



## Return to life - Online workshop - session 7

Welcome

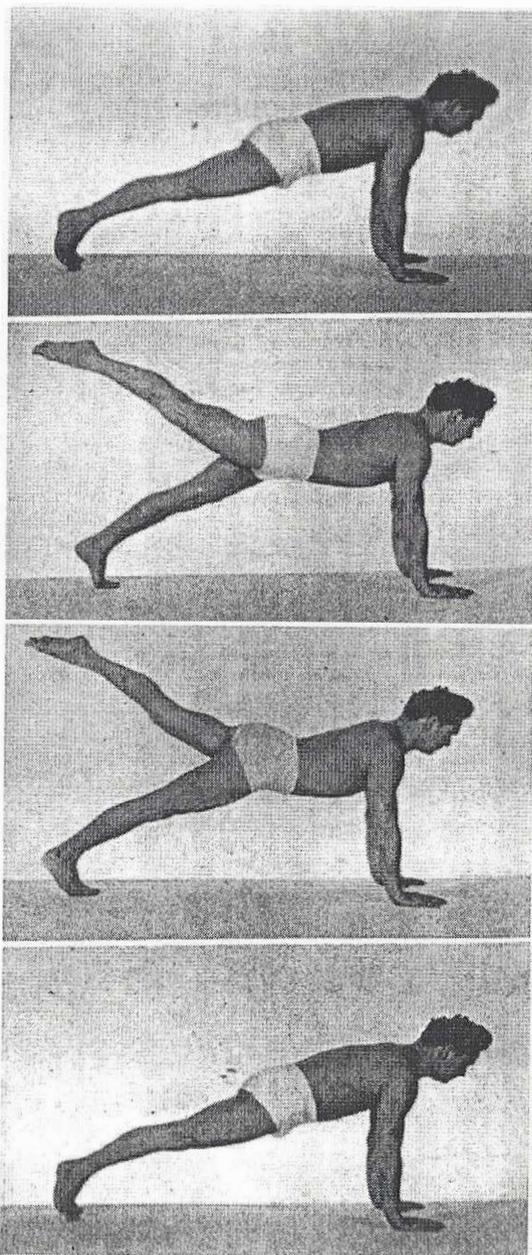
Today we will go over the next five exercises in the book Joseph Pilates wrote:

The Leg Pull - Front  
The Leg Pull  
The Side Kick Kneeling  
The Side bend  
The Boomerang

Equipment needed:  
Spiky balls

Joseph Pilates book “Return to Life through contrology” was written as an at home workout practice. When you registered you received pictures of the mat exercises and the flyer/brochure Return to Life. We received this flyer and the pictures from one of our clients when we were teaching and living in NYC. The flyer/proposal was for the start of a project called “American Foundation For Physical Fitness”. In it Joe writes; “Hence Contrology’s method must be rigorously scientific: in accord with the dictates of human anatomy, physiology and psychology.” We feel it is therefore essential to integrate the latest science and understanding of anatomy, physiology and psychology into the method in order to stay true to the intent of the method. If we just do the exercises as he wrote them without integrating the latest science we believe we would be going against his intent. In this 4 week program we are going to “dissect” the exercises and the cues written, add science to it, and put it all together so that you understand the exercises and Joe’s intent better. For this we will use some of the principles of Spiraldynamik. Spiraldynamik is a therapy and movement model that was created almost 30 years ago in Zurich by Dr. Christian Larsen and French physiotherapist Yolande Deswarte. Spiraldynamik is a way to look at the body and creates a roadmap of how the body moves. For a quick overall explanation you can visit YouTube [www.youtube.com/watch?v=fxkmHfHPOBk&t=51s](http://www.youtube.com/watch?v=fxkmHfHPOBk&t=51s)





25. The Leg-Pull — Front

### INSTRUCTIONS for "The Leg-Pull — Front"

- Pose 1**
- (a) Take position illustrated
  - (b) Arms (shoulder-wide) in right angle position
  - (c) Hands at right angles
  - (d) Head in straight line with body
  - (e) Legs close together
  - (f) Toes (pointed) downward
  - (g) Heels close together
  - (h) Knees locked

- Pose 2**
- (a) INHALE SLOWLY
  - (b) Raise right leg upward and backward as high as possible
  - (c) EXHALE SLOWLY
  - (d) Lower right leg to Pose 1 position

- Pose 3**
- (a) INHALE SLOWLY
  - (b) Raise left leg upward and backward as high as possible
  - (c) EXHALE SLOWLY
  - (d) Lower left leg to Pose 1 position

#### NOTE

Repeat the foregoing exercise three (3) times, right and left.

#### CAUTIONS

**Pose 1** - Arms must be shoulder-wide in right angle position.

**Pose 2** - Move legs only, knees locked.

**Pose 3** - Move legs only, knees locked.

# 25.The LEG-PULL -- FRONT

## The Leg Pull - Front

### Joseph other versions:

#### Differences:

#### Elongation of the spine

#### Extension of the hip

#### Scapula outward spiral

#### Quadruped awareness exercises

#### Outward spiral of the arm - spiral extension

#### The Hands/wrists

#### Intrinsic training of the hand's dome

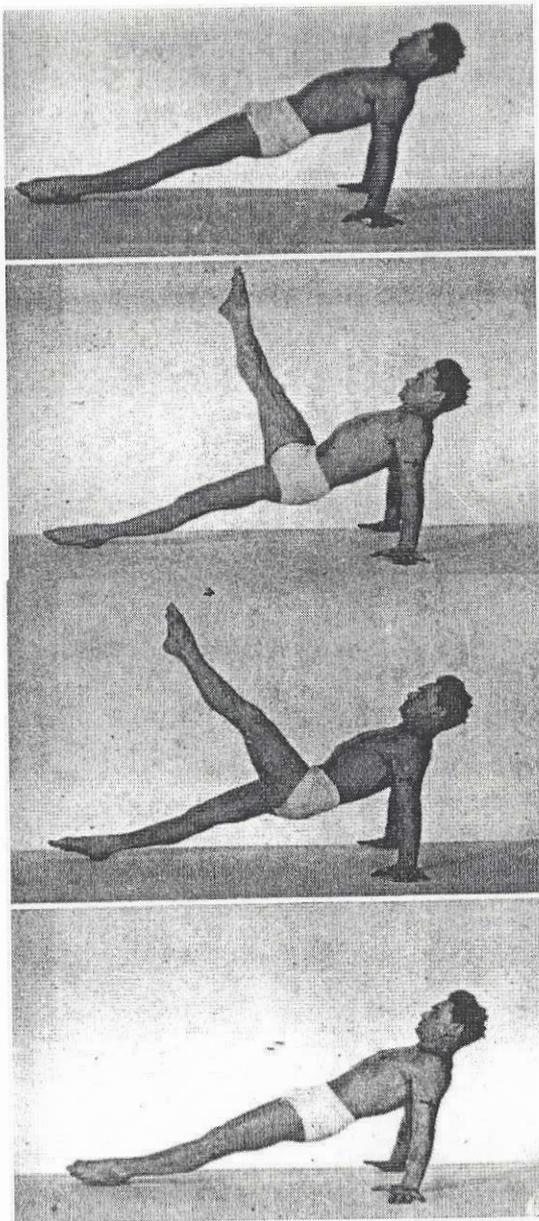
#### Ball squeeze

#### Rocking front/back

#### Rocking circles

#### Rocking one arm crossed





26. The Leg-Pull

### **INSTRUCTIONS for "The Leg-Pull"**

- Pose 1**
- (a) Take position illustrated
  - (b) Arms (shoulder-wide) in right angle position
  - (c) Hands at right angles
  - (d) Head in straight line with body
  - (e) Legs close together
  - (f) Toes pointed downward
  - (g) Heels close together
  - (h) Knees locked
- Pose 2**
- (a) **INHALE SLOWLY**
  - (b) Raise right leg upward and backward as high as possible
  - (c) **EXHALE SLOWLY**
  - (d) Lower right leg to Pose 1 position
- Pose 3**
- (a) **INHALE SLOWLY**
  - (b) Raise left leg upward and backward as high as possible
  - (c) **EXHALE SLOWLY**
  - (d) Lower left leg to Pose 1 position

### **NOTE**

Repeat the foregoing leg exercise three (3) times, right and left.

### **CAUTIONS**

**Pose 1** - Arms must be shoulder-wide in right angle position.

**Pose 2** - Move legs only, knees locked.

**Pose 3** - Move legs only, knees locked.

# 26.The LEG-PULL

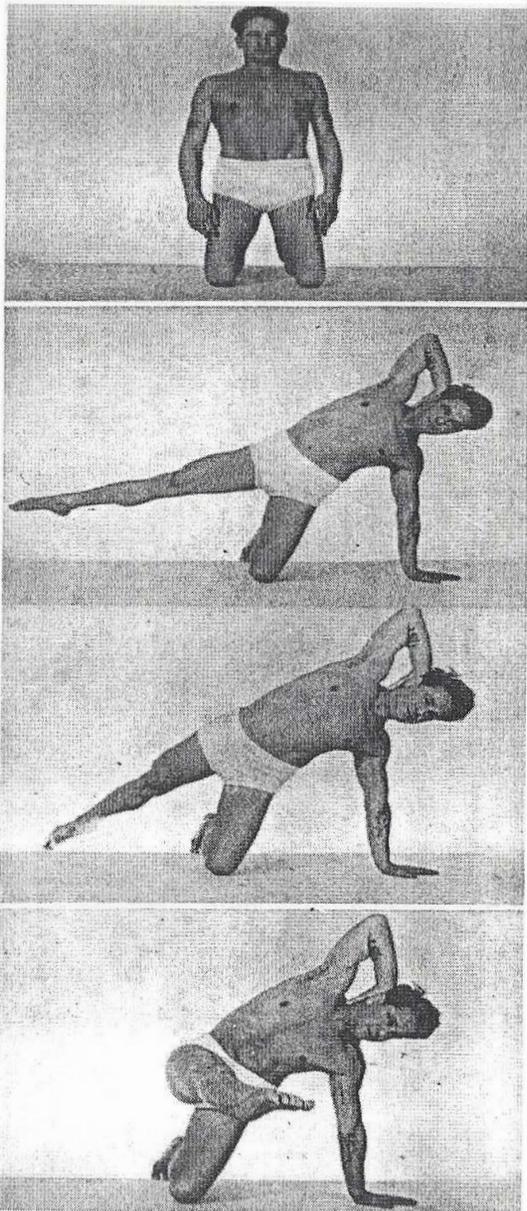
## **The Leg - Pull**

## **Differences:**

## **Leg position:**

## **Arm position:**

## **Modified crab walk**



**27. The Side Kick Kneeling**

**INSTRUCTIONS for "The Side Kick Kneeling"**

- Pose 1** (a) Take position illustrated
- Pose 2** (a) Kneel on left knee and  
 (b) Support body on left arm, then  
 (c) Stretch right leg (knee locked) out sidewise in straight line with body  
 (d) Toes (pointed) forward and downward, then  
 (e) Bring right arm backward with hand supporting head, elbow back as far as possible, then
- Pose 3** (a) INHALE QUICKLY while  
 (b) "Swinging" right leg forward forcibly as far as possible,
- Pose 4** (a) then EXHALE QUICKLY while  
 (b) "Swinging" right leg backward forcibly as far as possible
- Pose 2** (a) Kneel on right knee and  
 (b) Support body on right arm, then  
 (c) Stretch left leg (knee locked) out sidewise in straight line with body with  
 (d) Toes (pointed) forward and downward, then  
 (e) Bring left arm and elbow backward as far as possible with hand supporting head, then
- Pose 3** (a) INHALE QUICKLY while  
 (b) "Swinging" left leg backward forcibly as far as possible,
- Pose 4** (a) then EXHALE QUICKLY while  
 (b) "Swinging" left leg backward forcibly as far as possible

**NOTE**

Repeat the foregoing exercise four times with each leg.

**CAUTIONS**

**Pose 2** - Keep head up, elbow back, chest out and abdomen in. Keep body rigid; move legs only. INHALE QUICKLY when swinging legs forcibly forward. EXHALE QUICKLY when swinging legs forcibly backward.

**REMARKS**

Concentrating on waistline and hips, also exercise for balance and coordination.

# 27.The SIDE KICK KNEELING

## The Side Kick Kneeling

## Differences

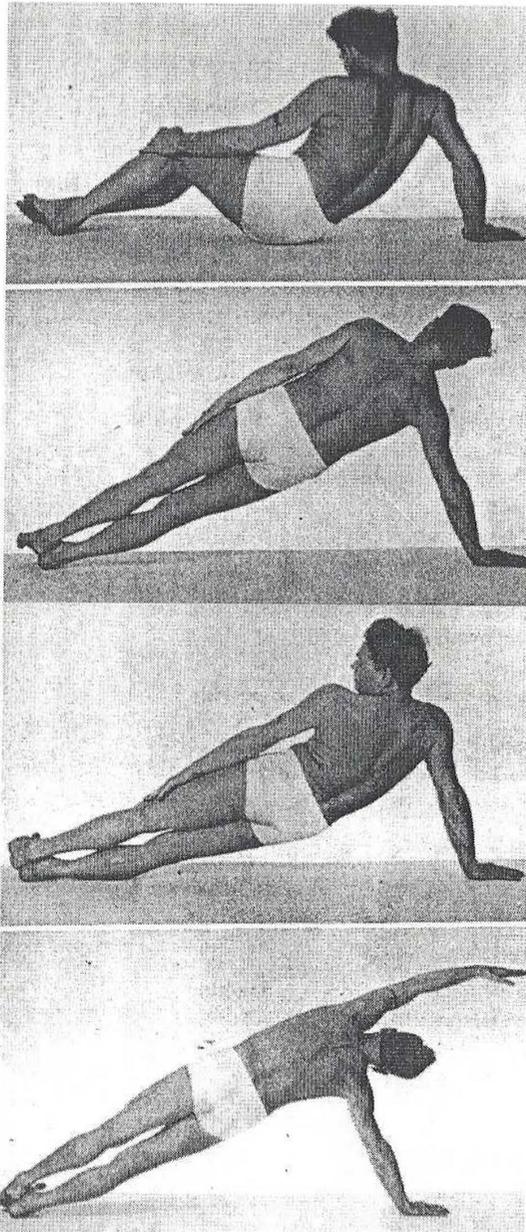
## Position of the bottom leg

## Prone leg extension series

## Hip flexor stretch

## Adductor stretch





28. The Side Bend

### **INSTRUCTIONS for "The Side Bend"**

- Pose 1** (a) Take position illustrated
- Pose 2** (a) Keep right arm in line with right shoulder  
 (b) Left arm flat against body  
 (c) Head up  
 (d) Chin drawn in  
 (e) Eyes straight forward  
 (f) **INHALE SLOWLY**
- Pose 3** (a) Turn head left and try to rest chin on left shoulder  
 (b) Lower body until right calf touches mat or floor  
 (c) **EXHALE SLOWLY**  
 (d) Return to Pose 2 position  
 (e) **INHALE SLOWLY**

### **NOTE**

Repeat the foregoing exercise three (3) times, right and left.

### **CAUTIONS**

**Pose 2** - Keep body rigid, head up, chest out, abdomen "drawn" in.

**Pose 3** - Only left and right calf respectively should touch mat when lowered.

### **REMARKS**

This exercise concentrates on arm, shoulder and wrist muscles, stretches hip and waistline, and develops balance and coordination. **In a month, change from Pose 2 position to Pose 4.**

# 28.The SIDE BEND

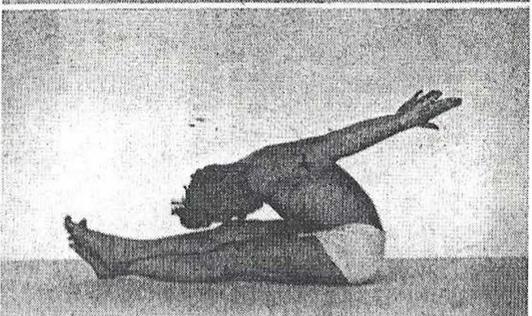
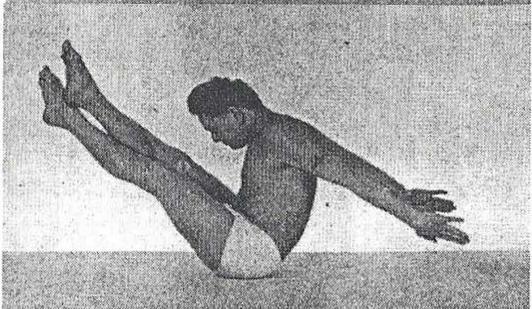
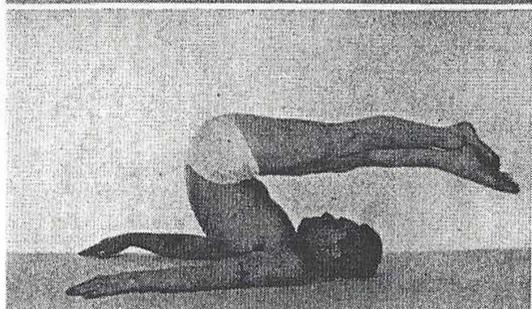
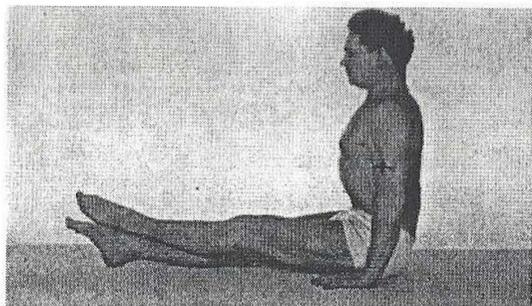
## The Side Bend

## One arm shoulder gliding

## Side plank on elbow

## Side plank variation





**29. The Boomerang**

**INSTRUCTIONS for "The Boomerang"**

- Pose 1**
- (a) Take position illustrated
  - (b) **INHALE SLOWLY**
  - (c) Sit up straight in right angle position
  - (d) Head up
  - (e) Abdomen "drawn" in
  - (f) Cross left leg over right leg
  - (g) Arms pressed against body
  - (h) Hands pointed forward and pressed against mat or floor
- Pose 2**
- (a) **EXHALE SLOWLY** while
  - (b) "Rolling" backward as far as possible and while in this position
  - (c) Cross right leg over left leg and
- Pose 3**
- (a) **INHALE SLOWLY** while
  - (b) "Rolling" forward and
  - (c) "Swing" arms backward as far as possible
- Pose 4**
- (a) **EXHALE SLOWLY** while bringing both
  - (b) Legs to mat or floor with
  - (c) Head touching knees with
  - (d) Arms (palms up) raised backward as far as possible and upward and
  - (e) Return to Pose 2 position

**NOTE**

Repeat the foregoing exercise six (6) times, first starting with right leg crossed over left leg and then crossing left leg over right leg alternately.

**CAUTIONS**

**Pose 2** - Keep arms and shoulders pressed firmly against mat or floor. Reverse legs while in "overhead" position when returning to Pose 3 position.

**Pose 4** - Try to touch head to knees. Keep arms (palms up) stretched straight backward and upward as far as possible.

# 29.The BOOMERANG

## The Boomerang

## Differences:

## Rolling like a ball/Teaser combo

## Rolling Teaser

