

Pilates Mat with Stretch-eze®

Training Manual Level I

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Special thanks to:

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Wendy LeBlanc-Arbuckle and Michael Arbuckle Pilates Center of Austin
Tom McCook, Center of Balance
Roberta Kirshenbaum, Rolates Pilates
Carolyn Watson, Core Kinetics
Julie Williams, Harbor Square Athletic Club
Nora St. John, Balanced Body University
Patti Wergley, Palm Desert Pilates
Stephanie Herman

...for all of your testing, encouragement, and support!

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Caution

Not all exercises are suitable for everyone. Discontinue any movement that causes physical pain or extended discomfort. If pain persists, consult a medical expert. The instructions and advice contained in this manual are in no way intended as a substitute for medical counseling. The producers, authors, distributors and manufacturers disclaim any liability or loss in connection with the exercises or advice contained in this manual.

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Endorsements

“The Stretch-eze workouts move your body through space in a new way with a focus on strengthening, lengthening, balance and posture....expertly instructed by Kimberly.”

Petra Kolber, Reebok University Master Trainer, 2001 IDEA Fitness Instructor of the Year www.petrakolber.com

“The Stretch-eze is a very valuable tool for giving clients well placed support and tactile feedback for improvements in both mobility and stability. It's a practical, effective prop to support balanced movement.”

Tom McCook, Nationally Recognized Fitness and Movement Specialist, Director of Center of Balance, Mountain View, CA www.centerofbalance.com

“The Stretch-eze program is a revolution in flexibility training. Kimberly has sequenced this workout program to include mobility and strength training in a flowing eloquent tapestry of movement. This workout is the perfect combination of assistance and resistance.”

Mindy Mylrea, Fitness Guru, starring in over 80 Fitness DVD's, winner of IDEA, CANFIT, and OBOW Presenter of the year awards www.fitflixpro.com

“I LOVE LOVE LOVE the Stretch-eze band created by Kimberly. It's a marvelous prop that activates the body's intrinsic support structure, enabling new found access to the most difficult movements.”

Wendy LeBlanc-Arbuckle, Director Pilates Center of Austin and CoreConnections® Pilates 3-Core Perspective www.pilatescenterofaustin.com

“I highly endorse Kimberly's latest product. Using the Stretch-eze makes my work easier. It enables my students to properly execute the fundamentals of Pilates before I start them on the apparatus.”

Roberta Kirschenbaum, Director Rolates Pilates, NY, NY, Original Joseph Pilates Studio www.rolates.com

“I love being creative with this magical and versatile Stretch-eze band! It is particularly effective for injury prevention and recovery since it provides both support and resistance for pinpointing muscle isolations.”

Stephanie Herman, Former Principal Ballerina, Designer of “Pilates, Body and Rhythm, “The Barre Workout”, Muscle Ballet” and “Brain to Body Rehab.” www.stephaniehermanstyle.com



Awards

Kimberly Dye, M.S., certified dance/movement therapist, former dancer, and Balanced Body Pilates Mat certified instructor is the creator of Stretch-eze. Her keen sensitivity and intelligent approach to Pilates and movement come from a twenty year professional ballet and modern dance career, clinical work as a movement therapist, and thirty years developing and teaching fitness programs.

Kimberly formed Dye-namic Movement Products, Inc. in 1995 which manufactures, distributes and designs her sensory products. Her designs have won major awards including the Great Gear of the Year Award, the Parent's Choice Gold Award, and the Early Childhood Director's Choice Award for their unique contribution to movement education and fitness. They are carried worldwide online and through educational, therapy, and fitness catalogues. They have also been seen on 20/20 News and on the popular Home Makeovers TV series.

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ShapeYou.com, the innovative health and fitness website, is proud to announce that Dye-namic Movement's "Stretch-eze[®], The Ultimate Full-Body Fitness Band, and accompanying DVD (Pain Free Pilates with Stretch-eze) is a *double* winner at its first annual Sports, Health & Fitness GearAwards™, obtaining a Great Gear of the Year Award in the DVDs Category *and* a Seal of Excellence in the Travel Category.



ShapeYou.com's judges are industrial professionals from the worlds of trainers, nutritionists, health care practitioners and club and store owners.



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Starting Stretch-eze Positions

Shoulder Foot Wrap

Shoulder Foot Wrap

Sitting

1. Start by sitting up centered on sit bones, legs parallel (hip-width apart).
2. Place hands/arms shoulder width apart inside top edge.
3. Bring head through and place top edge on shoulders as if it were a cape. Make sure it is not twisted before continuing.
4. Use your arms and hands to bring other edge down towards your feet.
5. Bend knees and place your feet hip width apart in the full width of the edge and stretch legs out in front of you.
6. Now create the equal and opposite resistance by pressing your back, your arms, legs and feet away from each other into the band.

Cueing

- Keep equal gentle pressure between back, feet and arms.
- Feet slightly apart.
- Shoulders down and wide.

Purpose

- Dynamic stabilization between upper and lower, right side, left side.
- Core Activation.
- Creates awareness of a central axis.

Modification

Those with tight hamstrings or hip flexors should bend knees slightly or sit up on a folded mat or towel.



Place hands/arms shoulder width apart inside top edge.



Bring over head and wrap over shoulders and scapula.



Place hands/arms shoulder width apart inside top edge.



Place feet into flattened single edge, arms slightly pressed into resistance.



Alignment Test

Starting Position

Sitting up centered on sit bones, legs parallel (hip-width apart), Shoulder Foot Wrap.

Movement Sequence

- **Inhale**- Press arms, back, and feet equally into resistance. Engage transverse abdominals.
- **Exhale**- Keep transverse abdominals engaged, do 1/2 roll down by pressing back into resistance of band, hands can pull fabric forward to increase resistance, legs and feet stabilized by gentle resistance apart and into band.
- **Inhale**- Stay, keep pressing upper back and feet equally away.
- **Exhale**- Return to sitting vertical keeping even pressure against band.

Cueing

- Pay attention to how your pelvis and rib cage line up as you go back.
- Make adjustments to create symmetry by adjusting position of pelvis or rib cage so there is equality between right and left sides.

Purpose

- Correct pelvic/thoracic/hip misalignments.
- Core activation.
- Dynamic stabilization of pelvis and anchor legs.

Modification

Those with tight hamstrings or hip flexors should bend knees slightly or sit up on a folded mat or towel.



Shoulder Foot Wrap Starting Position.



Position for checking and adjusting alignment.



Return to starting position maintaining corrected alignment.

Alignment Test





The Hundreds

Starting Position

Supine, pelvis in neutral spine position. Shoulder Foot Wrap, legs in tabletop or extended to high diagonal, hands grabbing full edge.



Starting Position.

Movement Sequence

- **Inhale**- Create circle of support assuring sit bone to heel relationship with equal pressure between arms and feet.
- **Exhale**- Initiate head lift by pulling fabric forward and down, press and widen shoulders, ribs slide down towards hips.
- **Inhale**- For five counts while pulsating arms down against resistance of band, arms resting in band like sling, hands outside of band.
- **Exhale**- For five counts continuing to pulse arms.
- **Repeat** 5-10 sets.



Lift head.

Cueing

- Feel your shoulders lengthened down and wide.
- Focus on core engagement. Relax the legs into the support with bent knees.



Pulse arms downward.

Purpose

- Teach sequencing for head lift.
- Legs supported in fabric prevents iliopsoas overuse and encourages abdominal engagement and pelvic stability.
- Resistance of arms against fabric intensifies use of the rectus and transverse abdominals.
- Shoulder/scapula stabilization.

Modification

Those with shoulder issues should bring arms under fabric during pulsing or move fabric off shoulders down to scapula.

Those with strong lordosis should imprint spine.



Hundreds Variation

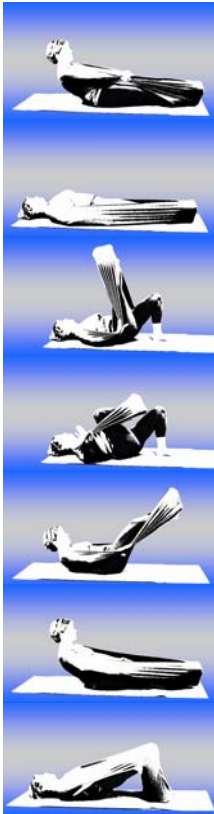
Perform hundreds while holding band with two hands slightly pulling hands apart while pulsating arms.





Sequence I Short Starter

The following series of exercises are designed to flow easily from one to the next with minimum stretch-eze positioning adjustment and focus on proper alignment, pelvic stability, spinal articulation, and core activation. This is a good starter.



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| 2. The Mummy | Pg. 19 |
| 3. Hamstring Stretch | Pg. 20 |
| 4. Single Leg Bicycle | Pg. 21 |
| 5. The Hundreds | Pg. 25 |
| 6. Roll Down I | Pg. 26 |
| 7. Shoulder Bridge | Pg. 39 |

