

## The Basics: a.k.a The Fundamentals

For your learning purposes, we have illustrated and explained some of our most important fundamental concepts below, so you can read and see them. Also, remember these concepts as you perform every movement in class, even when your teacher isn't mentioning them at that moment. Let these concepts flow into your life outside of your Pilates practice, and you will truly feel and see the difference.



### Ribcage Breathing/ Expand your Ribs

Pilates focuses on the torso or what Joe Pilates referred to as "the powerhouse." Wide rib cage expansion upon the inhale and contracting the abdominal muscles on the exhale provides many benefits. Over 60% of your bodies muscles are located in the trunk. Which makes breathing extra important. Visit our website to watch our breathing video and to get more practice.



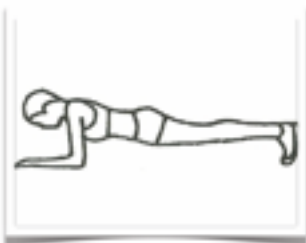
### "Scoop" abs

When ever we instruct you to lift your head, neck and shoulders off the mat we will use the term scoop. The scoop is a special technique that is used whenever you need to bend or lift at the waist. Imagine that you can pull your naval in toward your spine and at the same time lift it towards your heart as you lift your chest from the floor. Think of creating the longest possible curve in your spine.



### Neutral Pelvis

Neutral pelvic placement means that the ASIS (bump on hip bone in front) and PSIS (bump on hip bone in back) are in line horizontally when standing and vertically when lying down. Neutral Pelvis is very important in order to maintain a natural curve in the spine and proper core functioning.



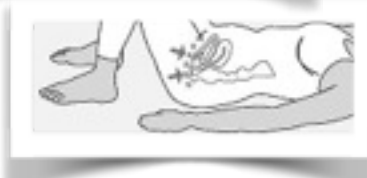
### Organize your "building blocks"

Whether standing, sitting or doing a "plank" you want to keep your body organized. You should be able to move through a movement and then find your neutral alignment again. Think of your body sections (head, rib cage, hips, legs and feet) as building blocks. Keep your blocks stacked evenly and they won't fall.



### Tighten Your Abdominal Wrap

At Marlborough Pilates Studio Plus, we use the term "wrap your abs" a lot. Our goal is to teach you how to engage all of your abdominal muscles at the same time to create stability. Think of the area from the bottom ribs to the top of hips in the back. Now imagine that all the muscles wrap from there all the way around you toward your naval, "belly button". Imagine that someone with really big hands is giving you a hug in this area.



### Bladder Control Muscles (pelvic floor)

Gently contracting your pelvic floor or bladder control muscle is very important in core training since it is the base of the "powerhouse" or your core. As you exhale and wrap your abs, it is important to lift up on your pelvic floor this creates a strong base for your core.