

ADVANCED SWIVEL DISC CLASS PLAN



- Place disc under bottom hip, knees bent and slightly lifted off ground, top hand can press into the mat-swivel disc flexing and extending spine
- Disc under elbow-swivelling disc allowing arm bone to rotate+hold arm in neutral position and lift into side bridge+bent knee leg abduction
- Repeat on other side

Side Lying

- Clam shell exercise, place disc on top hand with flexed wrist
- Place disc under bottom hip, knees bent and slightly lifted off ground, top hand can press into the mat-swivel disc flexing and extending spine
- Disc under elbow-swivelling disc allowing arm bone to rotate+hold arm in neutral position and lift into side bridge+bent knee leg abduction
- Repeat on other side

Quadruped

- Child's pose "glide" with disc on low back-shifting weight back to one heel and the other, one hand and the other (tracing a rectangle around hands and knees)+knee hover
- "Bear walk" (no disc)starting by keeping foot on ground, gradually getting bigger+leg extension

Standing

- Two feet on one disc-rotation, arms straight+rotation with bent arms, bent knees
- Feet on either side of one disc-lateral flexion with hands on top of head
- Two feet on one disc-rotation, arms straight+rotation with bent arms, bent knees
- Heels on edge of disc, toes on the ground-squats
- Hold squat reach arms to T, reach to one side shifting/translating ribs 10x on each side
- Tick tock exercise holding disc on top of head

Quadruped

- Child's pose "glide" with disc on low back-shifting weight back to one heel and the other, one hand and the other (tracing a rectangle around hands and knees)
- Forearms on disc-lateral flexion swivelling the disc
- One hand on disc-opposite arm reaching horizontally/laterally+opposite leg reach

Seated (legs long)

- Roll down to ribs with disc on top of head
- Stay on back ribs and place hands and disc behind head for support+thoracic rotation+leg lift alternating sides as you turn

Supine

- Clam shell exercise, place disc on top hand with flexed wrist

Standing

- Two feet on one disc-rotation, arms straight+rotation with bent arms, bent knees
- Heels on edge of disc, toes on the ground-squats
- Hold squat reach arms to T, reach to one side shifting/translating ribs 10x on each side
- Roll up/down with heels on edge of disc
- Wide stance (no disc)- standing saw
- Roll up/down

Supine

- Single Leg Circle – Classical Pilates Exercise
- Articulating Bridge x 4
- Hip Sway narrow Stance x 4 each direction
- Head Nods on something squishy if possible x many!
(try to keep this part of the class really quiet and allow your participants to find the internal movement of head on spine; try the image of the back half of the head sliding up the mat)

