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Education

FITNESS PILATES WITH THE BANDS 6 WEEK COURSE

LESSON PLANS

Rachel Holmes and Kelly Reed
instructor training

Fitness
Pilates

INSTRUCTOR KELLY REED
 CLASS FITNESS PILATES WITH THE BANDS 6 WEEK COURSE
 TIME OF CLASS 45-60 MIN CLASS
 WEEKS PLAN WEEKS 1 & 2 LONG BANDS
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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PREPARATION PHASE TO MINS

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EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
Standing Arm pull overs with long band in hands	Place the Long band in between hands and lift over head, then back down	Make movements smaller, only lift to shoulder height	Add a pulse with hands as you lift and lower
Standing spine twist with band in Hands	Place band between hands at chest height, alternate right to left, follow eyes to elbow, stretch hands apart	Put band down and complete conventional spine twist	Place band behind back and complete spine twist
Lateral side bend with band in hands	Place band in hands and reach above head and laterally, push hips to other direction but keep weight centered through feet,	Decrease movement pattern and speed	Reach and rotate
Pedal push through feet, band in hands completing pulses at shoulder height	Allow feet to release in floor, lifting heels and pressing through ball of foot. Keep head up and pulse hands	Alternative flex and point balance, standing on one leg and flexing and pointing foot on other side just holding band to centre	Add a deeper knee bend or lift arms over head and down as you pulse
Lateral lunges with band in hands	Turn side on mat if necessary, take feet as wide as the mat and lunge side to side, extend arms at shoulder height	Remove band and just lunge	Add arms over head or twist as you lunge
Standing knee float	Feet hip distance or wider, lift knee to hip height alternating right to left with band in hands at shoulder height	Reduce speed and range of movement in both arms and legs	Add in arms over head as you lift the leg
Pilates Squat, band in hands reaching forwards	Take feet more than hip distance and turn toes out. Sit down not back – arse to grass. Head up and chest open	Take feet wider to increase hip mobility and greater depth	Add a balance as you stand by lifting heels
Roll down	Come to back of mat, articulate spine vertebrae by vertebrae, band in hands	Keep arms low as you stand, just roll shoulders	Add baby back bend and roll all the way down to floor
Cat to Cow stretch	Come to all four position and round back up to cat – belly button up to ceiling then down to cow pose.	Complete standing	Rotate back in a circle
	Then think all the way up as point A – all the way down as point C – Find point B ready for the first main move		

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 WEEKS PLAN WEEKS 1 & 2 LONG BANDS
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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MAIN PHASE 25 MINS TOTAL

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EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
1. SuperMan	Body in Box position with long band under one knee and lift band in hand	Lift only arms without legs and visa versa	Lift arm and leg away from floor add a pulse for 3 counts
2. VW with band in hands	Lay prone and place band in hands overhead, lift chest and retract arms back in to W position with resistance of band	Lift into V only and not pull back	Add swim leg at same time
3. Side Lying Leg adduction with band around top foot	Lay on side, have upper body comfortable, place band around top foot and rotate holding on to ends with top hand	Lower head down and have a cushion or block under head	Remove top arm and place on top leg, lift lower leg up into a hold
4. Seated Arm float (COMPLETE IN BETWEEN CHANGING SIDES FOR SIDE LYING)	Sit in V Sit position or mini teaser, knees can be bent or straight. Lift arms with band in hands and slight lean back, exhale as you lift	Remove slight lean back or place mini ball or cushion behind back	Add single leg lift
Complete other side lying leg adduction			
5. Table Top Tap Downs with band in hands and complete over head pull over	Laying supine, place band in hands and extend over head as you tap down	Keep one leg on floor and take out arm pull over	Extend tap further away, or increase 1 tap to 3x taps
6. Leg Slides as above but with band behind back and chest press	As above but slide leg away, place band behind back of shoulder blades and complete chest press as you slide away	As above, remove chest press	Extend and hold the leg for a breath
7. single knee drop with pec fly arms	As above but slide leg away, place band behind back of shoulder blades and complete pec fly as you drop knee to side	Block or towel under head. Hold arms extended at chest height with bands	Add in Leg slide before you change sides
8. Shoulder Bridge with band in hands	Feet flat on floor, hip distance or wider. Complete a pelvic tilt and then lift vertebrae by vertebra as high as you feel comfortable until reach your ski slope then articulate down. Move any props from behind the head out of the way	Remove band with arm pull over	Place hand across pelvis like a glute bridge

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 WEEKS PLAN WEEKS 1 & 2 LONG BANDS
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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CLOSING PHASE 12 MINS TOTAL

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EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
Knee hug	Pull knees into chest and rock slowly back and forth / side to side	Hold either above or behind knees. Can perform one leg at a time.	Cross ankles and rotate round on lower back in both directions.
Hamstring release / stretch - Place band around one foot	Extend Right leg to sky, bend and straighten at own pace. Hold band were comfortable. Stay with leg extended when ready and flex and point foot.	Could be performed seated	Extend leg fully. Hold closer to foot
Adductor Stretch with band	Open hip/ leg to side with foot in band, other hip stays into floor	reduce range of movment. Bend other leg	Extend other leg
Abductor Stretch with band	Fold leg across body using opposite hand to take the band. Make sure the other leg is extended. The extend opposite arm out at should height.	could be performed seated.	Extend leg fully
Lay in Prone and relax for 3-5mins	Lay comfortable to you and allow body to relax, close eyes and focus on slowing down breathing.	Can lay on side or seated	Bring in Nasal breathing for enhanced relaxation.
Seated Side stretch / twist combo with band	Gently come to seated placing band in hands and stretch to side the spine twist - repeat other side	Sit on block or folded towel	Complete more repetitions
Gently bring group to standing completing Roll downs as in preparation phase and revisit Posture - ABC			

INSTRUCTOR KELLY REED
 CLASS FITNESS PILATES WITH THE BANDS 6 WEEK COURSE
 TIME OF CLASS 45-60 MIN CLASS
 WEEKS PLAN WEEKS 3 & 4 ACTIVATION BANDS
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)



PREPARATION PHASE TO MINS



EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
Standing Arm pull overs with Activation band around thighs	Place the Activation band around thighs and lift alternating arms over head, then back down	Make movements smaller, only lift to shoulder height	Add rotation of arms
Standing spine twist with band around thighs	As above but upper body moves into spine twist with hands in position of choice	have hands in prayer pose	Arms extended to full spine twist
Lateral side bend with band on thighs	reach above head and laterally, push hips to other direction but keep weight centered through feet,	Decrease movement pattern and speed	squat in between sides
Pedal push through feet	Allow feet to release in floor, lifting heels and pressing through ball of foot. Push against band with legs	Reduce movement or remove band	Add a deeper knee bend or add in a standing swim leg
Standing knee float	Feet hip distance or wider, lift knee to hip height alternating right to left with band on thighs	Reduce speed and range of movement	Add in arms over head as you lift the leg
Pilates Squat with band	Take feet more than hip distance and turn toes out. Sit down not back – arse to grass. Head up and chest open	remove band or change move to a standing swim leg - alternating	Add in knee float or lunge back in between
Roll down	Come to back of mat, articulate spine vertebrae by vertebrae, band on thighs	Keep arms low as you stand, just roll shoulders	Add baby back bend and roll all the way down to floor
Cat to Cow stretch	Come to all four position and round back up to cat – belly button up to ceiling then down to cow pose.	Complete standing	Add calf stretch
	Then think all the way up as point A – all the way down as point C – Find point B ready for the first main move		

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 CLASS FITNESS PILATES WITH THE BANDS 6 WEEK COURSE
 TIME OF CLASS 45-60 MIN CLASS
 WEEKS PLAN WEEKS 3 & 4 ACTIVATION BANDS
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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 MAIN PHASE 25 MINS TOTAL
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EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
1. SuperMan	Keep Activation band around thighs and complete superman	Lift only arms without legs and visa versa	Lift arm and leg away from floor add a pulse for 3 counts
2. Side Lying Clam with band around thighs	Lay on side, have upper body comfortable, place feet together and bend knees, open top leg into side lying clam	Lower head down and have a cushion or block under head	Remove top arm and place on top leg, lift lower leg up into a hold
3. Prone Glute Swim leg (complete before you change sides)	Lay Prone with band still around thighs and hands under forehead, lift alternative legs for glute activation	Place block or towel under head and hands by side	Add back extension or double leg lift
Complete other side lying Clam			
4. Table Top Tap Downs with band on thighs	Laying supine, back in neutral, alternate tap downs	Keep one leg on floor	Extend tap further away, or increase 1 tap to 3x taps, add arm pull over
5. Leg Slides as above	As above but slide leg away,	As above, remove band	Extend leg to side after you have extended to away
6. single knee drop	As above but drop knee to side,	Block or towel under head. Keep on foot on floor	Add in pec fly arms
7. Knee Roll with band	Open arms to side, Legs in table top and roll knees to side	Keep feet on floor	Extend top leg as it goes over pressing outwards against band
8. Shoulder Bridge with band around thighs	Feet flat on floor, hip distance or wider. Complete a pelvic tilt and then lift vertebrae by vertebra as high as you feel comfortable until reach your ski slope then articulate down. Move any props from behind the head out of the way	Remove band and stretch hips more	Add pulse at the top

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 CLASS FITNESS PILATES WITH THE BANDS 6 WEEK COURSE
 TIME OF CLASS 45-60 MIN CLASS
 WEEKS PLAN WEEKS 3 & 4 ACTIVATION BANDS
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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 CLOSING PHASE 12 MINS TOTAL
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 Remove activation band and use Long band for these stretches as in Week 1-2 but increase them all to developmental stretches

EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
Knee hug	Pull knees into chest and rock slowly back and forth / side to side	Hold either above or behind knees. Can perform one leg at a time.	Cross ankles and rotate round on lower back in both directions.
Hamstring release / stretch - Place band around one foot	Extend Right leg to sky, bend and straighten at own pace. Hold band were comfortable. Stay with leg extended when ready and flex and point foot.	Could be performed seated	Extend leg fully. Hold closer to foot
Adductor Stretch with band	Open hip/ leg to side with foot in band, other hip stays into floor	Reduce range of movement. Bend other leg	Extend other leg
Abductor Stretch with band	Fold leg across body using opposite hand to take the band. Make sure the other leg is extended. The extend opposite arm out at should height.	Could be performed seated.	Extend leg fully
Lay in Prone and relax for 3-5mins	Lay comfortable to you and allow body to relax, close eyes and focus on slowing down breathing.	Can lay on side or seated	Bring in Nasal breathing for enhanced relaxation.
Seated Side stretch / twist combo with band	Gently come to seated placing band in hands and stretch to side the spine twist - repeat other side	Sit on block or folded towel	Complete more repetitions
Gently bring group to standing completing Roll downs as in preparation phase and revisit Posture - ABC			

INSTRUCTOR KELLY REED
 CLASS FITNESS PILATES WITH THE BANDS 6 WEEK COURSE
 TIME OF CLASS 45-60 MIN CLASS
 WEEKS PLAN WEEKS 5 & 6 BOTH
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)



PREPARATION PHASE 10 MINS



EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
Standing Arm pull overs with Activation band around thighs, long band in hands	Place the Activation band around thighs and lift arms over head with long band, then back down	Make movements smaller, only lift to shoulder height	Add swim legs
Standing spine twist with Activation band around thighs and long bands in hands	As above but upper body moves into spine twist with long band in hands	Remove either or both bands	Band behind back for spine twist
Lateral side bend with Activation band on thighs, long band in hands	reach above head and laterally, push hips to other direction but keep weight centered through feet,	Decrease movement pattern and speed	squat in between sides
Pedal push through feet	Allow feet to release in floor, lifting heels and pressing through ball of foot. Push against band with legs	Reduce movement or remove band	Add a deeper knee bend or add in a standing swim leg
Standing knee float	Feet hip distance or wider, lift knee to hip height alternating right to left with band on thighs, long band in hands	Reduce speed and range of movement, remove long band	Add in arms over head as you lift the leg
Pilates Squat with band	Take feet more than hip distance and turn toes out. Sit down not back – arse to grass. Head up and chest open	remove band or change move to a standing swim leg - alternating	Add in knee float or lunge back in between
Roll down	Come to back of mat, articulate spine vertebrae by vertebrae, band on thighs	Keep arms low as you stand, just roll shoulders	Walk out to plank

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 CLASS FITNESS PILATES WITH THE BANDS 6 WEEK COURSE
 TIME OF CLASS 45-60 MIN CLASS
 WEEKS PLAN WEEKS 5 & 6
 EQUIPMENT PILATES MATS, BLOCKS OR ROLLED UP TOWELS FOR HEAD, NECK AND SPINE SUPPORT, LONG BANDS AND ACTIVATION BAND
 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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MAIN PHASE 25 MINS TOTAL

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EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
1. Push up with Activation Band	Place Activation band around back of triceps and complete push up of your choice	Drop knees or add in a push back in between each push up	Add pause at bottom before you lift
2. Superman With opener	Body in Box position with long band under one knee and lift band in hand, lift up and then to side	Remove Diagonal pull	Lift arm and leg away from floor add a pulse for 3 counts
3. VW with band in hands and possibly activation band on thighs	Lay prone and place band in hands overhead, lift chest and retract arms back in to W position with resistance of band	Lift into V only and not pull back	Add swim leg at same time
4. Side Plank - Side Lying Clam with band around thighs	Come into side plank, have upper body comfortable, place feet together and bend knees, open top leg into side lying clam	Lower down to conventional Clam	Increase reps and time under tension
5. Table Top Tap Downs with band on thighs and long band in hands (complete before you change sides)	Laying supine, back in neutral, alternate tap downs	Keep one leg on floor, remove either or both bands	extend tap further away, or increase 1 tap to 3x taps, add arm pull over
Complete other SIDE PLANK Clam			
6. Hundred with both bands	Complete the Hundred in Supine but Long band in hands for pulses at chest height - pulsing out not down, Activation band around thighs if you wish	Block or towel under head. Keep feet on floor - remove either band	Take arms over head and extend legs further away
7. Knee Roll with band	Open arms to side, Legs in table top and roll knees to side	Keep feet on floor	Extend top leg as it goes over pressing outwards against band
8. Shoulder Bridge with band around thighs	Feet flat on floor, hip distance or wider. Complete a pelvic tilt and then lift vertebrae by vertebra as high as you feel comfortable until reach your ski slope then articulate down. Move any props from behind the head out of the way	Remove band and stretch hips more	Add pulse at the top
9. Roll up with Band around thighs and long band in hands	Complete the Half or full Roll Up with Activation band around thighs and long band in hands - reaching up as you come to seated	Only come back half way	Extend arms fully as you complete full Roll Up

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 WEEKS PLAN WEEKS 5 & 6
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 SET UP BEGIN STANDING BAREFOOT. ALIGN FEET, KNEES, HIPS, PELVIS, RIBS, ARMS, SHOULDERS, NECK AND HEAD. INTRODUCE LATERAL BREATHING FOR RELAXATION AND A FOCUS TOOL. (4MINUTES)

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 CLOSING PHASE 12 MINS TOTAL
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 Use Long band for these stretches as in previous weeks but increase time on each stretch

EXERCISE	TEACHING POINTS	MODIFICATION	PROGRESSION
Hamstring release / stretch - Place band around one foot add in nerve floss	Extend Right leg to sky, bend and straighten at own pace. Hold band were comfortable. Put other hand behind head and lift up to the point of tension or tightness then release. Complete 6-10 before changing sides	Could be performed seated	Extend leg fully. Hold closer to foot
Adductor Stretch with band	Open hip/ leg to side with foot in band, other hip stays into floor	Reeduce range of movment. Bend other leg	Extend other leg
Abductor Stretch with band	Fold leg across body using opposite hand to take the band. Make sure the other leg is extended. The extend opposite arm out at should height.	Could be performed seated.	Extend leg fully
Seated Side stretch / twist combo with band	Gently come to seated placing band in hands and stretch to side the spine twist - repeat other side	Sit on block or folded towel	Complete more repetitions
Gently bring group to standing completing Roll downs as in preparation phase and revisit Posture - ABC			