

The Performer's Workout Manual Overview

The Performer's Workout is based on material commonly executed on a pilates reformer. The workout only requires an appropriately sized stability ball and a resistance band or tubing. The workout requires the performer to focus their mind on stabilizing and training their core. Unlike the reformer, there are no rails or pulleys to guide the movement – the ball and band will move where your body puts them.

The complete workout takes approximately 1 hour once the material is familiar. Workout logs, and suggestions on how to split the workout into two shorter workouts are also included. Once the material is easy to execute consistently, try the suggested variations to increase the challenge.

Section	Number of Exercises
Plié	10
The Hundred	1
Short Spine	1
Arms and Back Series 1	4
Ab Series 1	2
Feet in Band Series	6
Back and Shoulder Series 2	5
Ab Series 2	3
Rotator Cuff Series	4
Side Twist	1
Arms and Ab Series	7
Arms and Back Series Prone	3
Abs and Balance Series	4
Port de Bras	1
Spine and Hamstrings	2
Ronds de Jambe	2
Kneeling on the Ball	2
Hip Lifts	2
Hip Flexor Stretch	1
Inner Thigh Strengtheners	1

Each section begins with a page detailing the starting position and why the position is important.

Each exercise is broken down step by step both in writing and photographs. At the bottom of each exercise the muscular usage is explained.

Short Spine – Starting Position Details

Pelvis and spine are in a neutral alignment

Legs are squeezing the ball to maintain control

Ribcage resting on mat without tension



Shoulders resting heavy on the mat

Starting Position Checklist

- ✓ Lying on a padded surface to protect the vertebra of the spine
- ✓ Tension free starting position – don't work hard to lie still
- ✓ Do not use any cushion under the head. The hips will be leaving the floor in this exercise and padding under the head can create a dangerous alignment to the neck.
- ✓ Take a deep breath in and feel the abdominals engage. Feel the engagement become more supportive during the exhale
- ✓ If the shoulders feel like they are rounding forward off of the floor, hold onto a sturdy piece of furniture behind the head and above shoulder height. (table or chair legs often work well)

Short Spine

Movement

1. Starting position as described on the preceding page.
2. Exhale to draw the knees towards the chest and lift the ball off of the floor into a tabletop position. At the same time use the abdominals to create a slight posterior tilt of the pelvis (imprint) to lengthen the lower back.
3. Inhale to extend the knees pressing the ball towards the ceiling.
4. Exhale to hinge the straight legs towards the body and rolling the pelvis and spine off of the floor one vertebra at a time. There should be no pressure on the neck in this position.
5. Inhale to maintain the body position and bend the knees.
6. Exhale to roll down one vertebra at a time with the knees bent.
7. Inhale to lower the legs to the starting position.

Repetitions

5

Muscular Work

- ❖ Adductors of the legs are working isometrically (no change in length) throughout the exercise to control the ball.
- ❖ The abdominal muscles shorten to pull the pelvis towards the torso and to roll the torso off of the mat. The same muscles lengthen to return to the starting position.
- ❖ The muscles of the back lengthen to allow the torso to roll off of the floor and shorten to return to the starting position.
- ❖ The quadriceps straighten the knees and the hamstrings bend the knees.
- ❖ The hip flexors shorten to hinge the legs towards the body and lengthen to control the legs as they stretch away from the body.



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