



The IP Programme

Session five - teaching and cueing

What's on the agenda

- Review and round up of your programmes
- Long term programming, past the exam
- Cues

Long term programming!

- Have short, medium and long term goal
- Try to have the focus on ability, strength and function over aesthetics, weight and pet body hates
- Make them SMART
- SPECIFIC, MEASURABLE, ACHIEVABLE, REALISTIC, TIME BOUND.
- Very little point is cookie cutter style programmes as there are so many variables to how fast or well someone progresses.
- Can you think of any?

Programme example

- Roll up (flex band mod)
- One leg circle (flex band)
- Obliques
- ▲ Slow double leg stretch
- Shoulder bridge prep 1
- Roll over prep
- Side Kick
- ▲ Leg pull front
- ▲ Side bend
- ▲ Push up

why is there no ab prep or
breaststroke prep?

How can we progress from
here?

Programme progression

The client wants to be able to do a pull up and be pain free

What can we do about this?

What muscles should be added into the equation?

Cueing

JUST START

1.GET THEM MOVING

If the client isn't moving you have nothing to correct.

Tell them what you want them to do, ie: lift head, neck and shoulders off the mat

layer in breath, corrections, sequencing etc, later

2.BASIC

Use basic cues.1-2 words max. ie: bend knee. OR lift arm

Look at the words under the pictures in your training manual and use those

Play Pilates word association.
Flex=bend
Lift=float
etc, etc

3.DIY (DO IT YOURSELF)

Speak yourself through a workout .

Speak through a muted DVD/recording

Teach a friend or client on zoom, without demo-ing

Ab prep/thoracic flexion



- 1 Lift your head neck and shoulders off the mat
- 2 Slide ribs to pelvis, look above knees
- 3 Make wrinkles in your t-shirt

Ab prep/thoracic flexion



- 1 Lower back down to the mat
- 2 Ribs away from pelvis
- 3 Lengthen out the front of your t-shirt

Internal vs external cues

Internal cueing occurs when the client is thinking about one of their own body parts or one of their specific movements during a movement.

An external cue occurs when the client thinks about the effect of their movement during an exercise.

Internal refers to the clients body part movements and external refers to the movement's effect."

Offering (reformer)



Internal: reach arms to the sides keeping neutral

External: stretch the band

Shoulder bridge prep



Internal: lift pelvis, adduct hips, reach arms overhead

External: hips to the ceiling, squeeze ball, fingertips reaching behind you

Cat stretch



Internal: ?

External: ?

Single leg stretch



Internal: ?

External: ?

Word association

Reach

flex

straighten

lift

roll

sequentially

relax

contract

Cueing

In groups number person 1, 2 & 3, take case study programme above.

Person 1: get client moving with a cue

Person 2: Find another way to say the same thing

Person 3: Find another way to say the same thing

Example: Ab prep:

Practice makes perfect!

What are your top take aways from todays
session?

Implementation

- Use your programme from last weeks home work to teach once with internal cues and once with external cues and make notes of the differences.
- Make a mental note of you feel teaching with internal vs external cues?
- How does the client feel about the two work outs?
- What did you notice about how the client moved and responded to your cues?
- Come to the final session with any questions and things you wish to review.