

Level 4, 5

Mount/Dismount

Do not pull up on the barre.
It may fall down.

Modifications

Stand facing away from the Reformer, in front of the Reformer. Place the hands on the barre, fingers facing forward. Wrists straight. The arms are straight. Bend the hips and knees 90°. Bend the elbows, squeeze the shoulder blades. Stretch the arms. Perform 3 - 5 times. You can also perform the Sitting Triceps on the Chair.

For short people, place a moon box in front of the shoulder pads. For clients who tend to travel too far put blocks on the back of the tracks.

Variations

Perform with different breathing patterns.

Spotting

1. The teacher can guide the shoulders back.
2. The teacher can assist the lifting of the hips.

Errors

1. The wrists are too far back, the elbow hyper-extend and rotate outwards.
2. The shoulders rise up and roll forward. The neck is not in line with the spine.
3. The client does not use (hollow) the abdominals to scoop the pelvis.

Goals, what to look for

1. Back of the top of the head reaches up like a telescope or Indian feather. The head is in line with the spine.
2. The wrists are placed so the force goes through the lower arms bones. The elbows lengthen as they straighten and do not hyper-extend.
3. The shoulders are down and back (scapulae adducted).
4. The abdominals hollow to thrust the tail forwards (into pelvic posterior tilt) (both directions) and to scoop the tail coming in on the first direction.
5. On the second direction, the client allows the carriage to push the legs back, which in turn pushes the pelvis into neutral.
6. The client uses the breath to assist in the movements. The client performs all phases of the movement precisely and fully.

Contra-indications

1. Shoulder, wrist, elbow, neck problems.

Benefits

1. Learn to use the deep abdominals and the breath to initiate movement.
2. Scapular and lumbar stabilization and mobilization.
3. Strengthening of the triceps, scapular, abdominal and back muscles. **Dr. Wonson's Tips:** Pilates is efficient, it stimulates all of the meridians. The triceps is related to the triple burner and small intestine sinew meridians.