

Wet Barre™: Pilates

Katina Brock, MEd.

Wet Barre: Pilates is a skillful adaptation of Mat Pilates exercises utilizing the resistance and buoyancy of the water. It focuses on alignment, breath work, control and technique. This supportive, gravity-reduced environment will uniquely improve core strength, proprioception, and stabilization. It includes over 30 land based Pilates exercises that have been re-created for water. Modifications and progression are also discussed offering even more programming options to use with everyone from collegiate athletes to seniors!

No Equipment

- A. Standing Teaser** - (no noodle) lift **R** knee to parallel passé (foot at **L** knee) as arms lift straight up over shoulders. Lower arms as leg extends forward w/ flexed foot near hip height. Can also do on relevé.

- B. Single Leg Stretch (Standing)** - L2 extend one leg out in front and grab behind to feel hamstring stretch. Alternate

- C. Side Leg Lift** - stand **L** and lean to the **L** w/ **L** arm extended to 9:00. **R** leg is up. Lower and lift **R** leg. Keep body stable.

- D. Leaning Bicycle** - stand **L** leg, leaning **L** w/ **R** leg up to the side. Bend **R** knee to bring in toward chest. Then extend leg long to the front and sweep back leading with the heel. Keeping leg elevated at hip height. **L** arm is sculling. **R** arm can be sculling front or progress to fingertips behind **R** ear. Stop when glute reaches full contraction. Do not arch back or open ribs.

- E. Single Leg Circles** - stand on **L** foot; **R** leg lifts up in front, then out and down. Strong core to stabilize. Reverse direction.

- F. Small Single Leg Circles** - stand on **L** foot on relevé; **R** leg long w/ foot flexed. Make small circles close to **L** ankle. Strong core to stabilize. Reverse direction.

Noodle

- G. Single Leg Stretch** - **N** behind back. Curl chest up. Arms sculling. Alternate a knee tuck w/ an extended leg. Keep toes pointed or flexed, above water.

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- H. **Double Leg Stretch** - **N** behind back. Open to a supine “T” w/ feet flexed, arms open. Then tuck knees pulling feet toward chest, keep toes above water throughout. Arms scull on the tucking in action.

- I. **Scissors** - **N** behind back. Curl chest slightly forward, split legs into a scissor w/ one higher; pull calf of top leg towards you. Switch legs and pull other leg. Try to get toe to come out of water. Or can do angled downward into water. Upper core, rectus abdominus should feel forward flexion throughout all phases of movement.
Progress: N under L armpit and do on your side.

- J. **Criss Cross** - **N** in front (under arms). Fingertips on shoulders. Twist **R** elbow towards **L** knee. Knees don't cross midline! May look to the **L** side when crossing. Repeat other side.

- K. **Saw** - **N** in front, under armpits; legs hip width/height in front. Twist upper and lower body in different directions. (Swivel). Keep legs the same distance apart the whole time. When the torso spins **L**, reach **R** arm towards **L** foot on an exhale.

- L. **Rolling** - seated, **N** between legs and front end squeezed b/w calves; legs tucked. Feet and knees together in a tuck. Use your arms to scoop down to roll forward and scoop hands up to roll back. Stay tightly tucked. “Track your low back” - mentally follow where it is so you can "see" the movement.

- M. **Swan Dive** - **N** in hands low; extended away. Stand on **L** foot. **R** foot pointed, toe on ground behind you. Open chest, arch back. Then draw TVA in— Lock position. Press noodle down as back leg comes up; like a see-saw. Your body is an arc that doesn't change it merely rocks forward and back.

- N. **One Leg Kick** - **N** in front, under armpits or hands, in plank. Toes on floor or low in water if you can't keep them down. Bend one knee behind you (hamstring curl). Keep hips and feet below surface. Maintain torso stillness by bracing in core.

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- O. Two Leg Kick - N** in front, under armpits or in plank. Toes on floor or low in water. Squeeze thighs together and bend knees behind you (hamstring curl). Keep hips and feet below surface. Maintain torso stillness by bracing in core. Try not to undulate or drop a lot lower when legs come up.
- P. Hundred - N pretzeled** and squeezed b/w upper thighs. Body in a V sit with legs up and torso leaning slightly back. Arms long at sides, press up and down. (*5 breaths in/ 5 breaths out— 10x*).
- Q. Roll Up - N** behind back (or in front if needed), lay supine w/ arms out. Hip hinge, drawing hips back under shoulders. Legs will be straight forward. Then lean forward and tap fingertips under thighs. Then bring them back out as body slides back into a supine “T” position with arms sculling.
- R. Can Can - N** behind back. Tuck knees, then tilt them **L/R/L** then extend fully straight out to left side. Repeat **R/L/R** then extend to the right. Arms sculling.
- S. Front & Back Side Kick - N** under **L** forearm, body in a side plank. **R** leg bends, knee lifts and then extends. Return long **R** leg back; tap floor, just behind **L** foot. *Regress: Side Plank on N fingertips on wall. Progress: Straight leg kick front.*
- T. Heel Beats - N** behind back. Feet pointed and in Pilates “V” low and to the front. Squeeze both heels together and slightly apart - small and quick. Progression: Side plank or low and behind.
- U. Clam Shell (Behind) - N** behind back, lean to **L**, feet to **R**, together, knees apart. Open hip flexors so feet are behind you. Knees in line w/ hips (not forward of them). Open/close top knee (or both) repeatedly while keeping feet pressed together. IF feet are flexed, just heels together. If pointed then entire inside edge of feet stay connected. Targets Glutes.
- V. Clam Shell (Front) - N** behind back, lean to **L**, feet to **R**, together, knees apart. Knees slightly forward (hip hinge). Keep top leg still, move bottom leg only, up towards top knee. Targets Core/Inner Thighs.

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- W. Snake Twist** - **N** in front of chest. **R** ankle crossed over **L**. Roll onto **L** side. Reach **L** arm slightly up overhead (in water) if able. Exhale to return, w/ long legs, pike and touch toes w/ **L** hand.
- X. Leg Pull** - **N** behind you in your hands (reverse plank). Lift **R** leg up, toe out of water if you can and lower. Squeeze **L** Glutes to stabilize.
- Y. Corkscrew** - **N** behind back. Legs together out front, hips hinged. Rotate mermaid legs slightly out to the **R**, then down and up on the **L**.
- Z. Jackknife** - **N** behind back in reverse plank position, knuckles facing in. Legs together. Pike (hip hinge) and open legs back down to floating reverse plank.
- AA. Mermaid** - **N** in **R** hand. **R** foot in the wall/floor crease. **L** leg in perch. Wall is on your left. Slide noodle out and use abs and scull to come back to start and slightly crunch over to the left towards the wall.
- BB. Tuck, Out, Sweep** - **N** out front in hands. Stand **L** leg; **R** leg out to side 3:00. Pull straight leg down and w/ flexed foot and cross in front of or behind **L** foot. Point **R** toe w/ turned out **R** knee, trace foot up **L** leg and extend to 3:00 to repeat. May reverse the direction of the leg circle. Progress: stand in relevé. (Standing Lateral Bicycle)
- CC. Side Bend** - **N** in **L** hand. Feet together or hip distance. Standing tall and **N** submerged. Use your core to bend to the left. Keep **L** shoulder down and elbow straight. Best if **N** isn't too buoyant or dense for participant.
- DD. Helicopter** - **N** behind back or in front. In deeper water (no floor contact) scissor and circle combination of the legs. **R** leg up and goes out to side and back; as **L** leg goes from down, out to side and then up in front.
- EE. Bicycle** - **N** behind back or in front. In deeper water (no floor contact) move legs through long controlled bicycle motion. *Progress: do on your side.*
- FF. Bridge** - (*2 noodles) **N** behind back. Recline, **L** foot on 2nd **N** as if it were the floor for a 1 legged bridge on land. **R** leg lifts up w/ flexed foot. As hips lower, lower **R** leg down to release hip flexor tension (w/ pointed toe).