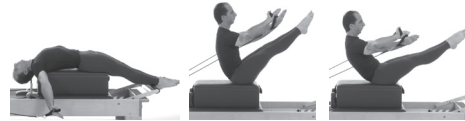


Level 4

1 spring

Short Straps
No barre

Head rest down



Concepts

Lumbar & Scapular Stabilization
Sequential spinal articulation

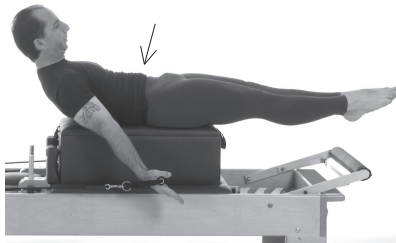
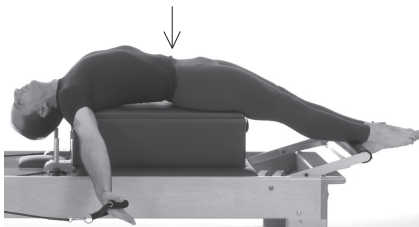
Variation on

The Teaser

Images

When in doubt reach out, Oppositional pull
The abdominals initiate the action
Hatchback. 100 euros in armpits.

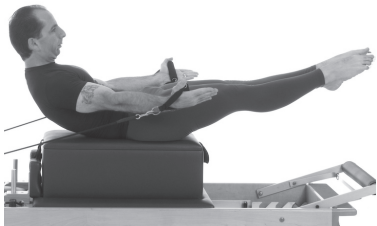
The Teaser. In old photographs of Joseph Pilates, this skill is labeled Control Stretch. The hands place pressure on the handles. Zip the legs. Press the heels together. You can squeeze the gluts. Abdominals try to imprint the lower back to the carriage. The back of the shoulders are working to keep the shoulders wide and down. Neck is long.



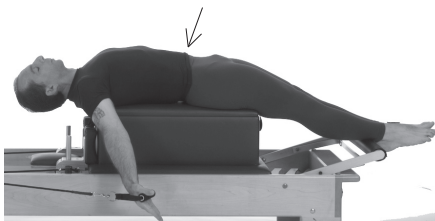
Inhale, roll the head up (nodding). Exhale, roll up the chest (around the xiphoid axis), pull the straps forward, flatten the lower back to the carriage (anchoring the psoas origins). Body and legs come up through The Hundred position. Keep rolling up sequentially through the spine, abdominals zipping in. Eyes are at the same level as the feet throughout.



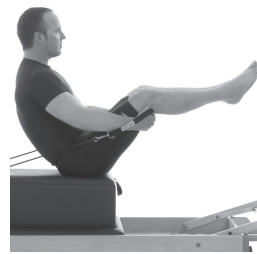
Reach up through the feet. Arms slightly scooped. The kidneys lift up the back wall (like a Hatchback) in a lifted "U" position. Do not sink into the spine. Belly zips in and up. Inhale, lower the arms 3 inches. Exhale, raise the arms 3 inches. 3 times. Inhale, exhale, reach through the feet, tuck the tail. Roll down away from the feet. Imprint the lower back. Continue to lower the legs and body into The Hundred.



Keep imprinting the lower back and kidneys down to anchor the psoas. Lower the legs and hands. Reach through the feet. Eyes and legs at the same level. The eyes look at the feet as long as possible. Abdominals scooped. Legs zipped.



Keep imprinting the lower back and ribs. Keep looking forward. Rotate the head back at the very end of the skill.

Modifications

Place a pillow under the feet or put the barre up at a low setting - if possible. This is necessary if the box is larger than the original box. It is also a safer position for the iliopsoas.

Order of Practice:

1. Practice the modified version first on the Mat.
2. Practice the full version on the Mat.
3. Practice the modified version on the box without straps.
4. Practice the modified version with the straps.
5. Practice the full version with straps.

SpottingErrors

1. Legs are a bit too low. Kari is too far forward on the box.
2. Shoulders are slightly forward, legs bent.
- 3 and 4. Out of balance.
5. Chest sticks up. Neck is not in aligned.
6. Client throws the body up into the Teaser.
7. Spine slumps, belly pooches.

8. The spine does not roll up or down sequentially. 9. The low back does not imprint down on the box on the roll up or down. The client does not pass through the Hundred position. 10. The straps pull the body back as the arms lower. Arms travel too far. 11. No pressure into straps at the start.

Goals, what to look for

1. Smooth, controlled motion from the center.
2. Back of the ribs lifted up to anchor the psoas back and up, spine lengthened, belly scooped.
3. Shoulders are down and wide. Armpits active. Neck is long. Eyes look forward.
4. In the Teaser, the legs are high so the psoas does not have to fight gravity. The body is also in line with gravity (Hatchback).
5. During the roll up and down the lower back imprints down (and long) in order to anchor the origins of the psoas. The eye are at the level of the feet (except the very beginning of movement - the head rolls up first).
6. The belly draws in, then the shoulders lower to initiate the arm lifts.
7. The body stays still during the arm lift and lowers. The carriage does not pull the body back as the arms lower.

Contra-indications

Neck, back, sacro-iliac and shoulder problems. The Teaser requires hamstring and spinal flexibility.

Benefits

1. Scapular and lumbar stabilization.
2. Sequential articulation of the spine up and down. Mobilization of the spine and hamstrings.
3. Deep abdominal and scapular control.