

**PILATES  
INSTITUTE OF  
AMERICA**

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Contact Us at:  
**561-784-9613**  
[www.PIAworkshops.com](http://www.PIAworkshops.com)  
**877-I-Can-Scoop**

A newsletter for Pilates enthusiasts

# The Scoop!



## Tips for Better Scooping!

Even those of us who have been practicing Pilates for several years need to revisit the scoop every once in a while. Certainly for the “newbies” amongst us we can never be reminded of the scoop enough times as we diligently try to learn the Pilates techniques. I would like to take this opportunity to look at the scooping muscles and biomechanics of a good scoop so that we may all benefit from our Pilates lessons even more by scooping better.

### Anatomy of the scoop.....

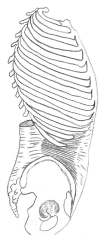
The pelvic floor muscles, transverse abdominal muscles and external obliques must contract in order for us to scoop. Below are pictures of these muscles to help you understand the various layers of contraction we are seeking to attain.

Step 1: contract the pelvic floor in and up



(close the elevator doors from side to side and then pull up inside the pelvis)

Step 2: contract the transverse abs inwards by pulling the navel towards the spine (narrow the elevator shaft as the elevator goes up towards the penthouse)



Step 3: pull the ribs down towards the pelvis by contracting the external obliques (as if putting the roof on the elevator)



### Practicing the scoop.....

There are many ways and places to practice scooping and all of them are good. It does not matter so much where and when you scoop but rather that you do it and do it well! Perhaps the following suggestions will help you get better:

**Standing on line at the grocery store**—get taller and skinnier by pulling in and up with your pelvic floor and transverse abs—people will comment on your posture and friends will ask you how much weight you have lost!

**Driving the car**—pull away from the seatbelt and grow taller—your back will feel better when you get out of the seat!

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## Frankie and Lolita

Earlier this year Lolita San Miguel and Frankie Puglisi made an exercise DVD together called Lolita's Mat Repertoire. It is a great 90 minute mat Pilates workout as taught by Joseph Pilates and many great adaptations from Lolita. Frankie demonstrates the moves. Even beginners can benefit from his program by just

doing the warm-ups and cool down. You will need to build core strength in order to perform all of the classical Pilates moves however. The DVD is available online at Scoopfitness.com or you can pick it up at the studios to save on shipping. The repertoire is a great workout even though it does not follow the PIA mat routine.



**DVD price \$20**  
 S+H charges apply online

## New CE workshops Palm Beach, FL

### ONE DAY WORKSHOPS \$199

**ADVANCED MAT**  
 (pre-requisite: PIA Mat Foundations)

Sept 12th; Dec 19th

CE's: PIA 10, PT 9

**PILATES CIRCLE**  
 (pre-requisite: a general understanding of Pilates principles)

Sept 26th; Oct 24th; Jan 30th

CE's: PIA 10, PT 9

**PILATES on the BALL**  
 (pre-requisite: a general understanding of Pilates principles)

Oct 3rd; Nov 7th

CE's: PIA 10, PT 9

All one day programs are from 9am-5:30pm

### TWO DAY WORKSHOPS \$359

Stretch Results

(Pre-requisite: none, but an understanding of basic human anatomy is very helpful)

Sept 19/20; Oct 24/25

CE's: PIA 16, PT 19.5

All two day programs are from 10am-6pm

[www.PIAworkshops.com](http://www.PIAworkshops.com)

**888-PIA-Pilates**

**Pilates Style Magazines**

Now on Sale at  
Scoop! Fitness Locations  
Retail price \$4.99  
Scoop! Client price \$4.29



**Equipment Training Dates - Fall/Winter 2009/2010**

**REFORMER** (\$999) - September 11/12/13; December 11/12/13

**CADILLAC** (\$999) October 2/3/4; January 22/23/24

**CHAIR** (\$599) —November 7/8

**BARRELS** (\$599) —December 5/6

Above are in Palm Beach, FL. For other locations visit [www.PIAworkshops.com](http://www.PIAworkshops.com)

**WORKSHOPS—Fridays with Frankie**

NEED to renew your PIA Certificates??

In addition to the regular teacher training workshops that Pilates Institute of America (PIA) offers regularly for Pilates teachers and Physical Therapists, Frankie has decided to offer some mini workshops that she teaches herself that would be just as suitable for Pilates enthusiasts as much as they are for Pilates teachers and therapists.



These workshops are \$79

10% off when you bring a friend!!

Bring your friends and family and learn more of the nuances of Pilates, learn what makes Pilates so great, learn about the history of the man who created this amazing method and much, much more....

Workshops may be booked online at:

[www.Scoopfitness.com](http://www.Scoopfitness.com)

or by calling

PIA at 561-784-9613

All Workshops offer 4 PIA CE credits

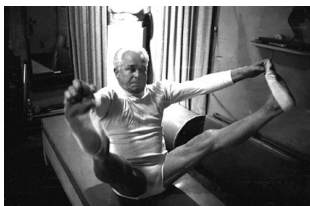
Schedule of Events

Sept 11—Reformer Cardiolates

Sept 18—Extreme Pilates — Pilates for the hands and feet

Sept 25 - Back to Basics —Mat

Oct 2—History of Pilates — Archives of the man himself



Oct 23—Extreme Pilates — Pilates for hands and feet

Nov 6—Pilates Posture

Dec 4—Bosu-Lates



Dec 11—Reformer Cardiolates

Dec 18—history of Pilates — archives of the man himself

Jan 8—Back to Basics —Mat

Jan 15—Pilates Posture

Jan 29—Bosu-Lates

New titles and dates to follow. Your suggestions are welcome.

Fridays with Frankie will kick off on Friday September 11th from 4-7pm at Scoop! Fitness Palm Beach Gardens.



Frankie teaching a client  
The Hundred

**Tips for Better Scooping!** *Continued*

**While doing cardio**—whether walking, running or riding remember to zip up the abs while exercising—you will find you can go longer and harder with a lot less effort (therefore burning more calories!!)

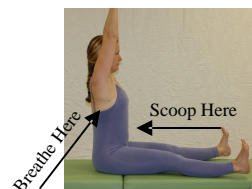
**During any everyday exertions!** —I was thinking of lifting children and laundry but I will leave this one to your imagination! Whatever you do on a regular basis, practice scooping while you do it and you will most definitely reap the rewards!!

**Scoop and breathe.....** pulling in and up is not that difficult on an exhale, but you need to practice scooping on an inhale as well. A

good breathing exercises is to lie down on your bed and breathe as deeply as you can without losing your scoop and allow the back ribcage to expand into the mattress i.e. send the breath backwards. This is not easy but it helps if you practice on a mattress because of the softness. After a few nights of “at home” breathing and scooping practice, try the same breathing technique next time you have your Pilates lesson. It is a little bit harder to do on the reformer carriage or mat but with practice anything is possible. And remember: no matter where your breath goes you must not lose your scoop. The elevator needs to

always be going up to the penthouse floor and certainly not crashing down to the basement.

**NOTE:** please remember that without the scoop Pilates does not work and may even hurt your back. Scooping can be done in ANY position including face down, sitting, standing, kneeling, bent forwards, backwards or sideways.



**“Knowing yourself is the beginning of all wisdom”**

Aristotle