FORM AND FUNCTION

A Path to Healthy Movement With Pilates

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How Form Relates To Function

Good form reinforces good posture and aligns us with gravity

Good form addresses imbalances in the body

Good form instills efficiency in movement and a sense of flow

Good form fortifies the mind/body connection

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Posture
Load On The Spine

Figure 1

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Common Issues To Address

Pelvic placement
Spinal support
Round shoulder syndrome
Shoulder/elbow/hand alignment
Hip/knee/foot alignment
Analyzing Form in Select Movements
Pelvic Placement
Pelvic Placement

Roll down (Couples)

Knee stretch single leg (Mat)

Pelvic curl single leg (Wunda chair single leg)

Semi circle (Avalon chair)

Knee stretch reverse/Single leg (Reformer)
Spinal Stability
Spinal Support

- Hip circles (Mat)
- Corkscrew advanced (Avalon step barrel)
- Long stretch push up (Wunda chair)
- Balance control front push up (Reformer)
- Roll up bottom loaded (Cadillac)
Round Shoulder Syndrome
Round Shoulder Syndrome

- Leg pull back prep (Mat)
- Hug a tree roll back (Avalon step barrel)
- Rhomboid (Avalon chair)
- Long back stretch prep (Reformer)
- Hanging back pull up (Cadillac)
Shoulder/Elbow/Hand Alignment
Shoulder/Elbow/Hand Alignment

Cat stretch spinal roll (Mat)
Shoulder push single arm (Reformer)
Frog back pumps (Wunda Chair)
Overhead press (Avalon step barrel)
Biceps standing (Avalon chair)
Hip/knee/foot Alignment
Hip/Knee/Foot Alignment

Single leg press (Wunda Chair/Couple)

Hip extension standing (Avalon Chair)

Standing leg press (Reformer)

Squats single leg (Cadillac)

Squats (Avalon barrel)
# Form and Function

Based on the BASI® Block System

<table>
<thead>
<tr>
<th>MAT</th>
<th>REFORMER</th>
<th>WUNDA CHAIR</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roll down (couples)</td>
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</tr>
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<td>Hanging back/Pull up</td>
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<td>Overhead press</td>
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Align with gravity – it’s the only place to be!

THANK YOU!