



***(Please note, the below information is for our G4 clients only who have recently attended one of our Pilates Initial Assessments prior to starting our classes)***

### **G4 Pilates Post-Assessment Information**

- We hope that you enjoyed your recent Pilates assessment at the clinic and we look forward to seeing you at one of our classes.
- Our team kindly ask for you to book in for each of your Pilates sessions whilst at the clinic, over the telephone (0161 445 5133), via text message along with your name (0752 823 7574), or by sending an e-mail to admin@g4physio.co.uk
- We limit our class size to 6 people to allow a bespoke experience and to ensure the instructor can closely guide everyone throughout their session. We find that such small classes aid individual performance, allow for the correct exercise progression and avoid the development of poor technique and incorrect form. Ultimately, the classes will assist to maximise your individual performance and expedite the benefits you gain from Pilates.
- If you are booked in for a session and you are no longer able to attend, we kindly ask you to inform the clinic in advance as there is often a waiting list for places. Late cancellation prior to the class (within 24hrs) or failure to notify the clinic will result in the loss of one of your six sessions booked.
- We provide Pilates equipment at the clinic but often clients like to bring in their own mat. We ask that you wear comfortable loose clothing together with socks for the class, bring a towel for use in the studio and a full water bottle to consume during the class as required.
- Please don't forget to bring your 'G4 Loyalty Card' on each visit and get it stamped to enjoy a free 30 minute massage once you have 10 stamps!
- Following the assessment, we advise that you read the below points to familiarise yourself with what you have been taught prior to the class.

### **Class Timetable:**

Please follow the link below to view our full Pilates timetable here:

<http://www.g4physio.co.uk/g4-fitness-classes/#timetable>

## Crook Lying Position (the start position)



It is important to find the correct starting position before you commence your Pilates exercises. This ensures that you are in the optimal position to activate the core and pelvic muscles and allows you to re-educate your body to find the neutral alignment that will make your everyday movement more efficient.

1. **Start Position** – Lie on your back with your knees bent. Your knees and feet should be hip width apart. Feel the heels, balls and outside of the feet in contact with the floor. Toes should be relaxed.
2. **Head and neck placement** – Place a cushion or towel under your head so that your eyes look directly up at the ceiling. Imagine a string drawing the top of the head away from the toes to lengthen the neck.
3. **Shoulder blade placement** – Allow the shoulder blades to melt down towards the back trouser pockets, helping the neck to lengthen and allow the arms to rest to the floor, gently reaching towards the heels.
4. **Lateral breathing** – Breathe deeply in through the nose, imagining the lower rib cage expanding outwards as you do so, letting the breath release through the nose or mouth.
5. **Rib cage placement** – Rib cage placement is important as it allows positioning of the core muscles in the optimal position to work effectively. Imagine a string holding the sternum in the middle of the ribcage to the pelvic bone below the tummy button. Practices keeping this space the same as you take your straightened arms overhead while exhaling the breath.
6. **Pelvis and spine** – Imagine the pelvis is like a continuous ring similar to the top of a bucket. Gently tip the bucket backwards, flattening your spine into the floor, imagine tipping water out of the back of the bucket. Then gently tilt it forwards, imagine tipping water from the front of your bucket, you will feel the lower back arch slightly and the tail bone move towards the floor. Neutral spine is the comfortable mid-point between the two tipping actions. Balance the bucket in the middle, the spine should not be too arched or too flat, probably leaving a small gap between the mat and your back.

### **Abdominal Contraction & Pelvic Floor Activation (engaging the core)**

1. Maintain the neutral spine position.
2. Inhale deeply through the nose, expanding the ribcage outwards as you fill the lungs with air. Then exhale, and as you do draw so imagine tightening around you lower tummy and lifting the pelvic floor to meet the core. Your bucket movement should stay still.
3. Try to maintain the gentle contraction as you continue to breathe in and out for up to ten breaths.

### **Level 1 Pilates exercises (beginner)**

#### **One Leg Stretch (back & pelvic control):**

1. Start in crook lying, Inhale to prepare.
2. Exhale; slide the left heel along the floor away from the body.
3. Inhale to hold, exhale to then slide the heel back towards the start position.
4. Repeat on alternate legs.

#### **Shoulder Bridge (core & bottom muscles):**

1. Start in crook lying. Inhale to prepare.
2. Exhale and gently roll the lower back into the mat, lift the tailbone upwards towards the ceiling and continue to peel your spine off the mat one bone at a time until you are resting on your shoulder blades.
3. Inhale to hold the shoulder bridge position.
4. Exhale and lower the shoulder bridge by drawing the breastbone downwards towards the mat, continue to peel your spine back onto the mat bone by bone until the tailbone contacts the mat and the spine returns to neutral

#### **Clams (bottom muscles):**

1. Lie on your side with your head resting on a pillow, arm folded underneath it. Bring the knees forward and bent to 90 degrees. Your hips should be stacked one on top of the other. Squeeze the heels together and as you breathe inwards squeeze the gluteal muscles (bottom muscles).
2. Exhale and lift the top knee upwards, keeping the feet together.
3. Inhale to hold and exhale to lower leg back down to the start.

#### **Hip Twist (stretch & mobility):**

1. Start in crook lying. Inhale to prepare and engage the abdominals.
2. Exhale and roll both knees to the right, continue to roll the pelvis, the waist and then the lower back towards the right. Keep the shoulder blades in contact with the floor.
3. Inhale to hold the end of the stretch.
4. Exhale whilst you tighten the abdominals and roll the knees and pelvis back to the crook lying position.

### **Overhead Reach (rib cage placement):**

1. Start in the crook lying position.
2. Practice moving the arms overhead, from the shoulder joint, elbows kept straight.
3. Exhale as you move the arms, maintaining the rib cage placement that you established in your crook lying preparation.

### **Summary**

Never continue with an exercise if you are feeling any pain. The exercises are however designed to make you work; therefore some sensation of muscle activity or next day soreness is likely and normal. It is best to discuss any concerns with your instructor.

If you have any queries, please feel free to contact a member of our team on **0161 445 5133** or e-mail **admin@g4physio.co.uk**

Enjoy the rest of your day and we hope to see you soon!