

Lesson 1) Take a Deep Breath		In this weeks lesson we will explore our breath. We will look at the basic anatomy of our breath and then transfer that information into our bodies. This is the basic foundation for the work in Pilates.
Lesson 2) Elvis the Pelvis		In this weeks lesson we will investigate our pelvis. We will look at the basic anatomy of the pelvis and then begin training our muscles to keep our pelvis in the most shock absorbing position possible-neutral.
Lesson 3) The Sensual Spine		In this weeks lesson we will begin moving our spine. We will look at the basic anatomy of our vertebral column and how the spine moves. Then we will explore movements to allow the twenty four joints of the spine to open freely!
Lesson 4) Nifty Nutation		In this weeks lesson we will dive into our sacroiliac joint! This is a newer concept to Pilates Teachers! We will look at the significance of Nutation and Counter Nutation. Then we will do some exercises to help stabilize the sacroiliac joint.
Lesson 5) Happy Hips		In this weeks lesson we will create a joint at our hip. Then we will fire up our gluteus medius, an under cared for muscle!
Lesson 6) Strong Shoulders		In this weeks lesson we will look at the stability of our shoulder girdle. We will then begin strengthening our push muscles!
Lesson 7) Rotating Your Rotator Cuff		In this weeks lesson we will learn how our shoulder girdle and rotator cuff work together. We will learn about "frozen shoulder" and how to prevent it.
Lesson 8) Knock Out Knees		In this weeks lesson we will evaluate the movements possible in our knees. Then we will learn how to keep them strong and pain free
Lesson 9) The Funny Elbow		In this weeks lesson we will explore the elbow joint. We will learn the best position for our elbows to be when doing our Pilates-based exercises.
Lesson 10) Clap your Hands		In this weeks lesson we will learn to enjoy our wrists and hands in an exercise setting. We will look at what Carple Tunnel is and learn some exercises to prevent it.
Lesson 11) Active Ankles		In this weeks lesson we will strengthen our ankles.
Lesson 12) Fancy Feet		In this weeks lesson we will look at exercise induced flat feet, and learn some exercises to strengthen our feet.

Lesson 13) The Whole Body		In this weeks lesson we will put the last 12 weeks together and do a full body workout Upside-Down Pilates Style! Grab your mat!
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Lesson 14	Posture Lab	In this lesson we will learn what a healthy posture is, the benefits of training our bodies in a healthy posture, and the consequences of maintaining an inefficient posture over an extended period of time.
Lesson 15	Hard Sexy Abs- Breaking the Myth	In this lesson we will focus on our abdominal muscles. We will review our abdominal anatomy, and learn how to strengthen all of our abdominal muscles from the inside out.
Lesson 16	Ouch! My neck hurts when I do Pilates!	Has your neck ever hurt while doing Pilates? In this lesson we will talk about the inefficiencies in training styles as well as the anatomy behind what makes some of the Pilates repertoire so challenging on the neck. We will learn some micro exercises to strengthen the deep neck flexors, and then examine a few of the traditional Pilates exercises which often cause the pain, focusing on proper form in executing them.
Lesson 17	How is Bone Built?	In this lesson we will explore the physiology behind how bone is built, then we will do some exercises to build our bones.
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Lesson 18	What is Osteoporosis?	In this lesson we will take a look at what Osteoporosis really is, and then do a modified Pilates routine safe for those with Osteoporosis while still building bone.
Lesson 19	What is a muscle, tendon, or ligament?	In this lesson we will look at the differences between a muscle, tendon, and a ligament.
Lesson 20	What is the core?	Every body is talking about "Core Strength". Today we will unveil the true meaning of "our core". The phrase that the media has taken out of context and made it to mean something very different than it truly is.
Lesson 21	Traditional Pilates Basic Mat	In this lesson we will do a traditional Pilates basic mat session.
Lesson 22	Full body workout!	Today we will do a full body workout! #1
Lesson	Full body	Today we will do a full body workout! #2

son 23	workout!	
Les son 24	Stretch and Relax	In today's lesson we will focus on stretching and relaxing!
Les son 25	Full body workout!	Today we will do a full body workout! #3
Les son 26	Circus Act!	This lesson will demonstrate some of the Pilates Mat Advanced Exercises. Please do not attempt these exercises at home or without a certified and qualified Pilates professional!

Episode #	Title	Description
43	Mat Work	In this lesson, we focus on intermediate level of abdominal exercises. We will be exploring flexion, extension, rotation and lateral flexion to give a three dimensional torso workout.
44	Intermediate Legs	In this lesson, we will be showing you intermediate techniques for legs
45	Intermediate Arms	In this lesson, we will be showing you intermediate techniques for arms
46	Intermediate Level Abdominal	In this lesson, we will be showing you intermediate techniques for working your abdominal muscles
47	Advance Level Leg Exercises	In this lesson, we will be showing you advance techniques for legs. Please be sure to watch our previous videos for beginner and intermediate legs before attempting these exercises.
48	Advance Level Arm Exercises	In this lesson, we will be showing you advance techniques for arms. Please be sure to watch our previous videos for beginner and intermediate arms before attempting these exercises.
49	The Reformer	In this lesson, we will be using a piece of pilates equipment called The Reformer
50	The Cadillac	In this lesson, we will be using a piece of pilates equipment called The Cadillac which will test our strength, flexibility and endurance using spring tension
51	The Pilates Chair	In this lesson, we will be using The Pilates Chair which uses spring tension as resistance
52	Beginning Level Balance Ball Exercises	In this lesson, we will show you beginning level techniques for using a balance ball.
53	Intermediate Balance Ball Exercises	In this lesson, we will show you intermediate level techniques for using a balance ball.
54	Advance Level Balance Ball	In this lesson, we will show you intermediate level techniques for using a balance ball. Please be sure to watch our previous videos for beginner and intermediate balance ball exercises before attempting these exercises.
55	Prenatal Pilates	In this lesson, we show you helpful techniques through the instructor's experience in Pilates, yoga, dance, neuromuscular retraining, and post-rehab conditioning to help create a healthy mom and a healthy baby. This series of exercises is perfect for your second trimester. We will focus on keeping abdominals toned, but not tight. We will do pelvic floor exercises to tone and teach them to relax, gaining control of the contraction and relaxation of your pelvic floor will help with the delivery. We will strengthen our hips, glutes, and thighs to help with balance and prevention of sciatica and low back pain. We will bring motion into our entire spine

		and torso to help combat upper and low back pain along with constipation. Finally, we will strengthen our shoulder girdle and arms so we are strong enough to easily carry our babies after delivery.
56	Resistance Band	In this lesson, we will be using the resistance band with a focus on our abdominal muscles
57	Resistance Band	In this lesson, we will be using the resistance band with a focus on our upper body strengthening our arms.
58	Flex Band	In this lesson, we will be using the resistance band with a focus on strengthening our leg muscles
59	Prenatal Pilates 2	In this lesson, we show you helpful techniques through the instructor's experience in Pilates, yoga, dance, neuromuscular retraining, and post-rehab conditioning to help create a healthy mom and a healthy baby. This series of exercises is perfect for your second trimester. We will focus on keeping abdominals toned, but not tight. We will do pelvic floor exercises to tone and teach them to relax, gaining control of the contraction and relaxation of your pelvic floor will help with the delivery. We will strengthen our hips, glutes, and thighs to help with balance and prevention of sciatica and low back pain. We will bring motion into our entire spine and torso to help combat upper and low back pain along with constipation. Finally, we will strengthen our shoulder girdle and arms so we are strong enough to easily carry our babies after delivery.
60	Beginning Level Foam Roller	In this lesson, we will be performing exercises with the assistance of a Foam Roller.
61	Pilates Arc	In this lesson, we will be using the Spine Corrector, also known as the Pilates Arc