

FREE CHEATSHEET

Prenatal Matwork trimester 3 SMALL PROPS

For Pilates Instructors

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A MATWORK CLASS WITH PROPS TO PREPARE FOR CHILDBIRTH.

- We will practice pelvic floor activation (both to lift, and relax for an easier delivery)
- exercises for carpal tunnel syndrome
- exercises to relieve oedema, and best choices for pelvic girdle pain
- I will give some hints and tips on best exercises to do and what not to do and why.

YOU WILL NEED

- Three small pillows,
- small ball or chi ball,
- a rolled up towel,
- small hand weights,
- fit ball,
- half roller,
- theraband,
- your reformer box (optional) and a normal chair.



About Louise

Louise (Instagram @taubepilatestraining) is the founder and director of Taube Pilates. In addition to running Taube Pilates Studio, she also offers online and in person Pilates courses recognised with PAA.

Louise holds a BA, ADA and Post Graduate in Dance and Choreography. She has been teaching Pilates for over 22 years, and has a Diploma in Pilates among other certifications in Pilates over the years.

Louise has written several Pilates manuals and courses for Pregnancy and Postnatal, Active Ageing, Pilates for Osteoporosis and Osteopenia, and Movement Analysis: a new perspective on Pilates Anatomy. All these courses are recognised with 15 PDPs with the PAA. She has had blogs published with PAA, and other industry Pilates blogs.

Louise loves teaching Pilates and bringing new ideas to the Pilates table. She loves keeping up with contemporary concepts in Pilates.

Louise loves serving others, contributing to the Pilates industry and growing her expertise. She loves spending time in nature, with her cat and cooking in the kitchen with her boyfriend.



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WARM UP

- Pelvic floor
- Head tilts, turns, half circles
- Shoulder rolls
- Mermaid
- Round upper back – extend arms back (carpel tunnel)



4 POINT KNEELING

- 4 point arm forward, side down,
- Hinge forward and back with pelvic floor release
- Pushups



SIDE LYING LEGS

- Side lying (pillow under tummy)
- Clams in the air,
- clam kicks in the air,
- internal and external rotation at the hip
- Leg circles,
- leg lifts,
- forward and back,
- ankle pumps
- Side lying quad stretch



STRETCHES WITH A CHAIR

- Sitting on chair glute stretch
- Hand to the back of the chair shoulder stretch + cat < pelvic floor release and lift

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Against the wall

- Bridging
- Squats + pulses < forearm rotation to the side



Hand Weights

- Hand weights – hammer curls
- Shoulder abduction pulses palms facing forward
- Pulses forward, circles
- Shoulder rolls



TheraBand

- Rotator cuff pulls

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