

Pre & Post Natal
PILATES
on the
CADILLAC



The Center

Sample Course Materials

This is a Sample manual which is provided as a part of the course.

The pages shown are a random selection from this manual to give you a feel for the subject

matter on this course.

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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.

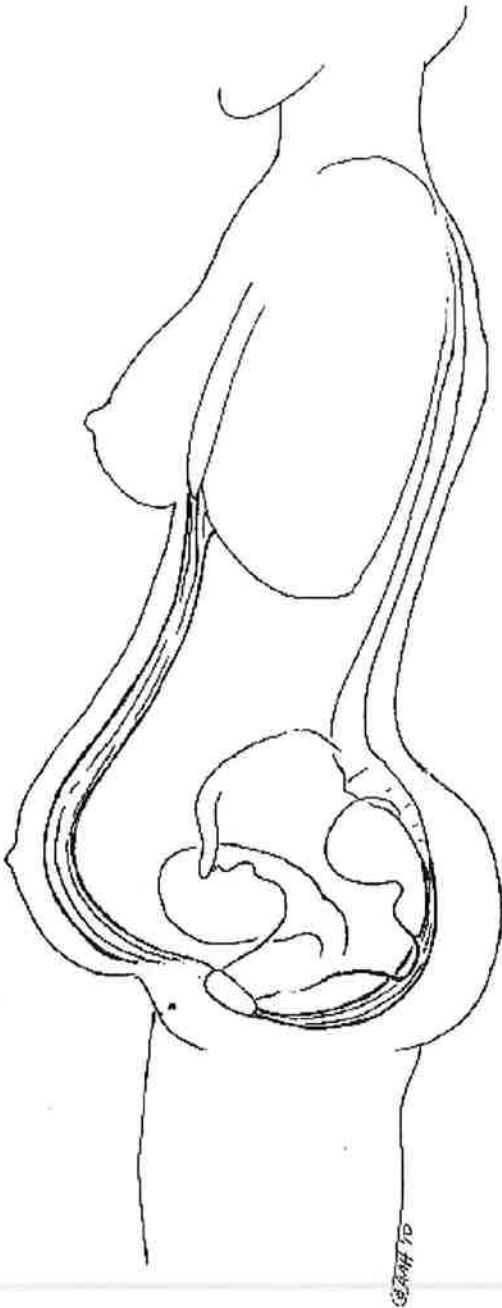
A warm up should ideally include the following:

- *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.

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.

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.



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.



PRONE SERIES

PUSH THROUGH BAR - LOADED FROM THE TOP, ONE SPRING

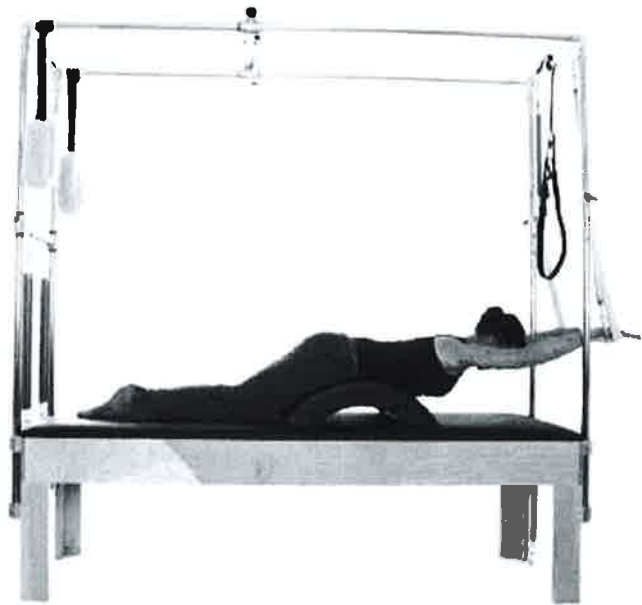
Prone Scapula Glides - with Arc

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.



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.



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.

