

Pop Pilates x Resistance Training



Inspiration

- **Hi my name is BreAnn Wilson** and I am a group fitness instructor at the University of Houston.
- **I first started as a strength and conditioning based instructor** and expanded into other formats. Pop Pilates and Group cycling. This presentation combines my knowledge of strength and conditioning with the experience I have gained in Pop Pilates
- **So a little bit about the two formats**
 - Typically in my strength and conditioning classes we use the traditional dumbbells, exercise mats, and body weight exercises such as squats and lunges. And maybe a body bar if we are feeling fancy
 - Pop Pilates utilizes pilates and yoga stances and exercises to create a unique set of exercises to the beat of pop music. In this format there is no equipment.
- So initially, me being the **hardcore bootcamp strength training instructor** was of course skeptical.
 - How could I teach an express class and get my participants to maximize their training load with low impact bodyweight exercise and still have a strength component?
- **Pop pilates was the solution**
 - I began combining dumbbell resistance for strength, resistance bands for conditioning, and following that up with body weight for max out intervals.
 - I found this to be the best solution for the dilemma every group fitness instructor has

Overview of Session

- Overview of the presentation
- To give you an idea of what the presentation will entail
 - Pop pilates demo
 - Equipment
 - 1. Mat
 - Demo format
 - Strength and conditioning demo
 - Equipment
 - 1. Mat
 - 2. Two sets of dumbbells
 - 4. Handled resistance band
 - Demo format
 - Lower body (balance and coordination)
 - Upper body (stabilizer muscles)

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Take Away Points

1. Teaching to the class and not the individual

- Format has **built in modifications**

2. Safety

- **Drop sets** for maximal muscle fiber recruitment is **not ideal**
 - The group fitness floor would be a Chuck E Cheese playground replacing small foam balls with a floor of dumbbells scattered throughout. Hello, **insurance claims**. (wait for a laugh)

3. Time

- The typical group fitness class is anywhere from 45 to 55 min and sometimes an express 30-minute class
- This **program style gives a high strength training volume in a short period of time**

4. Inclusivity Built in Progressions/ Regressions

- **Body weight exercise** classes have the benefit of **appealing to participants at the beginning of their exercise journey**
- Challenge is to understand the movements of particular muscle groups and how to maximize their (engagement) without weights
- This challenge has afforded me the opportunity to **rethink how I build in progressions/ regressions into my workouts**
- Gives a chance for people who are **used to more gentle exercise to feel comfortable** joining in on a class entitled Buns' N Guns or Total Body Max which we have here at University of Houston

5. Keeping it Fresh- inspiring creativity and thinking outside the box

- Taking on a Licensed format **helped me to improve my programming** for Group Fitness
 - Similar to reading books and dissecting how authors write a novel
 - Begin to **understand a different approach** and incorporate it into a unique and creative teaching style of your own
- Lead to maybe **creating your own** balanced and sound **Licensed Format**

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***The purpose of this demonstration is to show how taking on new formats can help improve participant engagement and create a more well rounded class. Each Pop Pilates track will be performed separately from resistance training. Weights and resistance bands are never used in Pop Pilates classes. Pop Pilates is a licensed format. Pop Pilates movements should only be used in group fitness classes by licensed Pop Pilates instructors.

Session Outline

Warm Up:

Lower Body:

	<u>Pop Pilates</u>	<u>Resistance Training</u>
<p><u>Anterior Chain:</u> Quadriceps/ Hamstrings Focus</p>	<p>Song Total Body Opener Pop 11</p> <p>Core Movements Reaching Warrior Lunge Taps Crab Reach</p>	<p>Movements</p> <ul style="list-style-type: none"> - Dumbbell lunge into high knee - Resistance band Lunge (resistance band stays overhead pause lunges) - Tempo Lunges (working on bottom phase hands straight overhead)
<p><u>Posterior Chain:</u> Glute/ Hamstring Focus</p>	<p>Song Hardcore pop 12</p> <ul style="list-style-type: none"> - Arabesque is a good variation for single leg straight leg deadlift <p>Core Movements Twist and kick Arabesque Jewelry box ballerina</p>	<p>Movements</p> <p>Medial</p> <ul style="list-style-type: none"> - Single leg straight leg deadlift <p>Lateral</p> <ul style="list-style-type: none"> - Bosu side lying leg raises - Donkey kick/ Fire hydrants - 3 point plank leg raises

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Upper Body:

	<u>Pop Pilates</u>	<u>Resistance Training</u>
Back	<p>Song Back Work Pop 11</p> <p>Core Movements Push- up dog Walnut Crushers 45 degree bird dog</p>	<p>Movements Dumbbells</p> <ul style="list-style-type: none"> - Bent over rows - Reverse fly <p>Resistance band</p> <ul style="list-style-type: none"> - Bent over rows - Lawn mowers <p>Body weight</p> <ul style="list-style-type: none"> - Scapular retraction (bent elbow) - Combo hold
Shoulders	<p>Song Upper Body Pop 11</p> <p>Core Movements</p> <ul style="list-style-type: none"> - Angel wings - Sassy Shoulder Rolls - Seated Arm Circles 	<p>Movements</p> <ul style="list-style-type: none"> - Dumbbell Front/ Lateral Arm Raises - Resistance band Front/ lateral Raises - Straight Arm Front/Lateral arm pulse
Biceps /Triceps	<p>Song Upper Body Pop 12</p> <p>Core Movements Back Behinds Oil Riggers knee tap (low back and triceps) Arm Circles</p>	<p>Movements (One foot forward one foot back)</p> <p>Bicep</p> <ul style="list-style-type: none"> - Dumbbell bicep curl - Resistance bands bicep curl - Resisted bicep pulse mid way and full <p>Tricep</p> <ul style="list-style-type: none"> - Supine dumbbell skull crushers - 3 point push ups - Tricep dips

Cool Down:

