



# Sliding Mobility Disks for Dynamic Stabilization

## MATWORK

Mobilizing the joints, from the spine to the appendages, is necessary to maintain a supple resilient body. However, flexibility and range of motion alone are not enough. In order to have a fully functional physique, creating stability in all movements is equally as important. Created by the programming team at Merrithew®, this workout incorporates the simple Sliding Mobility Disks™ in Matwork-based sequences that move and challenge the musculature of the whole body. The three-dimensional patterns include floor work for the arms, legs and core, and progress to a standing series that targets upright balance and control. Find exercise options for all levels of clients with this all-in-one workout.

### Learning Objectives

1. Learn a workout that exclusively employs the Sliding Mobility Disks.

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2. Discover exercise variations that up-level or down-level the intensity of the workout.

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3. Learn exercises that target the upper and lower body as well as the core.

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4. Review teaching skills to get the best performance from your clients.

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### Workshop Details

TIME REQUIRED: 2 hours

SPECIALTY TRACK:   

EQUIPMENT REQUIRED: Pilates Mat; Sliding Mobility Disks

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ADDITIONAL WORKSHOPS: [view online](https://merrithew.com/instructor-training/cont-ed/stott-pilates) ( merrithew.com/instructor-training/cont-ed/stott-pilates )



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# STOTT PILATES SLIDING MOBILITY DISKS FOR DYNAMIC STABILIZATION, MATWORK CONT'D

## WARM UP

When REPEAT, is indicated below, repeat the movements as many times as necessary to allow time for self-exploration of the essence of each movement pattern.

## BREATHING & SPINAL MOBILITY

seated, knees flexed, hands or finger tips resting on Disks on either side of the body

### 1. FLEXING FORWARD

**in:** lengthen spine, **ex:** flex torso over the legs, simultaneously, medially rotate and reach arms forward to bring finger tips toward each other, **in:** lengthen spine back to start position, simultaneously, laterally rotate and pull arms to sides, reaching finger tips back, allowing the rib cage to lift and the spine to extend naturally. Repeat.

### 2. FLEXING BACK

**in:** lengthen spine, **ex:** flex spine, lengthening through the front of the hips, reach arms wide and back, **in:** return, medially rotating arms, reaching finger tips forward toward each other. Repeat.

REPEAT *Flexing Forward* and *Flexing Back*, inhaling on spinal flexion

REPEAT, combining *Flexing Forward* and *Flexing Back*

**ex:** flexing forward, **in:** flexing back. Increase the tempo as much as a smooth movement pattern can be maintained

## SIDE-LYING ROTATION

side-lying, pelvis and spine neutral, bottom leg long, top knee flexed, head resting on bottom arm with hand on Disk, palm facing forward, top arm flexed with hand resting on the other Disk in front of torso

### 1. UPPER TORSO, small range

**in:** extend top arm, press hand forward, initiating rotation from the upper torso toward the floor, simultaneously lengthen spine, medially rotate bottom arm, reaching it slightly back, palm down, **ex:** return initiating from the lower torso. Repeat.

### 2. UPPER TORSO & PELVIS, increase range

**in:** extend top arm, reach hand forward, initiating rotation from the upper torso toward the floor, simultaneously lengthen spine, medially rotate bottom arm, reaching it wide and back, palm down, **ex:** release slightly, **in:** reach further gently increasing the rotation toward the floor, **ex:** release, **in:** increase rotation, exploring opening the front of the hip joint, **ex:** return, initiating by drawing the pelvis back to neutral returning to side-lying, and bringing the arm back to the start position

REPEAT, reversing the breath pattern

REPEAT, rotating the torso and pelvis as one piece

REPEAT, initiating rotation from the pelvis

## LEG SLIDES

supine, pelvis and spine neutral, knees flexed, hip-distance apart, heels resting on Disks, arms long by sides

### 1. BILATERAL

**in:** press both heels away from torso, extending knees and keeping spine neutral, **ex:** pull heels in toward the torso. Repeat.

REPEAT, emphasizing more pressure into the Disks to extend the hips, pushing them away

REPEAT, emphasizing more pressure into the Disks to flex the hips, pulling them in

### 2. UNILATERAL

**in:** press one heel away from torso, extending knee, allowing opposite knee to fall out to the side, **ex:** pull heel back in toward torso and return opposite knee to vertical. Repeat.

REPEAT, increasing pace

### 3. WINDMILL

**in:** medially rotate and extend one knee sliding foot away from torso, simultaneously let opposite knee fall to the side, **ex:** extend rotated leg on the diagonal, opening extended leg in opposition to form a laterally rotated V, then reverse the motion to return both knees flexed in the start position. Repeat.

REPEAT, increasing pace

legend: **in:** = inhale; **ex:** = exhale

EXERCISES

AB PREP

supine, pelvis and spine neutral, knees flexed, hip-distance apart, heels resting on Disks, hands behind head

**in:** prepare, **ex:** flex upper torso pressing heels away from torso, **in:** return to mat flexing knees and pulling heels in toward torso. Repeat.

ROLL UP

supine, pelvis and spine neutral, knees flexed, hip-distance apart, heels resting on Disks, hands behind head

**in:** begin to flex upper torso, **ex:** slide heels away, reaching arms forward to continue rolling up off mat, extend knees sliding Disks away and flex forward over legs, **in:** begin to roll back, pulling heels in, **ex:** bring hands behind head and continue rolling down to mat, pulling heels all the way in toward torso

REPEAT, with the arms starting above the head keeping them extended

REPEAT, increasing pace

OBLIQUES ROLL UP

supine, pelvis and spine neutral, knees flexed, hip-distance apart, heels on Disks, hands behind head

**in:** begin to flex upper torso, **ex:** press one heel away from torso and reach arms forward to continue rolling up off mat, then lengthen spine to vertical, rotating toward flexed knee and reach one arm forward, other arm back, **in:** rotate back to center, bringing arms forward begin to roll back, pulling heels in, **ex:** bring hands behind head and continue rolling down to mat, pulling heels all the way in toward torso. Repeat.

QUADRUPED SERIES

on hands and knees, pelvis and spine neutral, shoulders over hands, hips over knees, legs hip-distance apart, toes tucked under on Disks

1. PREP

**in:** prepare, **ex:** push into hands and balls of feet to lift knees slightly off mat, not letting Disks move, **in:** lower knees. Repeat.

2. BODY SAW, start with knees lifted slightly off mat

**in:** keep knees lifted and knee and hip flexion throughout and flex shoulders to push back, sliding Disks along floor, **ex:** extend shoulders to pull back to start position. Repeat.

3. MOUNTAIN CLIMBER, start with knees lifted slightly off mat

**in:** prepare, **ex:** keep pelvis low and spine neutral and flex one knee in toward torso, pulling foot in, while extending the other knee, pushing other foot away

REPEAT, then hold *Mountain Climber* position for *Staggered Body Saw*

4. STAGGERED BODY SAW

**in:** maintain Mountain Climber position and flex shoulders to push back, sliding Disks along floor, **ex:** extend shoulders to pull back in

REPEAT, sequence from Mountain Climber on the other side

REPEAT, increasing tempo as much as a smooth movement pattern can be maintained

5. MOUNTAIN CLIMBER & STAGGERED BODY SAW COMBO

**in:** prepare, **ex:** keep pelvis low and spine neutral and flex one knee in toward torso, pulling foot in, while extending the other knee, pushing other foot away, 5x then **in:** maintain Mountain Climber position and flex shoulders to push back, sliding Disks along floor, **ex:** extend shoulders to pull back in

HIP OPENER

on hands and knees, knees on Disks, pelvis and spine neutral, shoulders over hands, hips over knees, legs hip-distance apart

1. PREP

**in:** flex one hip and rotate pelvis to face side sliding back knee forward, **ex:** pull everything back to return to the start position

2. FULL

**in:** flex one hip and rotate pelvis to face side sliding back knee forward, replace that hand with the other one to continue to rotate the torso through a side bend position into extension, reach top arm overhead, increasing extension of spine and back hip, **ex:** reach arm to the side and pull everything back to return to the start position. Repeat, alternating sides.

# STOTT PILATES SLIDING MOBILITY DISKS FOR DYNAMIC STABILIZATION, MATWORK CONT'D

## BREAST STROKE

prone, pelvis and spine neutral, legs long and abducted hip-distance apart, arms reaching overhead, hands resting on Disks, palms down

### 1. SCAPULA ISOLATION, arms only

**in:** maintaining length through the spine, reach arms away, elevating scapulae, **ex:** release, focusing on pressure into palms

### 2. CIRCLE, arms only

**in:** circle hands wide and down toward hips, laterally rotate shoulders, pressing hands into Disks, reach thumbs to ceiling opening through front of shoulders, **ex:** pull hands forward to overhead position, returning palms to face down. Repeat.

### 3. THORACIC EXTENSION

**in:** circle hands wide and down toward hips, pressing hands into Disks, laterally rotate shoulders and extend thoracic spine, opening through front of shoulders, thumbs to ceiling, **ex:** pull hands forward to overhead position, returning palms to face down and spine to neutral. Repeat.

### 4. FULL SPINAL EXTENSION,

start in thoracic extension, legs abducted and laterally rotated

**in:** laterally rotate shoulders, pressing hands into Disk, reach thumbs to ceiling as the hands slide out and back, increasing spinal extension, **ex:** return to lengthened spine, eye gaze to the floor. Repeat.

### 5. FRONT CRAWL SPINAL EXTENSION & ROTATION,

start with arms overhead

**in:** flex one elbow and pull hand in toward torso, extending thoracic spine, then press and reach hand down by side, rotating and extending torso further, **ex:** flex elbow to pull hand back and return to start position. Repeat, alternating

REPEAT, increasing pace as much as a smooth movement pattern can be maintained

## SWAN

prone, pelvis and spine neutral, legs abducted and laterally rotated, arms reaching overhead elbows soft, hands resting on Disks, palms down

### 1. SPINAL EXTENSION

**in:** press into hands and pull them in toward torso, extending spine and hips, **ex:** press hands away, lengthening torso and controlling the return to the mat. Repeat.

### 2. BREAST STROKE

**in:** circle hands out to sides and back extending spine and hips, continue to circle hands, pulling them in toward the torso allowing elbows to flex in relationship to spinal and hip extension, **ex:** press hands away, lengthening torso and controlling return to the mat. Repeat.

## SHELL STRETCH

seated on heels, spine flexed over legs, arms reaching overhead, hands resting on Disks, palms down

## CAT STRETCH

on hands and knees, pelvis and spine neutral, hips directly over knees, shoulders over hands, hands resting on Disks

### 1. CAT

**in:** press and reach hands forward, lengthening the spine, allow the pelvis to tilt forward toward the femur releasing the back of the hip joints and the spine to slightly extend, **ex:** pull hands back toward knees, flexing spine and extending hips, palms of hands may come off Disks as they get closer to knees. Repeat.

### 2. CAT TWIST PREP, mobilizing scapula

**in:** medially rotate arms, bringing fingers tips to face each other and slide Disks in so one hand is above the other, along midline of the body, slightly flex elbows and extend spine, **ex:** return

REPEAT, alternating top hand

### 3. CAT TWIST

**in:** medially rotate arms, bringing fingers tips to face each other and slide Disks in so one hand is above the other, along midline of body, **ex:** slightly flex elbows, maintaining support of the top arm, flex elbow and hinge at the hips moving the pelvis back in space, reaching the lower hand underneath, lengthen and rotate the spine away from the hip joints, **in:** release slightly, **ex:** repeat pulsing to explore end range mobility, **in:** return to start

## SIDE BODY TWIST

side-lying, knees extended and adducted, Disk under bottom foot, bottom arm long with head resting on it, hand resting on Disk, palm down, top arm long reaching along top hip, or on mat for support

**in:** pull bottom arm in laterally flex torso, while pressing into bottom foot and flexing knees, rotate torso to rest on bottom hip, then rotate pelvis to rest back of both sit-bones, extend top leg out and up on diagonal reaching top hand toward foot, **ex:** flex and adduct top leg, rotate to rest on bottom hip, then slide legs and hand away to return to side-lying position. Repeat.

## SIDE KICK

side-lying, legs long and adducted, hands behind head, resting on bottom elbow, torso slightly laterally flexed, bottom foot and bottom elbow on Disks, bottom hip flexed

**in:** for two counts reaching the top leg forward, ankle dorsiflexed, **ex:** reach top leg back, plantar flexing ankle and pull Disk in to lift and lengthen torso off the mat to a neutral alignment. Repeat.

REPEAT, rotating the torso in opposition to the leg

STOTT PILATES SLIDING MOBILITY DISKS FOR DYNAMIC STABILIZATION, MATWORK CONT'D

HAMSTRING CURL TO BRIDGES

supine, pelvis and spine neutral, legs long, hip-distance apart, heel on Disks

1. BILATERAL

**in:** prepare, **ex:** flex knees to pull feet toward torso, simultaneously lift hips to bridge, **in:** press feet away to return to start

2. UNILATERAL

**in:** prepare, **ex:** flex one knee and pull foot toward body, bringing free leg to tabletop, simultaneously lift hips to bridge, **in:** press foot away to return. Repeat, alternating.

SLIDING PUSH UPS

on hands and knees, hands on Disks, neutral spine, pelvis shifted back toward heels

**in:** with shoulders and arms stable, push forward to kneeling plank, sliding hands forward, then open hands slightly, flex elbows to lower torso, **ex:** push into Disks extending elbows then pull hands back toward center then flex hips to bring pelvis to heels, pulling arms back. Repeat.

REPEAT, increase width of hands each time

STANDING LUNGES

standing, both legs long, forefoot on one Disk, opposite foot on mat

1. LEG SLIDING BACK

**in:** prepare, **ex:** slide leg back, flexing supporting knee in front lunge position, allow torso to lean forward with oppositional arms, **in:** return. Repeat.

2. LEG SLIDING TO SIDE

**in:** prepare, **ex:** slide leg out to side, flexing supporting knee in side lunge position, allow torso to lean forward with oppositional arms. Repeat.

3. LEG SLIDING FORWARD

**in:** prepare, **ex:** slide leg forward, flexing supporting knee in semi-squat position, allow torso to lean forward with oppositional arms, **in:** return. Repeat.

4. SPEED SKATE, start in forward position

**in:** prepare, **ex:** keep support leg knee flexed, slide leg in an arc from forward to side to back, allowing torso and arms to respond to the movement, **in:** return

STANDING STRETCHES

HAMSTRING STRETCH

standing, both legs long, heel on one Disk, opposite foot on mat

with a **smooth breath**, press and slide heel forward, hinge at hip to lengthen hamstrings, then return. Repeat.

ADDUCTOR STRETCH

standing, both legs long, forefoot on one Disk, opposite foot on mat

with a **smooth breath**, slide leg to side into a deep side lunge position to lengthen adductors, hands reach to floor, then return. Repeat.

HIP FLEXOR STRETCH

standing, both legs long, forefoot on one Disk, opposite foot on mat

with a **smooth breath**, slide leg back into a deep lunge to lengthen hip flexors, then return. Repeat.

STANDING MERMAID

standing, both legs long, forefoot on one Disk, opposite foot on mat

**in:** reach arms to side and slide leg out to the side, **ex:** sweep leg back, simultaneously reach Disk arm overhead, other arm forward in front of torso and side bend forward standing leg, **in:** return to vertical, **ex:** sweep the arms in opposite direction, and side bend away from standing leg. Repeat.