



June Kahn's Bodyworks, LLC  
Professional Fitness Pilates Training

## **CAFFEINATED PILATES**

Presented by: June E Kahn, CPT  
2009 World IDEA Fitness Instructor of the Year  
SCW Midwest Mania 2009 Choreography  
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### **STANDING PROGRESSIONS**

Review of Balanced Spine  
Review of Rip/Hip Integration

Review of Breath Process: Forced Expiration

Standing Pelvic Tilts: Anterior and Posterior Pelvic Tilts

½ Roll downs and Roll Ups

Spine Twist

Unwinding – Lunge Back with arms to side, Rotate and Helicopter Arms through planes of motion to warm up torso and stretch Hip Flexors.

Standing Mermaid

Trace the Clock

Lunges side to side leading to Standing Open Leg Rocker

Standing Hundreds – Reach one leg forward, Bend supporting leg as you Flex forward through spine pumping arms forward. Roll Up to extend spine with arms pumping back engaging triceps

Standing Spine Stretch Forward

Standing Roll down “transitioning “ to floor to all fours

### **MATWORK PROGRESSIONS**

Push Pull –

Transition to all Fours

Opposite Arm / Opposite Leg lift with Abduction

All 4's Core Control (reaching arm to side to reach ankle of bent knee)

Transition to Prone

Prone position

Prone Back Extension “Modified Swan”

Use “Little Piece of Heaven’ to stretch spine

Use Inversion (“Downward Dog”) to transition to seated position

### **SEATED PROGRESSIONS**



**½ Roll Downs**

**½ Roll Downs with Rotation**

**Transition with Rolling down to supine**

### **SUPINE PROGRESSIONS**

**Double Leg Stretch**

**Single Leg Stretch**

**Leg Circles**

**Double Leg Lowers**

**Bridging Variations**

**Hip Smiles**

**Articulating Bridges**

**One Leg Articulating Bridges**

**Climb A Tree**

**Stationery Teaser with Extended Legs**

**Transition to Seated Mermaid Position Facing Front**

### **SEATED MERMAID**

**Seated Mermaid with Lateral Flexion**

**Seated Mermaid with Lateral Flexion and Rotation**

**Seated Mermaid to Extended Mermaid or “Star”**

**Star to Twist**

**Transition to Seated Mermaid on other side using Hip Rolls**

**Seated Mermaid with Lateral Flexion**

**Seated Mermaid with Lateral Flexion and Rotation**

**Seated Mermaid to Extended Mermaid or “Star”**

**Star to Twist**

**Transition from Start to Plank**

**Walk hands to Feet**

**Roll Up**

**Finish with Standing Roll Down to Push up (3 reps)**

**Finish Standing**



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