



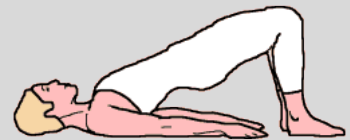
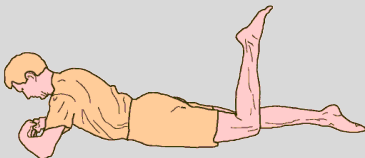
The Pilates Upper Body Workout

To be used in conjunction with:

- Pilates mat workout
- Stretches and mobilisations to complement Pilates mat

By Bruce Thomson
Bruce Thomson Pilates, Box 8037 Invercargill New Zealand
www.pilatesrunner.com/brucethomson

Disclaimer: (1) This program is not intended to replace the advice of a medical professional. (2) The writer has made every effort to assemble a set of safe and well trialled instructions, however as you will be aware, all exercise involves risk. The risk you take is your responsibility.



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Introduction: the benefits of a simple upper body workout.

The main purpose of this upper body workout is to provide a simple, enjoyable workout for the muscles that stabilize the shoulder girdle, and the upper body from the beltline upwards. As with any “off the shelf” exercise program, it will not prevent all possible problems of the upper spine and shoulder girdle, nor will it replace the specific advice of a medical expert.

All the same, I am amazed by how much it can do to:-

- Enhance flexibility of the rib cage for easier breathing.
- Increase flexibility of the upper spine such that you can sleep on your stomach without irritating your neck.
- Rebalance the muscles of the shoulder blade to enhance the shoulder function
- Rebalance the muscles of the rotator cuff of the shoulder joint.

And I am amazed at how much it can do to:-

- Prevent kyphosis (hunch back).
- Prevent or minimize the risk of damage to the intervertebral joints of the lower neck.
- Minimize the risk of damage due to whip lash injury(*)
- Prevent or minimize the risk of damage to the supraspinatus tendon (rotator cuff tear).
- Prevent or minimize the risk of frozen shoulder.

Experience the upper body workout for yourself!

(*) When used in conjunction with the standard mat workout with head lifted and eyes on the belly).

Pictorial Table of Exercises

<p>Arm Weight Series: 1. Biceps a, b & c (3-5 Each One) 2. Bird Wings & Triceps (4-6)</p>	
<p>Arm Weight Series: 3. Zip Up (4-6) 4. Front Raise (3-5) 5. Side Raise (3-5) 6. Boxing (3-5)</p>	
<p>Page: 38</p> <p>Arm Weight Series: 7. Chest Expansion (2-4) 8. Side Stretch (2-4) 9. Sparklers (3-5) 10. Mat Ski Ramp 11. Mat Flight 12. Pushes</p>	
<p>Wall Series: 13. Windmill Arms (3-6) 14. Alternating Arms (2-4) 15. Roll Down with Arm Circles (3) 16. Wall Slides/Squats (2-4) 17. One Leg Slide (2-4)</p>	

Pilates Arm Weight Series

PILATES STANCE CHECKLIST:

Ankles just touching & toes 2-4 inches apart. Clench your butt & wrap around at the back of the inner thighs. Scoop your abs. Breathe into the sides of your ribs & upper back and grow tall. Relax your shoulders wide, roll your shoulder blades down your back and glue them to your ribs. Unlock your knees & lean into the wind. Finally, (slim persons only) look down & check that you can "see your shoe laces" and that your kneecaps are aligned over your second toes.

Size of arm weights: A half to 2 kgs will sufficiently challenge your muscles of posture and stability. Only use more if you can maintain control.



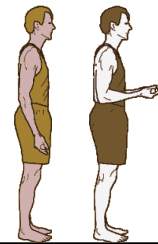
1a. ARM WEIGHTS - BICEPS: LOW

REPS: 3-5

SETUP: Stand in Pilates stance, arms straight and close alongside your body. Palms facing forward: Engage the powerhouse and lengthen the spine.

ACTION: Elbows close to your sides. Inhale to bend your elbows to 90° then curl wrists toward shoulders. Scoop deeply. Exhale to lower.

PRECISION: Mentally work through the Pilates Stance Checklist.



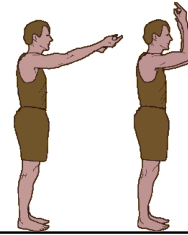
1b. ARM WEIGHTS - BICEPS: SHOULDER HEIGHT

REPS: 3-5

SETUP: Stand in Pilates stance, arms extended straight out in front at shoulder height and shoulder width apart, palms facing the ceiling. "Powerhouse on" (i.e. scoop the abs) and lean into the wind.

ACTION: Relax your shoulders wide & roll your shoulder blades down. Inhale to bend your elbows to 90° then curl wrists toward shoulders. Exhale to straighten elbows, reaching long.

PRECISION: Mentally work through the Pilates Stance Checklist.



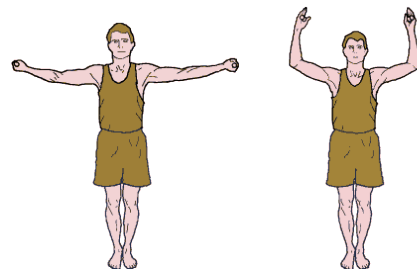
1c. ARM WEIGHTS - BICEPS: OPEN at 45 DEGREES

REPS: 3-5

SETUP: Stand in Pilates stance and lean into the wind. Keep your back lifted as you open your arms 45 degrees to the side. Palms facing the ceiling.

ACTION: Relax your shoulders wide & roll your shoulder blades down. Inhale to bend the elbows to 90° then curl wrists toward shoulders. Exhale and with resistance return the arms, reaching long.

PRECISION: Work through the Pilates Stance Checklist.



2. ARM WEIGHTS BIRD WINGS AND TRICEPS

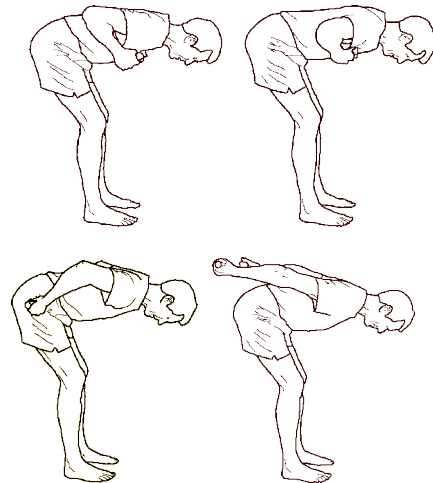
REPS: 4-6

SETUP: (Starting from Pilates Stance) Lift your heels and then place them toe width apart. Scoop. Keep your torso vertical as you bend at the knees (kneecaps over second toes), then bend at the hips to lean your torso forward. Keep the length between the ribs and the hips. The hands stay high at all times.

ACTION: Inhale and bring the elbows high. (Exhaling) lower the elbows as low as they will go, and then push the weights toward a point high on the back wall. Inhale and push to the back wall! (Exhaling) pull the weights toward the armpits, and then bring the elbows high.

TRANSITION: Inhale, then exhale as you straighten at the hips, and grow tall as you unbend your knees.

PRECISION:



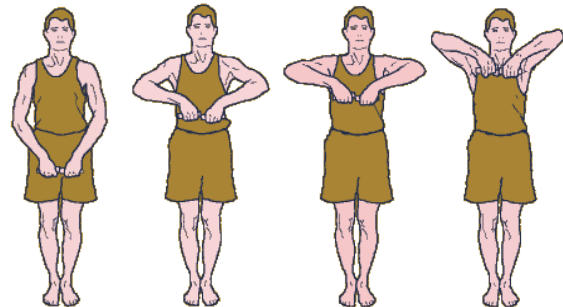
3. ARM WEIGHTS – ZIP UP

REPS: 4-6

SETUP: Stand in Pilates stance and lean into the wind. Check that you can see your shoelaces. Arms are long in front with hands side-by-side, palms facing the body.

ACTION: Inhale as you “zip” the weights up to the top of the sternum, leading with the elbows while relaxing the shoulders down and wide. Exhale as you lower with resistance. Scoop deeper.

PRECISION: Mentally work through the Pilates Stance Checklist.



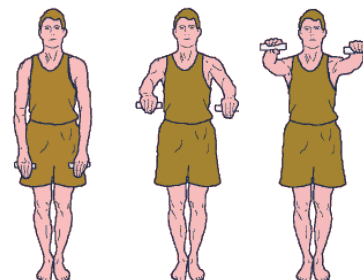
4. ARM WEIGHTS - FRONT RAISE

REPS: 3-5

SETUP: Stand in Pilates Stance. Arms begin straight along sides of the body, palms face backwards. Scoop deep!

ACTION: Inhale to raise the arms straight up in front of you to shoulder height. With resistance, exhale and return the arms down by your side.

PRECISION: Mentally work through the Pilates Stance Checklist.



5. ARM WEIGHTS - SIDE RAISE

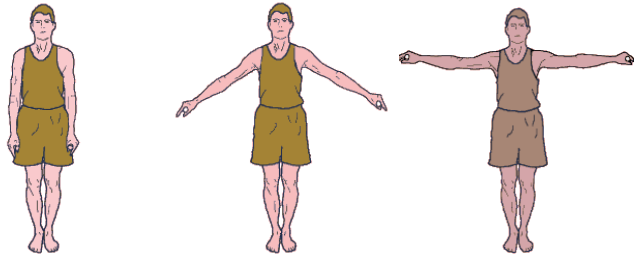
REPS: 3-5

SETUP: Stand in Pilates stance, arms straight alongside body, palms facing inwards. Scoop deep!

ACTION: Inhale to raise long arms up to the sides.

Exhale to lower the arms with resistance.

PRECISION: Mentally work through the Pilates Stance Checklist.



6. ARM WEIGHTS - BOXING

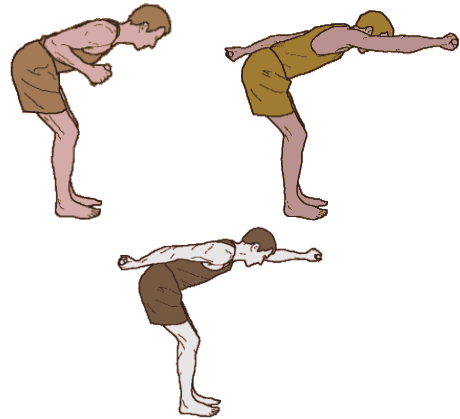
REPS: 3-5

SETUP: (Starting from Pilates Stance) Lift your heels and replace them toe width apart. Scoop. Place your arms like “duck wings” and roll your shoulder blades down your back. Keep your torso vertical as you bend at the knees (keep your kneecaps directly over your toes), then bend at the hips to lean your torso forward.

ACTION: Maintain Rib/Scapula connection, inhale to extend both arms away from each other keeping them parallel with the spine (one arm reaching forward with palm down, other arm reaching backward with palm up).

Exhale to return to duck wing position. Return to standing by reversing the “SETUP” instructions.

PRECISION: Work through Pilates Stance Checklist.



7. ARM WEIGHTS - CHEST EXPANSION

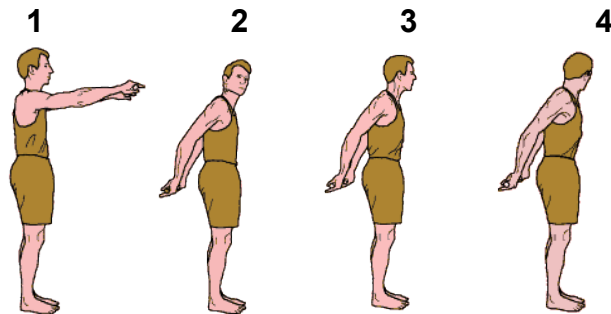
REPS: 2-4

SETUP: Stand in Pilates stance and lean into the wind. Arms reach straight out to the wall in front. Scoop deep and EXHALE!

ACTION: Roll your shoulder blades down toward the small of the back. Start to inhale as you bring your arms behind your back; open the chest, lean into the wind.

Inhale and look left...inhale deeper and look straight ahead...inhale even deeper and look to the right. (Let the breath grow and travel through you). Look straight ahead. Exhale fully as you raise your arms forward with resistance.

PRECISION: Work through the Pilates Stance Checklist.



8. ARM WEIGHTS - SIDE STRETCH

REPS: 2-4

SETUP: Stand in a wide Pilates stance (toes well apart), arms by the sides, palms facing inwards. Scoop deep and lean into the wind. Relax your shoulders wide, and roll your shoulder blades down your back.

ACTION: While one arm reaches down by your side, bend the opposite elbow and reach the other arm up to the ceiling to hug your head. Exhale, then lift up and over, reaching to the side. Inhale to return to vertical and (with resistance) alternate the arms.

PRECISION: Bend between two sliding glass doors. Mentally work through the Pilates Stance Checklist.



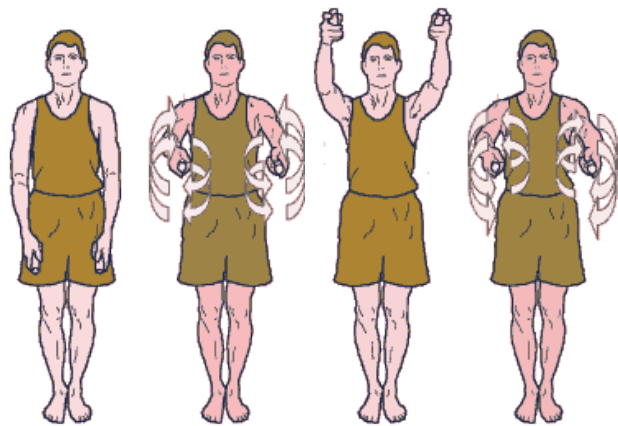
9. ARM WEIGHTS - SPARKLERS

REPS: 3-5

SETUP: Stand in Pilates stance, arms long in front of your thighs. Hold your arm weights like sparklers, palms facing inwards. Scoop deep and lean into the wind. Relax your shoulders wide, and roll your shoulder blades down your back.

ACTION: With arms low to the sides, make small circles from your shoulder. Inhale as you gradually bring the arms up to eye level. At the top, reverse the circle and “exhale” the arms down again

PRECISION: Check that you can see your shoelaces. Work through the Pilates Stance Checklist.

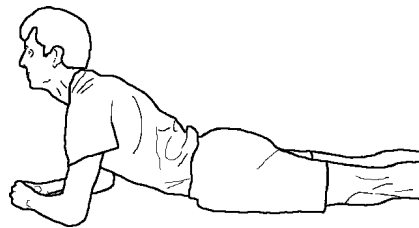


10. MAT - SKI RAMP

REPS: Hold for 5 breaths

10. SETUP: Lie on stomach. Place elbows just wide of shoulders, and with one hand grasp the opposite thumb. Look to the spot on the floor one meter in front.

ACTION: Zip! Rise up between your shoulder blades, and pull your thumb off. Inhale into the side of the ribs. Breast Bone Shines Forward. Shoulder blades role down.



PRECISION: Your Back Forms The Shape Of A Ski Ramp!

11. MAT - FLIGHT

REPS: Hold for 5 breaths

SETUP: Zip! Clench the butt!

ACTION: Shoulders up toward the ceiling; reach arms up and back. Inhale into the sides of the ribs and the upper back. Shine your breast bone forward and role your shoulder blades down your back.



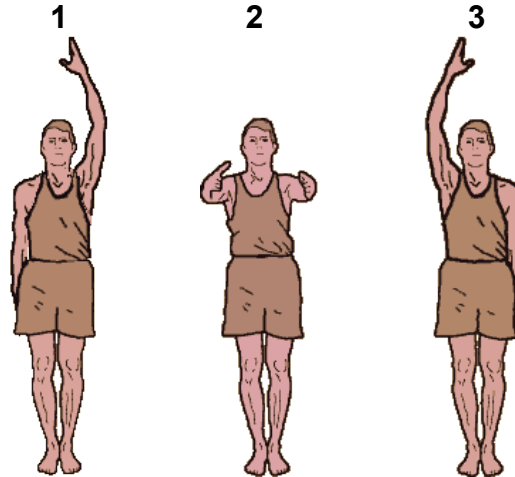
PRECISION: Keep The Length In The Back Of The Neck!

14. WALL SERIES – ALTERNATING ARMS**REPS: 2-4**

SET UP: Stand with your back against the wall and your feet one foot length in front. Gentle Pilates stance. Scoop deeply inward and upward, and press the small of your back into the wall. Breathe into the side of your ribs and upper back, and grow tall! Concentrate on keeping your spine and shoulder blades on the wall.

ACTION: Bring one arm overhead, and when returning it, bring the other arm up so that they pass (like ships in the night) at shoulder height.

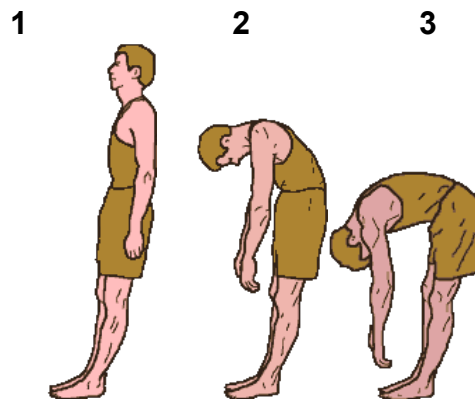
PRECISION: Grow tall, and imprint your ribs and shoulder blades to the wall. Keep the movement slow (like ships in the night). It is the powerhouse and the rolled down shoulder blades that are doing all the work.

**15. WALL SERIES – ROLL DOWN w. ARM CIRCLES****REPS: 3**

SET UP: Stand with your back against the wall and your feet one foot length in front. Gentle Pilates stance. Scoop deeply inward and upward, and press the small of your back into the wall. Breathe into the side of your ribs and upper back, and grow tall! Concentrate on keeping your spine and shoulder blades on the wall.

ACTION: Inhale deeply and imprint to the wall. Scoop deeply and exhale to roll forward off the wall vertebra by vertebra. Finally, let your hips bend. Breathe normally, and let your hands hang lazily in front of your shins, relax your shoulders wide, and make lazy circles (three each way). Exhale to roll back up onto the wall, pressing each vertebra as you go.

PRECISION: At the same time as relaxing your shoulders wide, keep your shoulder blades rolling down your back. Imagine bungee cords attached between the bottom of the shoulder blade and the small of your back.

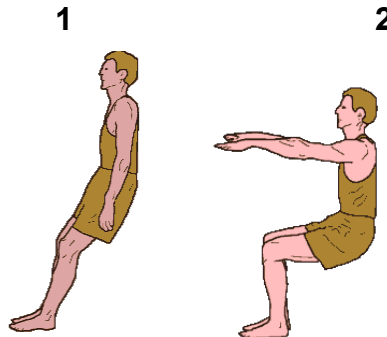


16. WALL SERIES – WALL SQUATS**REPS: 2-4**

SET UP: Stand with your back against the wall and your **feet two foot lengths in front, hip width apart and parallel with each other**. Scoop deeply inward and upward, and press the small of your back into the wall. Breathe into the side of your ribs and upper back, and grow tall! Concentrate on keeping your spine and shoulder blades on the wall.

ACTION: Inhale to slide down the wall. (Knees to slightly less than 90 degrees). Exhale to slide up the wall.

PRECISION: Stay aligned. Your knees move forward over your second toe, your body stays symmetrical, and your shoulder blades roll downward and anchor to your ribs.

**17. WALL SERIES – WALL SQUAT W. ONE LEG RETURN****REPS: 1-2
EACH SIDE**

SET UP: Stand with your back against the wall and your **feet two foot lengths in front, hip width apart and parallel with each other**. Scoop deeply inward and upward, and press the small of your back into the wall. Breathe into the side of your ribs and upper back, and grow tall! Concentrate on keeping your spine and shoulder blades on the wall.

ACTION: Inhale to slide down the wall. (Knees to slightly less than 90 degrees). Straighten one leg and glue the knees together. Exhale to slide up the wall.

PRECISION: Lengthen your spine both upward and downward, and keep your torso square.

