

# Sculpting a Great Workout with the Four S's – Virtual Workshop

By Scott Samford

Romana said, “You can say what Pilates is in three words. Stretch with Strength and Control.” With Peak Pilates®, we expand the definition to include Stamina and Stability. And, by using the principles of stretch, strength, stamina and stability, you can sculpt powerful workouts or classes.

Even though the four S's seamlessly weave themselves throughout the Pilates System, let's look at each of these elements individually:

**Strength** – Pilates exercises focus on building strength throughout the entire body – especially the Powerhouse. Think of the Ab Series – a classic grouping of exercises designed to strengthen the abdominal and supporting muscles. Or Pumping on the Chair, which challenges the strength of the upper body.

**Stamina** – The ability to sustain effort over a long period of time. Initially, we learn the order in segments taking breaks as needed. As our strength and stamina increases, we perform the work as it was intended – a seamless flow of exercises from beginning to end.

**Stability** – The ability to maintain a stable center (our Powerhouse) as we move our bodies is crucial. As our limbs extend away from our PH, stability becomes more challenged. Think of Rolling Like a Ball versus Open Leg Rocker.

**Stretch** – Often overlooked by power and strength, this is a vital component to our work. Pilates doesn't look at stretching as a separate exercise done at the end of a workout

but as an essential aspect of two-way movement from a stable center. Peak Pilates® teaches Length and Opposition; the idea that quality movement comes from stretching out from a base to gain strength and stamina.

Pilates is about balancing strength with stretch and stamina with stability. Mindful movement with flow and grace. Incorporating the 4 S's into your work doesn't take a lot. The work itself provides the base. You don't need a lot of expensive equipment or a lot of extra props to be successful. Let me show you how to increase and challenge the 4 S's in my upcoming CEC workshop ***"Out of the Box"*** on June 7<sup>th</sup>. You have everything you need right now – a mat, a box and a bar. See you there.

### **Out of the Box – Virtual Workshop**

**Date and Time:** June 7, 2024 – 1:00pm – 3:00pm (Central)

To **register:**  
<https://peakpilates.com/out-of-the-box-virtual-workshop-june-07-2024/>