

# The Pilates Gathering September 2018

## **Bringing the Chair to the mat by Suus Wilms:**

The Chair is a great apparatus that challenges your Powerhouse, pelvic- and shoulderstability, balance and strength.

Since it's such a great piece of apparatus to work on for standing, sitting and kneeling exercises, i wanted to convert these movements to the mat with the help of the Ring.

This way you can introduce some challenging exercises to your mat sequence without having to buy expensive Apparatus, and it can be done within a group-setting.

# Warming up with correct alignment

# Arm raises using the ring  
~ Placing Crown on head

# Rotation ring against Chest/sternum

# Squats adding heelraises and running

# Lateral flexion, ring against the lowest feminine rounding (underneath the hip)  
~ adding arm presses  
~ adding standing leg slides

# Pliés with ring behind the back adding Chest Expansion

# Standing Rolldown

### **Chair converted exercises:**

# Standing Washerwoman (Hamstring I & II Stretch) ring in front, hands besides handle  
~ adding arm bends/presses, pliés, presses and pliés, heel raises.

# Standing Legpumps paralel > ring in front of right foot (or left) arch on top, balls on top.  
~ adding heelraises

# Standing Single arm Hamstring stretch> rolldown, ring in one hand and place it in front. other arm is out to side and press ring down engaging from powerhouse.  
~ adding rotation

# Standing legpumps side in Pilates V, balls on top, high heels, heelraises

# Standing Cat to Horse/Cow/Camel > ring in front

# Pike with ring in-between ankles> heelraises

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## ( Bringing the Chair to the mat by Suus Wilms: part 2)

# Single arm presses in all 4's  
~ adding hipextension  
~ Swimming on all 4's  
~ Plank

# Spinestretch ring in front  
~ arm presses round and flatback/extension

# Mermaid  
~ Rotation  
~ Extension

# Swan  
~ adding swimming legs

# Kneeling Lateral Flexion

# Kneeling Sidekick series

# 1leg "Teaser" with legpresses

# Triceps press kneeling or seated > ring behind the back

# Supine Frog and Single leg Frog

# 1leg on top Bridging with presses

# 1leg on top Long bridging with kneelift

# Supine overhead presses and Rollover to Jackknife

# Single Open Leg Rocker

Have Fun applying these Chair-exercises to your Mat classes.  
Enjoy the Contrology and focus your mind.

~ Suus Wilms



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