

CLASSIC PILATES 34
: *BRIDGING THE GAP*
BETWEEN MUSCLE AND MOTION



Dr. Junggi Hong

1. THE HUNDRED

[Primary Muscles]

- Rectus abdominis
- Gluteus maximus
- Deltoideus
- Biceps brachii
- Triceps brachii
- Extensor digitorum
- Sternocleidomastoideus

[Goals]

- To strengthen the abdominal muscles
- To develop trunk stabilization
- To stimulate circulation and elevate body temperature



2. THE ROLL UP

[Primary Muscles]

- Rectus abdominis
- Rectus femoris
- Adductor longus
- Tensor fasciae latae
- Transversus abdominis
- Obliquus externus

[Goals]

- To strengthen the abdominal muscles
- To develop spinal mobility and stability
- To stretch the muscles of the back



3. THE ROLL OVER WITH LEGS SPREAD (BOTH WAYS)

[Primary Muscles]

- Biceps femoris
- Rectus femoris
- Rectus abdominis
- Transversus abdominis
- Obliquus externus
- Obliquus internus
- Deltoideus

[Goals]

- To develop spinal articulation
- To stretch the lower back and hamstrings
- To improve control of the abdominal muscles



4. THE ONE LEG CIRCLE (BOTH WAYS)

[Primary Muscles]

- Triceps brachii
- Gluteus maximus
- Tensor fasciae latae
- Rectus femoris
- Biceps femoris
- Adductor magnus
- Vastus lateralis
- Vastus medialis
- Rectus abdominis
- Obliquus externus

[Goals]

- To develop pelvic– lumbar stabilization
- To improve hip disassociation
- To develop control of the hip flexors
- To relax the muscles around the hip joint



5. ROLLING BACK

[Primary Muscles]

- Rectus abdominis
- Triceps brachii
- Biceps brachii
- Gluteus maximus
- Tensor fasciae latae
- Transversus abdominis
- Obliquus internus

[Goals]

- To improve trunk stabilization
- To learn to use energy efficiently
- To elongate the lower back muscles and deepen the abdominal work



6. THE ONE LEG STRETCH

[Primary Muscles]

- Rectus abdominis
- Biceps femoris
- Triceps brachii
- Biceps brachii
- Tibialis anterior
- Tensor fasciae latae
- Transversus abdominis
- Obliquus internus

[Goals]

- To strengthen the abdominal muscles
- To develop pelvic– lumbar stabilization



7. THE DOUBLE LEG STRETCH

[Primary Muscles]

- Rectus abdominis
- Biceps femoris
- Triceps brachii
- Biceps brachii
- Tibialis anterior
- Tensor fasciae latae
- Transversus abdominis
- Obliquus internus
- Rectus femoris

[Goals]

- To strengthen the abdominal muscles
- To develop trunk stabilization



8. THE SPINE STRETCH

[Primary Muscles]

- Gluteus maximus
- Gluteus medius
- Biceps femoris
- Semitendinosus
- Latissimus dorsi
- Obliquus internus

[Goals]

- To develop spinal articulation
- To develop core control and trunk stabilization
- To improve hamstring flexibility



9. ROCKER WITH OPEN LEGS

[Primary Muscles]

- Rectus abdominis
- Obliquus internus
- Obliquus externus
- Transversus abdominis
- Iliopsoas
- Iliacus

[Goals]

- To develop trunk stabilization
- To improve balance
- To increase spinal mobility



10. THE CORK-SCREW

[Primary Muscles]

- Pectineus
- Adductor longus
- Gracilis
- Tensor fasciae latae
- Sartorius
- Rectus femoris
- Iliacus
- Iliopsoas
- Vastus lateralis
- Gluteus maximus
- Rectus abdominis
- Transversus abdominis
- Obliquus externus
- Obliquus internus

[Goals]

- To strengthen the abdominal muscles
- To develop pelvic– lumbar stabilization



11. THE SAW

[Primary Muscles]

- Biceps femoris
- Rectus femoris
- Obliquus internus
- Rectus abdominis
- Multifidus spinae
- Quadratus lumborum
- Rhomboideus
- Latissimus dorsi

[Goals]

- To improve flexibility of the hamstrings and Adductors
- To develop control of the back extensors
- To develop control of the oblique abdominals



12. THE SWAN-DIVE

[Primary Muscles]

- Trapezius
- Latissimus dorsi
- Teres major
- Teres minor
- Deltoideus
- Gluteus maximus
- Biceps femoris
- Adductor magnus
- Soleus
- Vastus lateralis

[Goals]

- To strengthen the back and hip extensors
- To develop trunk stabilization
- To harness energy



13. THE ONE LEG KICK

[Primary Muscles]

- Biceps femoris
- Adductor magnus
- Gluteus maximus
- Semimembranosus
- Semitendinosus
- Rectus abdominis
- Obliquus externus
- Transversus abdominis

[Goals]

- To develop hip extensor control
- To strengthen the mid- and upper-back extensors
- To improve trunk stabilization



14. THE DOUBLE KICK

[Primary Muscles]

- Latissimus dorsi
- Erector spinae
- Gluteus maximus
- Trapezius

[Goals]

- To strengthen the back extensors
- To develop hamstring control
- To stretch the muscles of the chest



15. THE NECK PULL

[Primary Muscles]

- Gluteus medius
- Gluteus maximus
- Rectus abdominis
- Transversus abdominis
- Quadratus lumborum
- Semitendinosus
- Semimembranosus
- Biceps femoris
- Iliopsoas
- Rectus femoris
- Sartorius
- Tensor fasciae latae
- Pectineus
- Adductor longus
- Adductor brevis
- Gracilis

[Goals]

- To strengthen the abdominal muscles
- To improve spinal mobility
- To increase hamstring flexibility
- To develop back extensor control



16. THE SCISSORS

[Primary Muscles]

- Biceps femoris
- Rectus femoris
- Tensor fasciae latae
- Rectus abdominis
- Obliquus externus
- Deltoideus

[Goals]

- To develop hip flexor and hip extensor control
- To improve hip flexor and hip extensor flexibility
- To develop shoulder and pelvic–lumbar stabilization



17. THE BICYCLE

[Primary Muscles]

- Hip extensors
- Hip flexors
- Abdominal muscles

[Goals]

- To develop hip flexor and hip extensor control
- To improve hip flexor and hip extensor flexibility
- To develop shoulder and pelvic–lumbar stabilization



18. THE SHOULDER BRIDGE

[Primary Muscles]

- Abdominal muscles
- Hamstrings
- Hip flexors

[Goals]

- To strengthen the hip extensors
- To develop pelvic–lumbar stabilization
- To develop hip flexor control and flexibility
- To improve hamstring flexibility



19. THE SPINE TWIST

[Primary Muscles]

- Biceps femoris
- Gluteus maximus
- Tensor fasciae latae
- Transversus abdominis
- Obliquus externus
- Latissimus dorsi
- Teres major
- Quadratus lumborum
- Deltoideus
- Rectus femoris

[Goals]

- To strengthen the oblique abdominal muscles and back extensors
- To improve trunk mobility and stability



20. THE JACK KNIFE

[Primary Muscles]

- Rectus abdominis
- Transversus abdominis
- Gluteus maximus
- Gluteus medius
- Triceps brachii
- Adductor longus

[Goals]

- To develop spinal articulation
- To improve trunk stabilization
- To strengthen the hip and shoulder extensors



21. THE SIDE KICK

[Primary Muscles]

- Tensor fasciae latae
- Tectus femoris
- Vastus lateralis
- Sartorius
- Adductor longus
- Iliotibial band
- Biceps femoris
- Gluteus maximus
- Gluteus medius
- Vastus medialis
- Vastus intermedius

[Goals]

- To develop pelvic– lumbar stabilization
- To increase hip flexor control and flexibility
- To increase hip extensor control and flexibility
- To develop hip disassociation



22. THE TEASER

[Primary Muscles]

- Iliopsoas
- Iliacus
- Rectus abdominis
- Obliquus externus
- Obliquus internus
- Transversus abdominis

[Goals]

- To strengthen the abdominals and back extensors
- To develop hip flexor control
- To develop trunk stabilization
- To develop balance



23. THE HIP TWIST WITH STRETCHED ARMS

[Primary Muscles]

- Tensor fasciae latae
- Rectus femoris
- Vastus lateralis
- Sartorius
- Biceps femoris
- Adductor longus
- Gluteus maximus
- Gluteus medius
- Iliotibial band
- Vastus medialis
- Vastus intermedius

[Goals]

- To strengthen the abdominal muscles with an emphasis on the oblique abdominals
- To promote pelvic– lumbar and shoulder stabilization
- To develop trunk rotation



24 . S W I M M I N G

[Primary Muscles]

- Gluteus maximus
- Biceps femoris
- Quadratus lumborum
- Rhomboideus
- Latissimus dorsi
- Erector spinae

[Goals]

- To strengthen the back extensors
- To develop trunk stabilization
- To build coordination and cross-patterning
- To improve shoulder flexor and hip extensor control



25. THE LEG-PULL - FRONT

[Primary Muscles]

- Pectoralis major
- Serratus anterior
- Deltoideus
- Rectus abdominis
- Obliquus internus
- Obliquus externus
- Transversus abdominis
- Gluteus maximus
- Gastrocnemius

[Goals]

- To strengthen the shoulder girdle
- To develop hip extensor control
- To develop trunk stabilization



26. THE LEG - PULL

[Primary Muscles]

- Gluteus maximus
- Biceps femoris
- Deltoideus
- Rectus femoris
- Adductor magnus
- Tensor fasciae latae
- Rectus abdominis
- Transversus abdominis
- Adductor longus
- Obliquus externus
- Latissimus dorsi
- Triceps brachii

[Goals]

- To strengthen the hip and shoulder extensors
- To develop trunk stabilization
- To improve hip flexor control



27. THE SIDE KICK KNEELING

[Primary Muscles]

- Abductor muscles
- Abdominal muscles
- Gluteal muscles

[Goals]

- To develop trunk stabilization
- To develop hip flexor and hip extensor control
- To improve hip flexor and hip extensor flexibility
- To strengthen the hip abductors



28. THE SIDE BEND

[Primary Muscles]

- Rectus abdominis
- Obliquus externus
- Rectus femoris
- Tensor fasciae latae
- Vastus lateralis
- Adductor magnus
- Adductor longus
- Biceps femoris
- Gluteus maximus

[Goals]

- To develop oblique abdominal strength and control
- To improve trunk flexibility
- To develop shoulder strength and stabilization



29. THE BOOMERANG

[Primary Muscles]

- Abdominal muscles
- Back extensors
- Hip flexors

[Goals]

- To strengthen the abdominal muscles and back extensors
- To develop hip flexor control
- To stretch the muscles of the chest
- To develop balance



30. THE SEAL

[Primary Muscles]

- Rectus abdominis
- Transversus abdominis
- Obliquus internus
- Obliquus externus
- Serratus anterior

[Goals]

- To stabilize and develop control of the trunk
- To improve hip-joint flexibility
- To focus and relax



31. THE CRAB

[Primary Muscles]

- Rectus abdominis
- Transversus abdominis
- Obliquus internus
- Obliquus externus

[Goals]

- To stretch the neck and lower back
- To develop trunk stabilization



32. THE ROCKING

[Primary Muscles]

- Back extensors
- Hip extensors

[Goals]

- To strengthen the back and hip extensors
- To improve hip flexor flexibility
- To stretch the muscles of the chest



33. THE CONTROL BALANCE

[Primary Muscles]

- | | |
|-------------------------|--------------------|
| • Gluteus maximus | • Rectus femoris |
| • Gluteus medius | • Iliacus |
| • Transversus abdominis | • Iliopsoas |
| • Rectus abdominis | • Vastus lateralis |
| • Obliquus externus | • Vastus medialis |
| • Obliquus internus | • Rectus femoris |
| • Tensor fasciae latae | • Sartorius |

[Goals]

- To strengthen the hip extensors
- To improve hip flexor flexibility
- To strengthen the core



34. THE PUSH UP

[Primary Muscles]

- Pectoralis major
- Biceps
- Triceps

[Goals]

- To strengthen the elbow extensors and shoulder girdle
- To develop trunk stabilization
- To practice spinal articulation

