

HANDOUT

POWER PILATES MAT HIIT: Core and Cardio Fusion Workshop

Pilates HIIT Fusion: Mat Workshop with Ball & Cord

Presented by: Tabatha Russell, tabPILATES

Event: 2025 IDEA WORLD FITNESS COVENTION Session #434

Duration: 2.5 hours

Props: 9-inch Pilates ball, resistance cord with handles

Workshop Overview

This dynamic mat workshop blends **Pilates precision with HIIT intensity**, using the **9-inch ball** and **resistance cord** to build **core control**, **functional strength**, and **muscular endurance**. Learn how to structure a class that delivers **challenge and flow** without compromising form, and walk away with creative, adaptable sequences for clients at all levels.

Workshop Structure

Warm-Up (15 min):

- Core activation with ball
- Dynamic standing warm-up with resistance cord

Main Workout (3 Circuits – 90 min):

Each circuit includes:

- ✓ 2 Pilates Strength Exercises
- ✓ 2 Pilates-Based HIIT Intervals (45 sec work / 15 sec recovery)
- ✓ 1 min rest between rounds

Cool Down (15 min):

- Ball-assisted stretches
 - Cord-supported flexibility work
 - Breath, alignment, and reset
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Sample Circuit Breakdown

Circuit 1: Core & Lower Body Focus

- **Strength 1:** Ball-Squeeze Bridge Pulses
- **Strength 2:** Standing Lunge Row with Cord
- **HIIT 1:** Teaser with Cord Pull
- **HIIT 2:** Leg Lowers with Ball Under Pelvis

Circuit 2: Core & Upper Body Focus

- **Strength 1:** Chest Expansion with Cord
- **Strength 2:** Seated Twist with Ball Between Knees
- **HIIT 1:** Plank with Cord Row
- **HIIT 2:** Side Plank Reach with Ball

Circuit 3: Full Body Challenge

- **Strength 1:** Squat to Overhead Press with Cord
- **Strength 2:** Side-Lying Leg Lift with Ball Under Ribcage
- **HIIT 1:** Teaser Ball Pass
- **HIIT 2:** Lateral Lunge with Cord Bicep Curl

Key Teaching Tips

- Use **Pilates principles** (breath, precision, control) to guide transitions between intensity and recovery.
- Offer **layered modifications** for stability, spinal support, and prop use.
- Encourage **quality over quantity** during timed bursts.
- Maintain **flow**—transition smartly between supine, prone, seated, and standing positions.

What You'll Take Away

- ✓ A ready-to-teach HIIT mat sequence with props
- ✓ Creative core challenges with minimal equipment
- ✓ Variations for all levels and class types
- ✓ Inspiration for adding energy and intensity to your Pilates programming

Connect with Me

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