.

Week 21 – skin is very thin with little or no fat.

Week 22 – eyebrows and eyelashes forming.

Week 23 – head is about 1/3 total body length. The body is covered with lanugo and vernix. Fetus can suck thumb.

Week 24 – fetus is gaining weight. The lungs are still immature.

Week 25 – gaining weight.

Week 26 – still gaining weight.

Week 27 – lungs secrete surfactant- may survive outside the womb if born now.

By the end of this trimester the mother looks quite pregnant. She may complain about being huge but this is nothing compared to what she will feel like at the end of the pregnancy.

At around five months the uterus will pull up out of the pelvic basin sometimes causing round ligament pain. The round ligament helps anchor the uterus to the pelvis. When the uterus expands quickly, it stretches these ligaments causing some pain. Flexing at the hips can offer some relief

Breathing may become shallower and the rib cage will begin to expand. Use posterior and lateral ribcage breathing to stretch the intercostals muscles in preparation for further growth and upward movement of the uterus. Women in their second or more pregnancies will reach this stage quicker than first timers. **Supine hypotensive syndrome** becomes an issue during this trimester. This occurs when the inferior vena cava is compressed by lying supine. Symptoms include shortness of breath, dizziness and nausea in the mother. It is thought to decrease circulation to the fetus. There are no studies to show if the mother becomes affected first before any symptoms arise in the fetus or vice versa. Turning the mother onto her side rectifies the syndrome.

Exercising in the supine position is permitted for short intervals if the mother has no obvious signs of compression. Alternate with side lying exercises.

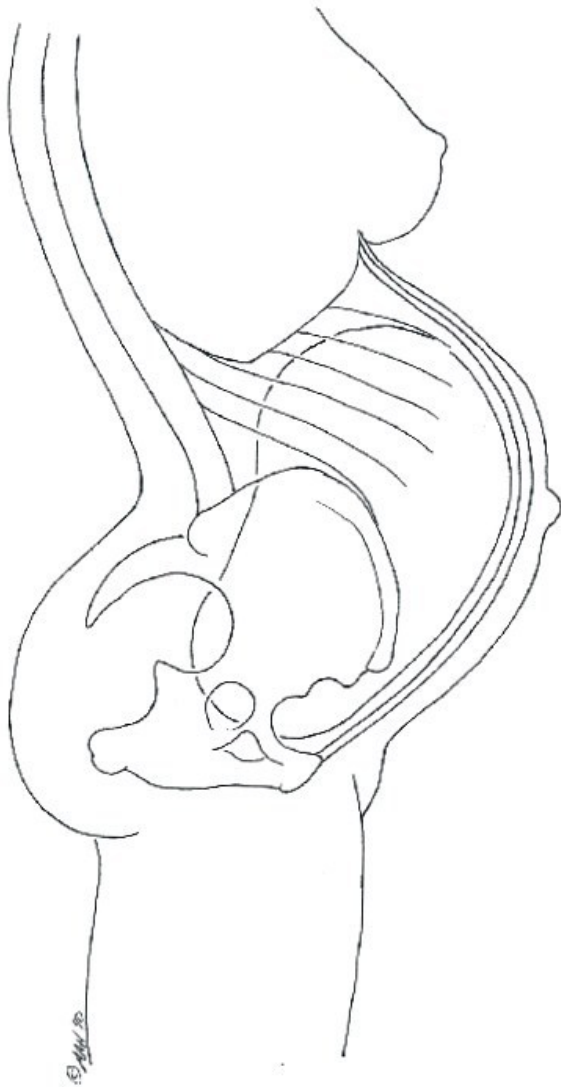
The mother may start to complain about backache at this stage. Pelvic tilts are a good way to relieve this problem.

Essential exercises for the second trimester

- **Neutral/anterior pelvic alignment**
The pelvis may be starting to pull forward at this point. Work to sustain stability with the surrounding muscle groups. Trying to maintain neutral is a contraindication of the natural shift forward of the pelvis and lumbar spine.
- **Lateral flexion**
Add more side bending exercises to help keep the intercostals stretched to accommodate the expansion of the ribcage.
- **Thoracic extension**
Continue maintaining strength in upper body and arms. As the pelvis moves forward there will be a tendency to brace against gravity by leaning back.
- **Obliques and transversus**
Will become more stretched at this point. Maintain with gentle exercises using breathing as a tool.
- **Pelvic floor**
Continue with the pelvic floor sequence and relevant exercises. Add more stretching of PF.
- **Breathing**
Use lateral and posterior ribcage breathing to stretch the intercostals muscles. Begin to release the body on the exhale rather than tightening.

THIRD TRIMESTER (28-40 weeks)

DECREASING THE ROUTINE



Physical Symptoms

- The mother will start to get more fatigued as her weight and size increases. The baby will need more calories to lay down its store of fat at this time. Swelling in the hand, ankles and feet are likely.
- Shortness of breath and faintness may be present. May have contractions known as braxton hicks.

Psychological symptoms

- The mother may be getting discouraged and want the pregnancy to be over with.
- Swings between excitement and fear of labor and delivery.
- May have a burst of energy towards the end of this trimester known as the “nesting instinct”.

The baby just before birth is between 16-21 inches long and weighs between 7.5-9 pounds.

Breakdown of third trimester fetal development

Week 28 – fetus is able to hiccup

Week 29 – eyes able to open, close and blink

Week 30 – fat layers forming

Week 31 – 96% of all fetuses settle into a head down position

Week 32 – organs begin maturing

Week 33-35 – fetus can respond to outside stimuli

Week 36 – kidneys mature

Week 37 – fetus has firm grasp reflex

Week 38 – growth rate slowing down, fetal movement decreases

Week 39 – lungs mature, bones fully formed, lanugo hair and vernix disappearing

Week 40 – full term

Week 41 – post term

Week 42 – overdue, may be induced

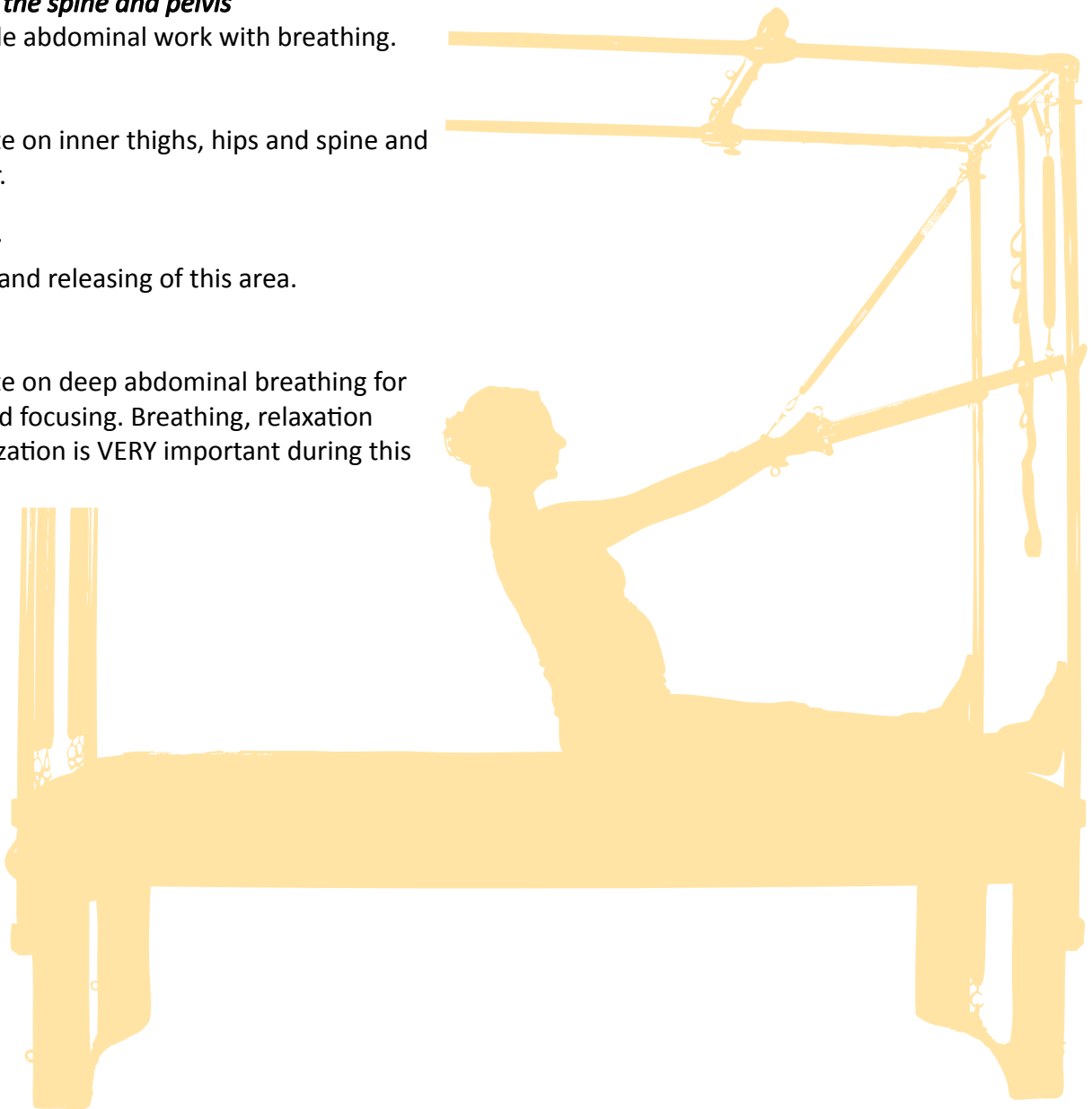
This trimester is one of slowing down and decreasing the exercise workload. Include lots of gentle stretching and breathing.

Emphasize exercises that will stretch the pelvic floor.

Breathing at this stage is usually shallow and in the rib cage. Keep trying deep abdominal breathing, as this breath will help through labor and delivery.

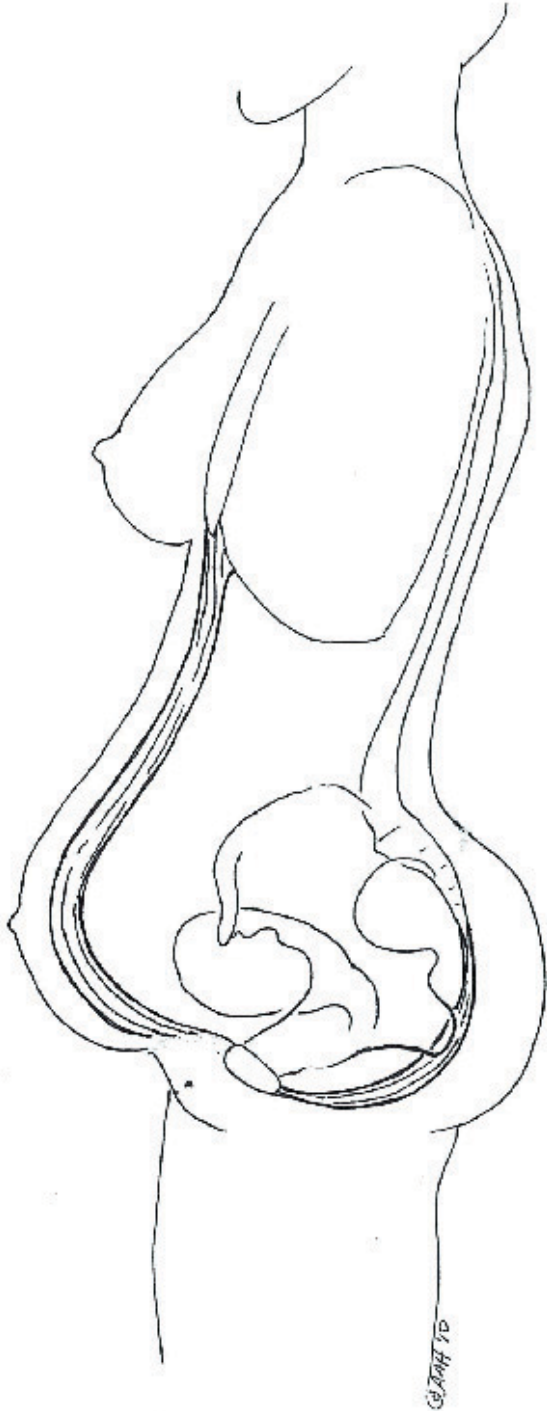
Essential exercises for third trimester

- **Mobility of the pelvis**
Using pelvic tilts, hip circles, bridging to maintain the flexibility of this area.
- **Stability of the spine and pelvis**
Using gentle abdominal work with breathing.
- **Stretching**
Concentrate on inner thighs, hips and spine and pelvic floor.
- **Pelvic floor**
Stretching and releasing of this area.
- **Breathing**
Concentrate on deep abdominal breathing for calming and focusing. Breathing, relaxation and visualization is VERY important during this trimester.



FOURTH TRIMESTER (1-12 weeks postpartum)

REESTABLISHING A ROUTINE



Physical Symptoms

- If a c-section was performed she has to recover from major surgery.
- Lack of sleep, hormonal shifts and a newborn baby compound the issues.

Bleeding will be heavy in the first few days postpartum.

- This flow will slowly change to brown and then to a yellowish- white or clear discharge.
- If exercise is resumed too soon there may be an increase in heavy blood flow. This is an indication to slow down.
- If the bleeding has not stopped or restarts after two weeks, it is time to see the health care provider.
- If an episiotomy was performed, women may have trouble sitting for long. Performing kegels or other pelvic floor exercises will help with this discomfort.

After birth contractions.

- The uterus will contract back to its original size in a process called involution.
- This may take anywhere from four days to several weeks.
- Oxytocin, which is responsible for the milk let down, also causes uterine contractions

The mother is extremely fatigued.

- If the birth was medicated, she has to recover from the side effects.

Mood swings between excitement and fear of responsibilities.

- May experience the “baby blues” that last about two weeks. If the mother has not recovered from this and seems to be sinking deeper into a depression, please refer her to a post partum depression counselor.

Many women have difficulty establishing breastfeeding.

- The nipples may be cracked and sore.
- Excessive exercise may form lactic acid which in turn may cause the breast milk to taste sour. The baby may refuse to drink this.

The body will slowly return to a somewhat “normal” state.

- However the body will still look about five months pregnant up to four months postpartum.
- Everyone is different with different recovery times.

Relaxin - a hormone that loosens collagen and connective tissue - may still have an effect on the body for several weeks after the birth.

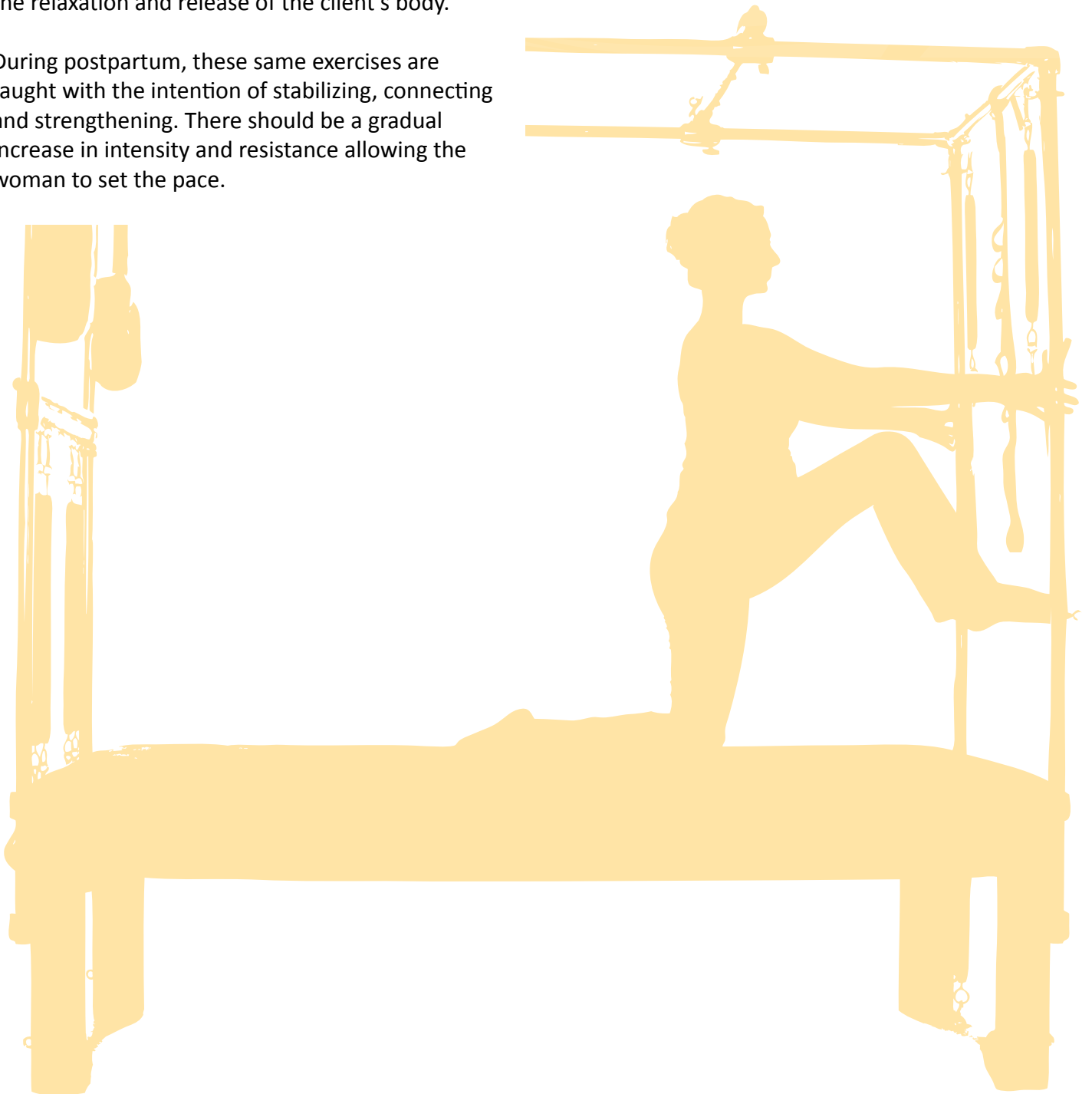
Essential exercises for the fourth trimester include

- ***Neutral/anterior pelvic alignment***
Realignment of the pelvis to the spine with gentle exercises such as pelvic tilts.
- ***Thoracic flexion***
Flexion of the torso remains contraindicated if there is evidence of diastasis recti. Otherwise gentle reestablishing of the recti muscles through myofascial release and exercise are indicated.
- ***Thoracic extension***
Unless there is diastasis recti, in which case thoracic extension is contraindicated, extension of the torso becomes an essential part of a postpartum workout.
- ***Obliques and transversus***
In the postpartum period, compression of the abdominals with exercises such as abdominal roll down are preferred.
- ***Pelvic floor***
Rehabilitation of the pelvic floor through breathing and connecting of the muscles.
- ***Breathing***
Use the breath to rehabilitate the pelvic floor, abdominals and to create calm and focus.

All the exercises in this program are interchangeable between pregnancy and postpartum. The difference is in the intention behind the cuing.

For pregnancy we attempt to create a session that has flow and is light and creates ease of movement. Breathing during the pregnancy session assists in the relaxation and release of the client's body.

During postpartum, these same exercises are taught with the intention of stabilizing, connecting and strengthening. There should be a gradual increase in intensity and resistance allowing the woman to set the pace.



SEATED SERIES

PUSH THROUGH BAR - FACING THE BAR
LOADED FROM ABOVE, 1 SPRING

Spine Stretch Forward

All Trimesters

Benefits

Stretches the spine.

- Sit facing the push through bar with both feet against the uprights.
- Hold the bar with both hands, elbows bent.
- Inhale to press the bar down.
- Exhale and roll down the spine, pressing the bar forward.
- Inhale to lengthen the spine.
- Exhale to roll back up the spine.



Hip Hinge

All Trimesters

Benefits

Warms up the hamstrings and the spine.

Warms up the shoulders.

Good alternative to the spine stretch forward as the pregnancy advances.

- Sit in long sit facing the push through bar with the feet against the uprights.
- Hold the bar with both hands shoulder width apart.
- Inhale to lean back, hinging from the hips and pressing the bar down.
- Exhale and hinge forward from the hips and press the bar up.





- Inhale to hinge backwards from the hips pressing the bar down.
- Exhale to hinge forward from the hips and press the bar forward.
- Repeat the sequence several times.



Piriformis Stretch

All trimesters

Benefits

Stretches the piriformis muscle.

- Sit facing the push through bar with both legs straight.
- Place one foot over the opposite knee (or wherever it feels comfortable).
- Inhale to prepare.
- Exhale and hinge forward from the hips, pressing the bar up.
- Inhale to return to center.
- Exhale and press the bar forward. Hold in any of the positions for a stretch.
- Repeat the sequence several times.





Spine Rotation

All trimesters

Benefits

Warms up the spine in rotation.

- Sit facing the push through bar with both legs against the left upright.
- Place the right leg over the left.
- Hold the bar with the left arm, right arm extended in front of the body.
- Inhale to rotate through the ribcage, reaching the hand towards the opposite end of the Cadillac table. Look towards the hand. Keep the spine lengthened
- Exhale to rotate the ribcage back towards the opposite upright, pressing the bar up.
- Repeat several times.



Spine Rotation Add-On

Postpartum

- Sit facing the push through bar with both legs against one upright.
- Place the right leg over the left.
- Hold the bar with the left arm, right arm extended in front of the body.
- Inhale to rotate through the ribcage, reaching the hand towards the opposite end of the cadillac table.
- Look towards the hand.
- Keep the spine lengthened.
- Exhale and circle the arm around to the opposite side.
- Inhale to circle back the way you came.
- Repeat several times before holding onto the upright and increasing the rotation.



Abdominal Roll Down Facing the Bar

All Trimesters

Benefits

Safely exercises the abdominals.

- Face the push through bar and place both hands on it.
- Bend the knees and place both feet on the table.
- Inhale.
- Exhale and roll down engaging the abdominals.
- Inhale to return to the starting position.



SEATED SERIES

PUSH THROUGH BAR - FACING AWAY FROM THE BAR
LOADED FROM ABOVE, 1 SPRING

Abdominal Roll Down

All Trimesters

Benefits

Safely exercises the abdominals.

- Sit underneath the push through bar with knees bent and feet on the table.
- Reach both hands up and hold the bar.
- Inhale.
- Exhale to roll down the spine contracting the abdominals.
- Inhale to release to starting position.



Single Leg Abdominal Roll Down

Postpartum

Benefits

Activates the obliques.

- Sit under the push through bar with both hands on the bar.
- Both knees are bent. One foot is lifted off the table.
- Inhale.
- Exhale and roll down the spine.
- Inhale to release back to the start position.
- Repeat with the other leg.



Pelvic Rock

Postpartum

Benefits

Strengthens the lower TA.

Builds core control and strength.

- Prepare the same way as for abdominal roll down.
- Inhale and take both feet off the table.
- Exhale and “rock” the pelvis backwards and forwards.





Modified Teaser

All Trimesters

Benefits

Safely exercises the abdominal muscles.
Works the hip flexors.



- Sit with bent knees facing away from the push through bar.
- Reach up to hold the bar with both hands, hinging back slightly from the hips.
- Inhale to slide one leg along the table.
- Exhale to lift the leg just off the table engaging the abdominals.
- Inhale to lower the leg.
- Exhale back to starting position.



Chest and Shoulder Stretch

1st Trimester & Postpartum

Benefits

Opens and stretches the chest.

Stretches the shoulders.

- Sit facing away from the push through bar with knees bent and feet on the table.
- Reach back for the push through bar. Palms may be facing up or down for comfort.
- Inhale to prepare.
- Exhale press the bar away tilting the pelvis.
- Inhale to return.
- Repeat several times.
- Adding on...exhale to curve forward.
- Inhale to lift the arms backwards increasing the stretch. (if comfortable)
- Exhale to press the bar down and stack up the spine.





Mermaid

All Trimesters

Benefits

Warms up the spine laterally and in rotation.

- Sit sideways on the table. One hand holds the push through bar.
- Legs in a “Z” sit or crossed legged.
- Inhale the arm up overhead pressing the bar down with the other hand.
- Exhale and press the bar away and laterally flex the torso.
- Inhale to rotate the torso towards the bar.
- Replace hands shoulder width apart.

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Mermaid

(Continued from previous page...)

- Exhale into thoracic extension.
- Inhale into flexion, opening up the posterior ribcage.
- Exhale back into thoracic extension.
- Inhale into lateral flexion.
- Exhale back to the starting position.
- Repeat several times before changing sides.



KNEELING SERIES

PUSH THROUGH BAR - BAR UNLOADED



Hip Flexor and Hamstring Stretch

All Trimesters

Benefits

Opens up the front of the hip.

Stretches the hip flexors and hamstrings.

Strengthens and stretches the pelvic floor.

- Kneel facing the push through bar and place both hands on the up rights.
- Place one foot on the bar.
- Inhale to prepare.
- Exhale to press forward into a hip flexor stretch.
- Inhale to extend the leg on the bar as far as is comfortable

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Hip Flexor and Hamstring Stretch

(Continued from previous page...)

- Exhale to bend the knee back in.
- Inhale to return to starting position.
- Repeat several times.
- When the hamstring muscle feels warm and loose, sit back on the heel for a more intense stretch. Take the pelvis into an anterior tilt as much as possible.
- This particular stretch will also stretch the pelvic floor.





Cat Kneeling

Bar Loaded from Above - 1 Spring
All Trimesters

Benefits

Works on core strength safely.

Works the pelvic floor.

Works on stabilization of the torso.



- Kneel facing the push through bar. Place both hands on the bar with arms extended.
- Inhale to prepare.
- Exhale and begin rolling down the spine pressing the bar down.
- Inhale to continue into anterior pelvic tilt.
- Exhale to hold the position
- Inhale to hinge backwards towards the hips. This will open the pelvic floor.
- Exhale to press forward into anterior pelvic tilt. This will close the pelvic floor.
- Repeat several times.
- Inhale to hold.
- Exhale to roll back up the spine.

Thigh Stretch with Thoracic Extension

All Trimesters

Benefits

Strengthens the quads and abdominals.

Stretches the quads and opens the chest.

Strengthens the back extensors.

- Kneel facing the push through bar with both hands on the bar, elbows bent.
- Inhale.
- Exhale to hinge backwards from the knees.
- Inhale to extend through the thoracic spine pressing the bar down.
- Exhale to return to neutral.





Side Stretch

All Trimesters

Benefits

Stretches the side body.

Stretches the quadratus lumborum.

- Kneel facing sideways to the push through bar.
- One arm is holding onto the bar. Other arm is extended to the side.
- Inhale to bring the arm up over head.
- Exhale and lean away from the push through bar allowing the hips to sink to the side.
- For an extra stretch, rotate the torso and place both hands on the bar.

SUPINE SERIES

PUSH THROUGH BAR - LOADED FROM BELOW, 1 SPRING

Tower Prep - Single Leg

Postpartum

Benefits

Strengthens the hamstrings and gluts.

- Lie supine on the table with the arms holding onto the uprights.
- Place one foot on the bar.
- The other leg may be bent or straight.
- Inhale to press the bar up.
- Exhale to point the foot.
- Inhale to flex the foot.
- Exhale to lower the bar bending the knee.



Tower Prep - Double Leg

Postpartum

- Lie supine on the table with both hands holding onto the uprights.
- Place both feet on the bar.
- Inhale to press the bar up and point the feet.
- Exhale to flex the feet and bend the knees.
- Repeat in lateral and medial hip rotation.



Tower Prep - Pelvic Tilt

Postpartum

Only resume inversions after all bleeding has stopped.

Benefits

Strengthens the lower TA muscle.

- Lie supine on the table with both hands holding the uprights.
- Place both feet on the bar.
- Inhale to press the bar up.
- Exhale and continue to press the bar up rolling the pelvis off the table.
- Inhale to roll down keeping the legs straight.
- Repeat.
- Exhale to bend the knees.



Chest Press

Postpartum

Benefits

Strengthens the arms.

- Lie supine under the push through bar.
- Both knees are bent
- Place both hands on the bar.
- Inhale to bend the elbows out to the side.
- Exhale and press the bar up straightening the arms.
- Repeat several times.
- Repeat with elbows bent close to the waist for tricep presses.



Chest Lifts

Postpartum

Benefits

Strengthens the upper rectus abdominus.

- Lie supine under the push through bar.
- Both knees are bent.
- Place both hands on the bar.
- Inhale to prepare.
- Exhale and flex the torso, pressing the bar up.
- Inhale to lower half way down.
- Exhale to press up.
- Repeat several times.





Chest Lifts with Rotation

Postpartum

Benefits

Strengthens the obliques.

- Lie supine under the push through bar with knees bent.
- Hold the bar with one hand placed at the opposite side of the bar. The other hand is placed on the table.
- Inhale.
- Exhale and press the bar up rotating the torso away from the extended arm.
- Inhale to release half way down.
- Exhale to press the bar up.
- Repeat several times.



Squat Sequence

Push Through Bar loaded from above, from the end of the Cadillac

Benefits

Strengthens the legs, back and abdominals.

Strengthens and stretches the pelvic floor.

Deep squat will open the pelvis and stretch the legs.

- Stand facing the push through bar at the end of the Cadillac.
- Inhale to sit back into a squat keeping the knees behind the toes.
- Exhale and press the bar forward shifting the body weight towards the toes.





- Inhale to shift backwards onto the heels (this will open the pelvic floor) .
- Exhale to roll back up the spine.
- Drop into a deep squat and hold the stretch.

PRONE SERIES

PUSH THROUGH BAR - LOADED FROM THE TOP, ONE SPRING

Prone Scapula Glides - with Arc

Postpartum

Benefits

Strengthens the muscles around the scapula.

- Lie prone over the arc. Knees are bent to release the lower back.
- Place both hands on the push through bar.
- Inhale to press the bar overhead allowing the scapula to elevate.
- Exhale and depress the scapula.
- Inhale to repeat.
- Repeat several times.



Swan - with Arc

Postpartum

Benefits

Strengthens the back extensors in a supported position.

- Lie prone over the arc. Knees are bent to release the lower back.
- Place both hands on the push through bar.
- Inhale to lift the upper back up while pressing the hands down onto the bar.
- Exhale to lower.
- Repeat several times.



SUPINE SERIES

ROLL DOWN BAR

Short Spine Prep

Postpartum

* Only resume inversions after all bleeding has stopped.

Benefits

Pelvic stability and mobility.

Strengthens the abdominals.

- Lie supine on the table with both arms reaching back for the uprights.
- Place the roll down bar under the knees.
- Place both feet on the table.
- Inhale to bend the knees towards the chest.
- Exhale and roll the spine up just until the pelvis comes off the table
- Inhale to roll back down.
- Exhale to place the feet back on the table.
- Repeat several times.



Breathing

Roll Down Bar & Trapeze

* Only resume inversions after all bleeding has stopped.

Benefits

Connects the breath to the movement.

Teaches muscular connections especially the TA muscle to the pelvic floor.

- Lie supine on the table with the feet in the strap of the trapeze.
- Hold onto the roll down bar.
- Inhale.
- Exhale and press the arms down at the same time press the pelvis up.
- Inhale to lower.



Supine Leg Lifts

Postpartum

* Only resume inversions after all bleeding has stopped.

Benefits

Strengthens the gluts and hamstrings.

Strengthens the abdominals.

Strengthens the psoas.

- Lie supine on the table with the feet in the strap on the trapeze.
- Hold on to the roll down bar with both hands.
- Inhale.
- Exhale and roll up the spine into a bridge position.
- Release one foot from the strap.
- Inhale to lower the leg.
- Exhale to lift.
- Repeat several times.
- Repeat with the other leg.



Pelvic Tilts

Benefits

Helps align the pelvis.

Stretches the lower back.

Tones the pelvic floor.

- Sit in long sit with the feet up against the uprights facing the roll down bar and hold the bar with both hands.
- Inhale to prepare.
- Exhale and pelvic tilt.



Hip Circles

All Trimesters

Benefits

Loosens the hips.

- Sit facing the roll down bar, both hands on the bar and feet against the uprights.
- Breathing normally, circle the body first one way and then the other allowing the bar to assist.





Thoracic Extension and Flexion

All Trimesters

Benefits

Loosens the thoracic spine.

- Sit facing the roll down bar holding the bar with both hands. Legs are straight if possible.
- Inhale.
- Exhale and pull the bar towards the chest.
- Inhale into thoracic extension.

(Continued on the next page...)

Thoracic Extension and Flexion

(Continued from previous page...)

- Exhale into flexion.
- Press the bar down and extend the arms.
- Inhale to sitting position.





Pelvic Rock

Postpartum

Benefits

Strengthens the abdominals.

- Sit facing the roll down bar.
- Hold on with both hands and place both legs over the bar.
- Place the feet on the table.
- Inhale.
- Exhale and roll back into a pelvic tilt.
- Inhale to release.
- Exhale to repeat.

(Continued on the next page...)

Pelvic Rock

(Continued from previous page...)

- Then lift one leg off the bar and press the bar down on that side.
- Inhale and exhale to rock back into a pelvic tilt. Repeat with the other foot off.
- Repeat the sequence with both legs off.
- Inhale.
- Exhale and rock back.
- Inhale to rock forward.





Spread Eagle from the Side

All Trimesters

Benefits

Stretches the spine.

- Stand facing the end of the table.
- Hold onto the uprights with both hands, feet close to the legs.
- Inhale and drop the hips back, extending the arms.

(Continued on the next page...)



Spread Eagle from the Side

(Continued from previous page...)

- Exhale and begin to roll up the spine.
- Pull towards the uprights, bending the elbows and continue into thoracic extension on the inhale.
- Recover.
- Continue to roll back through the spine into a stretch.





Kneeling Roll Down

All Trimesters

Benefits

Strengthens the hamstrings and gluts.
Strengthens the abdominals.



- Hang the roll down bar from the sliding bar at the top.
- Kneel facing the bar and hold on with both hands.
- Inhale.
- Exhale to roll down the spine, pressing the bar down.
- Inhale to hold.
- Exhale to roll up.

SUPINE SERIES

LEG SPRINGS

Knee Lifts and Lowers

First Trimester & Postpartum

Benefits

Strengthens the glut/hamstring connection.
Pelvic/lumbar stability.

- Lie supine, hands holding on to the uprights.
- Place the leg spring straps around the knees.
- Bend the knees to 90.
- Inhale.
- Exhale and press the legs towards the table.
- Inhale to recover.
- Repeat several times.
- Repeat with lateral rotation.



Supine Clam

First Trimester & Postpartum

*Contraindicated with Pubis Symphysis Derangement.

Benefits

Strengthen the hip rotators.

- Lie supine with the straps around the knees.
- Place the tips of the toes on the table.
- Inhale and open both knees to the sides.
- Exhale and close the knees.
- Repeat several times.



Marching

First Trimester & Postpartum

Benefits

Teaches Pelvic stability.

- Lie supine with the straps around the knees.
- Inhale and lift one foot off the table.
- Exhale and change legs.





Hip Flexor Pull

First Trimester & Postpartum

*Contraindicated with Pubis Symphysis Derangement.

Benefits

Strengthen the hip flexors.

- Lie supine facing away from the leg springs with both knees bent.
- Place one strap around the knee of one leg.
- Inhale.
- Exhale and pull the strap towards the chest keeping the 90 angle.
- Inhale to release.
- Repeat the exercise in lateral rotation.



SIDE LYING SERIES

LEG SPRINGS IN THE CENTER (SHORT LEVER)

Clam

All Trimesters

Benefits

Strengthens the gluts and inner thigh.

Opens up the hip.

- Lie sideways on the Cadillac with head towards the leg spring.
- Hook the spring on the center hook.
- Place the strap over the top of the knee.
- Keep both knees bent.
- Inhale to allow the knee to open.
- Exhale and pull the knee back.





Side Kicks

All Trimesters

Benefits

Strengthens the gluts.
Stabilizes the core.

- Lie sideways on the Cadillac. Head towards the leg spring.
- The spring is hooked on the center hook.
- Place the strap over the knee. Bend the underneath leg for stability.
- Inhale to flex the hip bringing the knee forward.
- Exhale and extend the hip taking the knee behind the body.
- Repeat several times.



Leg Circles

All Trimesters

Benefits

Strengthens the gluts.

Loosens the hip.

- Lie sideways on the Cadillac. Head is towards the leg spring.
- The spring is hooked on the center hook.
- Place the strap around the knee.
- Extend the top leg. Keep the underneath leg bent for stability.
- With the extended leg, circle around first one way and then the other.





Leg Lowers and Lifts

All Trimesters

Benefits

Strengthens the gluts.
Strengthens the adductor group.



- Lie sideways on the Cadillac. Head is towards the leg spring.
- The spring is hooked on the center hook.
- Place the strap around the knee.
- Extend the top leg. Keep the underneath leg bent for stability
- Inhale and lift the top leg.
- Exhale and pull the leg back towards the underneath leg.
- Repeat several times.



ARM SPRINGS SERIES

LOADED FROM THE SLIDING BAR

Supine Arms

First Trimester & Postpartum

Benefits

Strengthens the arms while supported.

- Lie supine with the head towards the arm springs.
- Hold both arm springs at chest level.
- Inhale.
- Exhale and press the springs down towards the hips.
- Inhale to lift the arms.



Triceps

First Trimester & Postpartum

Benefits

Strengthens the triceps.

- Lie supine with both hands in the straps.
- Bend the elbows and keep them off the table.
- Inhale.
- Exhale and press the forearms down towards the hips.
- Inhale to bend the elbows.



Arm Circles

First Trimester & Postpartum

Benefits

Strengthens the muscles around the shoulder.

- Lie supine with the head towards the arm springs.
- Hold both arm springs at chest level.
- Exhale and press the springs towards the hips.
- Inhale to circle the arms around.
- Repeat in the opposite direction.





Prone Arm Circles

Postpartum

Benefits

Stretches the anterior shoulder muscles.
Strengthens the back.



- Lie prone on the table with both hands holding the straps.
- Arms are out to the sides at shoulder level.
- Inhale.
- Exhale and circle the arms around.
- Repeat several times.
- Reverse the direction.



Arm Circles with Back Extension

Postpartum

- Circle the arms back and begin to lift the torso into extension.



ABOUT THE AUTHOR

Carolyne Anthony



Carolyne Anthony has been in the Dance, Fitness and Pilates world for over 30 years. She trained as a professional dancer in London, England in the late 1970's. She obtained her teaching diploma in 1982 and went on to dance professionally in Europe, Asia and Africa. She remains a member of the Royal Academy of Dancing and an Associate of The Imperial Society of Teacher of Dance. Carolyne was introduced to Pilates in 1983, at the prompting of her Jazz instructor. She found Alan Herdman and continued to learn from him until she

left for the USA. It wasn't until 2001 that she realized there were certification programs for Pilates and she promptly signed up for them. She has studied Polestar, PhysicalMind, CoreGrace and Basi techniques. On her to do list is to certify with the PMA. Carolyne is now on the faculty of Balanced Body University.

In the 80's as a newcomer to the USA her focus turned to fitness as the aerobics boom began to hit. Carolyne certified with AFAA and the AEA as a group fitness instructor and went on to study the PACE (people with arthritis can exercise) program. She put all this knowledge to good use as an instructor with the New England Health and Racquet Clubs.

While living in Connecticut, Carolyne also joined the faculty of the Hartford Conservatory of Music and Dance, teaching ballet, jazz and pedagogy to the diploma students. She danced with the New England Dance Theater and helped found and became the Artistic Director of the Enfield Civic Ballet Company. It was during this time that she became pregnant with her first child.

Carolyne was dismayed to learn that no matter how many certifications or diplomas she had acquired, nothing had given her any information on how to exercise during her pregnancy. Being too scared to do what she was doing, Carolyne opted to stop moving during the pregnancy. Finding herself with an unrecognizable body after the birth of her daughter, she busied herself with designing an exercise program that was both safe and beneficial for pregnant women. Her goal was to prepare the body for the birth, not just to be fit. Through the course of her next two pregnancies, Carolyne refined her skills and knowledge and today you have the highly successful Pre and Post natal Pilates Specialist programs.

Carolyne works from a holistic point of view, seeing the body as an amazing instrument that needs the correct attention in order to work properly. Her efforts to make this possible for her clients has led her to study for her Masters in Natural Health, become certified as a Birth Doula and to learn other healing modalities. Currently Carolyne is a level two Reiki practitioner, Level 1 Myofascial release practitioner (John Barnes approach) and an Esoteric Healer. Her love of dance is evident in the way she instructs her movement classes whether Pilates or fitness.

Today The Center for Women's Fitness has 12 host studios around the world, 10 faculty members and more than 300 certified teachers teaching the method. The Center continues to expand.

Models

Mindy Catron

Faculty Member (Pregnant model)

Mindy danced professionally for many years on Broadway and National Tours and found her way from there to her second career teaching Pilates and GYROTONIC®. She earned her STOTT® Pilates certification from Pilates on Fifth in New York City and went on to teach at that studio for a few years until moving to Maplewood, NJ where she now works as a freelance instructor. She was only weeks into her own pregnancy in 2005 when she found Carolyne's course. It was an amazing weekend that had a huge impact on her own pregnancy and the birth of her daughter and an even greater impact on the way she teaches. She feels very honored to be chosen by Carolyne to teach this important work and hopes to inspire others the way Carolyne first inspired her.

www.spiritus-nj.com

Erin Wetzel

Faculty Member (Postnatal model)

Erin's love for movement began with her training as an actor. At the University of Michigan she studied Movement and Voice and learned different modalities such as Alexander Technique, Tai Chi, Pilates, and Laban movement theory. After her first pregnancy, Erin revisited Pilates, and fell in love again. She has focused her Pilates career on working with both pre and post natal women, and actors in vocal training and movement.

Erin is the owner of Core Arts Pilates in Jackson, MI, and looks forward to continuing to explore the body in motion, and to help others find their own potential for movement.

www.coreartspilates.com

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