

Hi, I'm Keri Russo, and I'm glad to have you back in my series, Matte Essentials. This class, our intention and our focus will be all about control. Remember, Joe, Pilates did not call this work Pilates. He called it contrology, which is the, uh, art or science of control. So we are going to focus on moving with control.

And where's our control come from? Our powerhouse. So think about that during this class, and we will get started at the top of our mats. Stand in a nice little V. Pull your stomach in and up. Cross your arms like a genie. And however you need to, you will lower yourself down to a seated position.

Lift yourself back to the middle of your mat, and we'll start with our hundreds. Bring your knees into your chest today. Lift yourself up and over. Extend your legs out to where you can. And here we go. Inhale and exhale. 2, 3, 4, 5. Inhale, breathe out. 20 in and out.

30 in. Breathe out. Breathe in and out. 2, 3, 4. 50 in.

And exhale. 60 in. Breathe out.

80.

Exhale.

5, 4, 3, 2. 100. Bend your knees into your chest. Give yourself a hug. Good. The roll up. Heels together. Arms lift up. Stretch them back. Arms up. Head up. Come up nice and slowly. Use your hands on your thighs. Scoop in for just this first one. Pull your stomach in and up and roll back.

Use your hands on your thighs and control the articulation of your spine. Arms up, head up. Curl. Peel yourself up off that mat. Pull your stomach in and up and roll back. And if you need to keep your hands on your thighs to control the articulation of your spine, then that's totally, totally fine.

Arms up. Head up. Scoop it. Pull your stomach back as you're stretching forward,

and try to curl into yourself as you're rolling down

again. Arms up, head up. Control this so you don't want to be flopping up, skipping over any part of your spine.

It's all about articulating the spine with control. And remember, we control from our powerhouse last time. Inhale, scoop in, Go up and over a beach ball here so you don't collapse. Shoulders out of your ears

and arms by your side. Right leg up. Uh, and let's go into leg circles. Cross around and up. Uh, cross around and up. Uh, cross and up. Uh, stomach in. So this is about control. So you want to anchor your left hip, your opposite hip. Cross around and up.

Reverse open. So we're circling our right leg so you're pulling into your left waist circle so your hips are as still as possible. Around and up. Uh, last time. Around and up. If you're able to scissor your legs to change. And here we go. The left leg circles. The right side is stabilizing us.

So the control comes from the right side of our body. The right waistline, the right buttock. I hate that word, but I just said it. And reverse. Open, around and up. Uh, but the right side of your seat, your glute is the muscle. The right leg is reaching long, and that is really what's stabilizing us last time.

Around and up. Uh, lower your leg down. Let's do a controlled roll up to sit up and bend your knees. Lift yourself forward on your mat. For rolling like a ball, draw your knees into your chest. If you took that posture class already, you know to lift in and up.

First to draw your knees in. And we are going to control our roll with our powerhouse scooping in. How you find your balance is. Sorry I yelled at you there. It's hard to talk while you're rolling. How you find your balance is by your powerhouse. That's where your balance comes from.

And, uh, uno mas, please. That's like the extent of my Spanish, by the way. And lower yourself down. Lift yourself back to the middle of your mat. For our series of five, remember, we're focusing on control. Bring your right leg back. Reach your left leg out. Here we go.

Pull in and change. In and in and in. Now, uh, that's your tempo, but I want you to think about controlling the leg that's going out, and that is controlled by your seat so your knee isn't snapping. Last one, double leg stretch. Inhale. Control your arms and legs. Arm circle.

Eggs. Legs bend in. Inhale and bring those knees in. Stretch it out. Arms circle. And get in your rolling like a ball position here. Arms stretch out. And now you want to make sure your upper body is completely controlled so it's very still. It's not moving even an inch up or down.

Last time.

Single straight leg stretch. Hold here, please. Straighten your legs more. It is my big pet peeve when people have bent knees. And pull, pull, change. Hold here. Straighten your knees more. And pull, pull, change. Here we go. Up to tempo. Pull, pull. Now keep your legs

straight as you're scissoring them.

They do not bend. That is not controlled. You really need your powerhouse pulling you in and up this whole time, because if you bend your knees, it actually requires less strength than your powerhouse. Last time. Double straight leg stretch. Hands behind your head. Now curl up as high as you can, and you stay there.

As your legs lower and you come up in one, your upper body does not waver. It's all about control. Down and up. In one. Down. Slow. Up. Quick. Uno mas. And up. Crisscross right leg in. Now you're lifting up. And over. Not down. Up. Uh, two, three. And change.

Lift up. Up. Um, up. And lift. Two, three. And rest. Sit yourself up. Spine stretch forward. Legs wider than the mat. Arms lift up. Chin on chest. And exhale. You're going up and over a beach ball. And roll it up. Lift up and go forward. Get the crown of your head toward the floor and roll it up tall.

Two more.

Think about squeezing your hips while you're down here. And you want to articulate your spine. Imagine you're peeling away from an imaginary wall. And as you come up, you're going up against it. Slide your spine up that wall, legs together. Lower yourself down. Go ahead and bend your knees for corkscrew.

Straighten your legs up to 90 degrees. We're going to keep our pelvis down the whole time today. Circle to the right and circle to the left. Now, remember, our intention is control. So as you go to the right, pull into your left waist. As you go to the left, pull into your right waist.

Stomach is in. And up. And one more. Set shoulders. Stay back.

Sit yourself up for the saw. Sit up super tall. Lift up and twist. Saw. 1, 2, 3. Roll up in your twist and center. Spiral up as you twist. And 1, and 2 and 3. Roll it up and center. And twist. Exhale. And 2, and 3. Roll it up and.

And center. And lift and twist. And two, and three. Roll it up. Uh, and center. Last time, sit in that opposite hip. Roll up and center. Last 1, 2, and 3. Roll up and center. Bring your legs together. Flip over onto your stomach for neck roll. Stomach is in and up.

Scoop in. Go up as high as your back allows you to look over your right shoulder. Now you want to be pulling your stomach in and up. And look over your left

and center. Now, we're going to do a modified swan here. Keep your

hands on the mat, and you're going to lower and lift up. Your hands will stay on the whole time. Think about your pelvis rocking and up. Um, now lift your head and chest the whole time the stomach is lifting you up last time.

And sit back on your heels. I prefer the toes flexed under you and scooping in and up. I find it gets stretches, uh, your back more. Roll yourself up. And we're going to go on to our Sidekick series. So lie on one side. Line your spine up with the back edge of your mat and bring your feet to the front corner.

Now take a beat here, because this is about control. You want your heels to be touching each other, so if they're not, you either have to reach out of your waist or reach this bottom hip long. But you gotta figure out how to get your heels to touch. Stomach is in.

And, uh, up. Here we go. And to the front. Kick, kick and lengthen to the back. Now, your arm is here in front of your stomach to remind you to use it. That is where our control comes from, is the powerhouse. So you go to the front, your chest is lifted, and you swing to the back.

And you don't let your body weight sh. Go to the front. Kick, kick, stretch it to the back. And last time. Kick, kick, and stretch it to the back. Heels touch and lift up, uh, and resist. Down. Now, don't think of it so much. Keep moving as I talk.

Don't think of it so much as a kick up, but a light lift and control it down. Because if you kick up, sometimes there's like a sharp jolt that happens in the hip. So you want to control both things. It's light. Up and a resisted down. And up, uh, and resist.

Last time. Up, uh, and resist. And little tiny circles forward. Brush the heels every time. It's really for that outer hip that we're strengthening here. And reverse. You want to make sure your body isn't rocking at all. Here it's all about control. Hold. Take your top leg, cross it in front and hold that ankle.

I prefer a flexed foot here. Lift your leg up to the crease of your knee. And lower down. And leg up to the crease of your knee. And lower down is your stomach in and up. Up. Uh. Now here we go. We're going to go forward. Big circles. I want them big and slow and controlled.

Your leg stays completely straight. Your foot is completely flexed. Even that pinky toe. And around and up. One more time. And reverse it back. Sweep the floor with your leg and then bring it up to the crease of your knee. Two more. Back around and up. Last time. Back around and up.

Lower your leg down. Lengthen your legs and roll onto your stomach for transitional beats. Stomach is in. And up. Lift your thighs up. Reach

your feet as you beat, beat, beat, beat, beat, beat. Think about reaching your toes across the room. Keep your chest flat on that mat and your shoulders relaxed.

Now, your heels are not slamming together. This is control. So you're resisting with Those inner thighs. 3, 2, and 1. Now you can just Roll over to your other side. I'm going to sit up so that I can still face you. And line your spine up with the back edge of the mat.

Feet to the front corner. Check that your heels are touching. Flex your bottom foot. Here we go. To the front. Kick, kick and lengthen to the back and to the front. Kick, kick and stretch to the back. Lift your chest and lengthen that hip. And lift your chest and stretch it back.

Your upper body staying completely still because your powerhouse is in. And up. To the front Kick, Kick and stretch to the back. One more to the front. Kick, Kick and stretch it to the back. Heels touch and lift up. Uh, and down. Control the up, even though it's light.

And up. Uh, and resist it down. Light up, resist it down. Stomach is in. And up. And last time, up and down. Heels are touching. And we're gonna do our little circles. Brush forward, 2, 3, 4, and 5. And reverse it back. 2, 3, 4, and five. Inner thigh circles.

Take the top leg in front. Flex that bottom foot. Lift it up to the crease of your knee. And now, uh, lift your chest. And lower down. Stomach is in. And up. Use that inner thigh. And lower down. The knee is straight. And lift it up and forward. Circles, big and slow.

It's all about control. Around and up. Uh, the inner thigh is moving the leg. And the powerhouse is controlling or stabilizing the body. Lift up. And reverse. Around and up. Uh, and around and up. Stomach in. And up. Two more. Two. And last one. Lift it up. Hold it.

And lower down. Lengthen that leg and go ahead and sit yourself up. Lie on your back and just relax one second. Shake it out. And we will do teaser

control. Name of this class. Right. Knees into your chest. It's really important to have the legs stay stable during teaser. And the way we do that is that they're at 45 degrees. No higher, no lower. So lift your feet while they're bent so they're in line with your knees.

Lift your arms up to the ceiling. Now draw a straight line from your knees. Your shin bones stretch out. They stay there. And now, uh, stretch your arms back. And we're going to roll up into the teaser. And roll back. And again.

And down. One more time.

And down. Bend your knees in. Give it a hug. We get to do it again. We're going to stick with teaser one. Arms up. Draw that line from m your shins. Stretch the arms back. And roll up.

And down. Um, and again.

This is an advanced roll up. One more

hold here. If you can go to teaser 2, lift your arms up. Lower and lift. 1. Lower, lift 2. Lower, lift 3. Keep your legs still and roll it down. Bend your knees in and give yourself a hug. You deserve it. All right, Seal is up next, so from here, lift yourself up, up in a nice, tall spine, so no slouching.

And we are going to clap three times. 1, 2, 3, roll back. 1, 2, 3. Scooping. 1, 2, 3.

And keep that powerhouse fully engaged so you're controlling by your powerhouse. 1, 2, 3. Hips up. Scoop and scoop. One more time. And if you can, we're gonna stand up without using our hands. Stand up

and press down with control from your back muscles. And rest. Yay. We did it. I hope you were able to find some nuances that maybe you didn't feel before in the work, when you really put your focus on the control. That is the whole point of this series and the next class, if you're doing it in order, we will be focusing on breath.

So I hope to see you in another class soon, and I'd love to hear what you thought about this class. Bye. Uh.