



Excerpt from:

The Pilates Method of Physical and Mental Conditioning

by Philip Friedman and Gail Eisen

Expanding Your Program

You shouldn't pick new movements from the full program haphazardly. There is a definite progression to follow. You'll find it, in five separate levels, in the pages that follow.

Level 1

These are the movements you are already familiar with. However, in some cases the instruction given here are more advanced than those in Chapter Six.

LEVEL 1
THE HUNDRED
ROLL-UP
LEG CIRCLES
ROLLING
SINGLE LEG STRETCH
DOUBLE LEG STRETCH
SPINE STRETCH
THE SAW
SIDE KICK
SEAL

When you mastered these, move on to Level 2

Level 2

Add these movements, one at a time, in the order they're given. Each movement fits into its proper position relative to the whole program.

LEVEL 2
OPEN-LEG ROCKER I
SWAN DIVE I
SINGLE-LEG KICK
NECK PULL
JACKKNIFE

Substitute Rolling II for Rolling I and Seal II for Seal I and time it feels comfortable.

Level 3

Add these movements, one at a time, in this order, putting them in their proper place relative to the whole program.

LEVEL 3
CORKSCREW I
DOUBLE LEG KICK
SPINE TWIST
TEASER I
HIP CIRCLES
SWIMMING
TEASER II

Substitute Open-Leg Rocker II for Open-Leg Rocker I and Corkscrew II for Corkscrew I and time it feels comfortable.



Level 4

Add these exercises, in this order, one at a time, in their proper place relative to the whole program.

LEVEL 4
ROLL-OVER
SIDE KICK LIFT
LEG-PULL FRONT
LEG-PULL
TWIST I
CONTROL BALANCE

Whenever you're ready, substitute Corkscrew III for Corkscrew II, Swan Dive II for Swan Dive I, and Teaser III for both Teaser I and Teaser II.

These are advanced exercises. They require a high level of control.

Level 5

Add these exercises, one at a time, in any order that appeals to you, but keep them in their proper places relative to the full program.

LEVEL 5
SCISSORS
BICYCLE
SHOULDER BRIDGE
SIDE KICK VARIATION I
SIDE KICK VARIATION II
TWIST II
BOOMERANG
ROCKING
PUSH-UP

These are advanced exercises. They require a high level of control.

BE PREPARED

Remember—before you do a new movement, read the instructions through at least twice, paying attention to what you are reading and thinking about it. Visualize the movement.