



Ultimate Body Sculpting,

FLEX-BAND®, LEVEL 3

Help your clients achieve the well-sculpted physique they've been asking for! Learn Intermediate-level exercises that challenge core and peripheral strength, and create the ultimate sculpted body. This intense full-body workout, developed by the Merrithew® team, emphasizes the upper and lower body working together while maintaining correct alignment and form. Exercises mimic those from the Reformer repertoire all performed with the Flex-Band® exerciser. Add variety and multi-dimensional joint movements to any personal training or group fitness routine.

Learning Objectives

1. Apply the STOTT PILATES® Principles to an Intermediate-level workout with the Flex-Band exerciser.
2. Understand movement essence and exercise goals.
3. Learn how the Flex-Band can intensify a routine and make it more three-dimensional.
4. Focus on upper and lower-body work simultaneously using resistance.

Workshop Details

TIME REQUIRED: 2 hours

SPECIALTY TRACK:



EQUIPMENT REQUIRED: Pilates Mat; Flex-Band exerciser

[view equipment online](#)

(merrithew.com/instructor-training/cont-ed/stott-pilates/matwork-matwork-with-small-equipment/stott-pilates-ultimate-body-sculpting)

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



merrithewconnect™

View Related Video — Available Anytime, Anywhere

STOTT PILATES® Ultimate Body Sculpting

(video on Merrithew Connect coming soon)

STOTT PILATES® ULTIMATE BODY SCULPTING, FLEX-BAND®, LEVEL 3 CONT'D

WARM UP

BREATHING

seated, knees flexed, torso flexed forward over legs,
Flex-Band around back, hands on shins

connect transversus and pelvic floor, focus on breath.
2-3 breaths

IMPRINT & RELEASE

supine, pelvis and spine neutral, knees flexed

in: prepare, **ex:** shorten obliques and imprint spine,

in: return to neutral. 3-5x

ONE LEG CIRCLE

supine, pelvis and spine neutral, one leg tabletop,
Flex-Band crossed around thigh, arms out to sides,
other leg flexed, foot on Mat

in: circle leg inward, **ex:** complete circle outward. Reverse circles,
then repeat with other leg. 5x per side

SPINAL ROTATION

supine, imprinted position, legs tabletop,
Flex-Band crossed over shins, arms reaching out to sides

in: prepare, **ex:** rotate pelvis to one side, **in:** stay,

ex: return to center. 2-3x per side

CAT STRETCH

on hands and knees, pelvis and spine neutral,
Flex-Band around back

in: prepare, **ex:** articulate spine into flexion from tail to head,

in: stay, **ex:** articulate spine to slight extension from tail to head. 3-5x

HIP ROLLS

supine, pelvis and spine neutral, knees flexed, feet hip-distance

in: prepare, **ex:** articulate spine off Mat from tail to thoracic,

in: stay, **ex:** articulate spine onto Mat from thoracic to tail. 3-5x

SCAPULA ISOLATION

supine, pelvis and spine neutral, knees flexed,
Flex-Band around back, arms reaching up to ceiling

1. PROTRACTION TO NEUTRAL

in: protract scapulae, **ex:** return to neutral. 3-5x

2. RETRACTION TO NEUTRAL

in: retract scapulae, **ex:** return to neutral. 3-5x

3. FULL RANGE, 3-5x

in: protract scapulae, **ex:** retract scapulae. 3-5x

ARM PRESS FRONT

supine, pelvis and spine neutral, knees flexed,
Flex-Band around back, elbows flexed

in: prepare, **ex:** extend elbows, **in:** return. 3-5x

1. PRONATION TO SUPINATION

2. SUPINATION TO PRONATION

ARM CIRCLES

supine, pelvis and spine neutral, knees flexed, arms by sides

in: reach long arms up to ceiling and overhead

ex: circle arms out to sides and down by hips.

Repeat reversing direction. 3-5x per direction

ELEVATION & DEPRESSION OF SHOULDERS

supine, pelvis and spine neutral, legs long,
Flex-Band around feet, arms by sides

1. ELEVATION TO NEUTRAL

in: elevate scapulae sliding shoulders up towards ears,

ex: return to neutral. 3-5x

2. DEPRESSION TO NEUTRAL

in: depress scapulae sliding shoulders down away from ears,

ex: return to neutral. 3-5x

3. FULL RANGE

in: elevate scapulae sliding shoulders up towards ears,

ex: depress scapulae sliding shoulders down away from ears. 3-5x

HEAD NODS

supine, pelvis and spine neutral, knees flexed

in: nod head, **ex:** return to neutral. 3-5x

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

STOTT PILATES® ULTIMATE BODY SCULPTING, FLEX-BAND®, LEVEL 3 CONT'D

EXERCISES

AB PREPS

supine, pelvis and spine neutral, knees flexed, arms long by sides

in: nod head, **ex:** flex upper torso **in:** stay, **ex:** return to Mat. 5-10x

FOOTWORK

supine, imprinted position, legs tabletop, Flex-Band around feet

1. TOES APART, HEELS TOGETHER

2. UNDER ARCHES

3. HEELS

4. HIGH HALF TOE

in: prepare, **ex:** maintain imprint and extend knees to reach legs on diagonal, **in:** return. 10-12x

a. HEAD DOWN, REACH ARMS OVERHEAD

b. MAINTAIN UPPER TORSO FLEXION AND FLEXED ELBOWS

c. FLEX UPPER TORSO AND REACH ARMS TO CEILING

LOWER & LIFT

supine, imprinted position, legs parallel reaching to ceiling, head down, arms overhead, Flex-Band around feet

in: prepare, **ex:** dorsiflex ankles and lower legs,

in: plantar flex ankles and lift legs. 6x

SECOND POSITION

supine, imprinted position, upper torso flexed, legs tabletop, Flex-Band around feet and crossed in front, elbows flexed

in: prepare, **ex:** extend knees, abduct legs and reach arms out to sides,

in: return. 10-12x

SINGLE LEG

supine, pelvis and spine neutral, one leg flexed on Mat, other leg tabletop with Flex-Band around foot, holding Flex-Band with one hand, arm reaching to ceiling

in: prepare, **ex:** extend knee reaching leg on diagonal and flex elbow, **in:** return. 5-10x per side

HUNDRED

supine, imprinted position, legs tabletop, Flex-Band crossed over shins

in: for five counts, pulsing arms and adducting legs

ex: for five counts, pulsing arms and abducting legs. 10 sets

SHORT SPINE

supine, imprinted position, legs long, laterally rotated and adducted, reaching out on diagonal, Flex-Band around balls of feet, elbows flexed by sides

1. PREP

in: rotate legs parallel and hinge legs toward torso

ex: reach arms overhead and hinge legs further,

in: laterally rotate legs, flex knees, dorsiflexing ankles

ex: extend knees on diagonal and flex elbows. 5x

2. FULL

in: rotate legs parallel and hinge legs toward torso,

ex: reach arms overhead and articulate spine off Mat from tail to thoracic

in: laterally rotate legs, flex knees, dorsiflexing ankles,

ex: start to articulate back onto Mat, flex elbows, once imprint is reached extend knees to reach legs on diagonal. 5x

BACK ROWING PREPS

1. PLOW

lunge, Flex-Band under front foot, arms long reaching down and forward

in: prepare, **ex:** extend shoulders, pressing back, **in:** return. 5-10x

2. OPEN ELBOWS

lunge, Flex-Band under front foot, elbows flexed lifted in front of shoulders, palms facing each other

in: prepare, **ex:** open arms out to sides, **in:** return. 5-10x

3. AIRPLANE

lunge, Flex-Band under front foot, arms long reaching forward and open slightly, palms up

in: prepare, **ex:** reach arms out to sides and up, **in:** return. 5-10x

4. BICEP CURLS

lunge, Flex-Band under front foot, arms long reaching down and forward, palms facing in

in: prepare, **ex:** flex elbows, **in:** return. 5-10x

5. TRICEPS

lunge, Flex-Band under front foot, elbows flexed, pulled behind torso

in: prepare, **ex:** extend elbows, **in:** return. 5-10x

6. ROLLDOWN

seated, pelvis and spine neutral, knees flexed, Flex-Band around feet, arms out to sides, palms up

in: prepare, **ex:** flex lumbar spine toward Mat,

bringing hands in to chest, **in:** stay, **ex:** return forward over legs

in: return to vertical, arms reaching out to sides. 5x

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7. ROLL-DOWN WITH BICEPS CURLS

seated, pelvis and spine neutral, knees flexed, Flex-Band around feet, arms reaching forward, palms facing each other

in: prepare, **ex:** flex lumbar spine toward Mat, flex elbows bringing hands in to shoulders, **in:** stay and extend elbows, **ex:** flex elbows, 5x **in:** stay, **ex:** return forward over legs, **in:** return to vertical, arms reaching forward. 1x

8. ROLL-DOWN WITH OBLIQUES

seated, pelvis and spine neutral, knees flexed, Flex-Band around feet, arms reaching out to sides, palms up

in: prepare, **ex:** flex lumbar spine toward Mat, bringing hands in to chest, **in:** stay, **ex:** rotate upper torso to one side, reaching arms **in:** return to center, hands in to chest, **ex:** rotate to opposite side, reaching arms **in:** return to center, hands in to chest, **ex:** flex forward over legs, **in:** return to vertical, arms reaching out to sides. 5-10x

SIDE TWIST SITTING

seated, pelvis and spine neutral, legs crossed, sitting on Flex-Band, arms rounded in front of body, holding one end of Flex-Band

in: prepare, **ex:** rotate to one side, **in:** return. Repeat alternating sides. 5x per side

FRONT ROWING PREPS

kneeling, pelvis and spine neutral, Flex-Band behind back

1. BEND & STRETCH ELBOWS, elbows flexed by sides

in: prepare, **ex:** reach arms forward and hinge at hips, **in:** return. 5x

2. SECOND POSITION, arms reaching out to sides

in: prepare, **ex:** reach arms forward and hinge back at knees, **in:** return. 5x

KNEE STRETCHES

on hands and knees, Flex-Band around ball of one foot

1. STRAIGHT BACK, pelvis and spine neutral

in: prepare, **ex:** extend knee and reach leg back straight behind hip, **in:** return leg hovering above Mat. 10x

2. ROUND BACK, spine flexed

in: prepare, **ex:** extend knee, reaching leg back straight behind hip and lengthening spine to neutral, **in:** flex spine and return leg hovering above Mat. 10x

HIP ROLLS

supine, pelvis and spine neutral, knees flexed, feet hip-distance

in: prepare, **ex:** articulate spine off Mat from tail to thoracic, **in:** stay, **ex:** articulate spine onto Mat from thoracic to tail. 5-10x

SINGLE THIGH STRETCH

kneeling lunge, hands on Mat by front foot

in: prepare, **ex:** lunge pelvis forward, **in:** return. 5x per side

MERMAID

seated, pelvis and spine neutral, legs crossed, sitting on Flex-Band, holding ends of Flex-Band

in: reach one arm overhead **ex:** laterally flex torso

in: return vertical, **ex:** lower arm. 3-5x per side, alternating