

## Príloha A

EXPERIMENTÁLNY ČINITEĽ		
TÝŽDEŇ	POČET CJ	OBSAH CVIČEBNEJ JEDNOTKY (CJ)
1.	1. CJ	Úvodná časť: základná pozícia v ľahu na chrbte* v ľahu na boku* v ľahu na bruchu* pozícia mačky* kačky* pozícia v sede (dôraz na neutrálnu pozíciu panvy a aktiváciu svalov panvového dna)
	2. CJ	Warm-up, 100 (Ú1)*one leg stretch (Ú1) MIMINO*side kick (Ú1)*swan dive (Ú1/A)*MIMINO*swimming cat (Ú1/A)*side kick (Ú1)*lietadlo*MIMINO, stabilizácia
2.	3. CJ	Warm-up, shoulder bridge (Ú1)*100 (Ú1) MIMINO*side kick (Ú1)*leg pull prone (Ú1)*MIMINO*roll up (Ú1)*side kick (Ú1)*svimming (Ú1/A)* MIMINO, stabilizácia
	4. CJ	Warm-up, 100 (Ú1)*scissors (Ú1)*MIMINO*side bend (Ú1)*swan dive (Ú1/A)*MIMINO*swimming cat (Ú1/A)*side band (Ú1)*MIMINO*one leg circle (Ú1/A)*one leg stretch (Ú1)*MIMINO, stabilizácia
3.	5. CJ	Warm-up, shoulder bridge (Ú1)*100 (Ú1)* MIMINO*side kick (Ú1)*leg pull prone (Ú1)*MIMINO*marioneta* side kick (Ú1)*swimming (Ú1/A)* MIMINO roll up (Ú1), stabilizácia
	6. CJ	Warm-up, 100 (Ú1)*one leg stretch (Ú1)*MIMINO side kick (Ú1)*swan dive (Ú1/A)*swimming cat (Ú1/A)*side kick (Ú1)*shoulder bridge (Ú1)*scissors (Ú1)*MIMINO, stabilizácia
4.	7. CJ	Warm-up, pusch up (Ú1)*MIMINO side bend (Ú1)*leg pull prone (Ú1)*MIMINO*roll up (Ú1)*side bend (Ú1)*MIMINO*shoulder bridge (Ú1)*100 (Ú1)*one leg circle (Ú1/A)* MIMINO* stabilizácia
	8. CJ	Warm-up, 100 (Ú2)*scissors (Ú1)*MIMINO side kick (Ú1)*swan dive (Ú1/B)* MIMINO swimming cat (Ú1/B)*side kick (Ú1)*lietadlo*MIMINO*roll up (Ú1)*double leg stretch (Ú1/B)*one leg stretch (Ú1)*MIMINO, stabilizácia
5.	9. CJ	Warm-up, shoulder bridge (Ú1)*100 (Ú2)* MIMINO*one leg circle (Ú1/A)*side kick (Ú2)*leg pull prone (Ú2)*MIMINO*kačka*side kick (Ú2)*swimming (Ú1/B)*MIMINO*spine twist (Ú1)* stabilizácia
	10. CJ	Warm-up, 100 (Ú2)*scissors (Ú1)*MIMINO* side bend (Ú1)*swan dive (Ú1/B)*MIMINO*roll up (Ú1)*side bend (Ú1)*lietadlo*MIMINO*double leg stretch (Ú1/B)*one leg stretch (Ú2/B)*MIMINO, stabilizácia
6.	11. CJ	Warm-up, shoulder bridge (Ú2)*100 (Ú2)*MIMINO*side kick (Ú2)*leg pull prone (Ú1)*MIMINO*swimming cat (Ú1/B)*side kick (Ú2)*lietadlo*MIMINO*marioneta*spine twist (Ú1)*MIMINO, stabilizácia
	12. CJ	Warm-up, pusch up (Ú1)*MIMINO*swimming (Ú1/B)*side bend (Ú2)*swan dive (Ú1/B)*MIMINO*roll up (Ú1)*side bend (Ú2)*MIMINO*shoulder bridge (Ú2)*100 (Ú2)*one leg stretch (Ú2/B)*MIMINO, stabilizácia

7.	13. CJ	Warm-up, lietadlo*MIMINO*side kick (Ú2)*shoulder bridge (Ú2)*100 (Ú2)*MIMINO*side kick (Ú2)*leg pull prone (Ú2)*MIMINO*swimming cat (Ú1/B)*kačka*marioneta*MIMINO, stabilizácia
	14. CJ	Warm-up, shoulder bridge (Ú2)*100 (Ú2)*scissors (Ú2)*MIMINO*side kick (Ú2)*double leg stretch (Ú2)*one leg stretch (Ú1) MIMINO, side kick (Ú2)*swan dive (Ú1/B)*MIMINO*swimming cat (Ú1/B)*spine twist (Ú1)*MIMINO, stabilizácia
8.	15. CJ	Warm-up, leg pull prone (Ú2)*side bend (Ú2)*MIMINO*100 (Ú2)*one leg circle (Ú1/A)*MIMINO*side bend (Ú2)*lietadlo*MIMINO*kačka*marioneta*roll up (Ú1)*MIMINO, stabilizácia
	16. CJ	Warm-up, side kick (Ú2)*swan dive (Ú1/B)*swimming (Ú1/B)*MIMINO*side kick (Ú2)*shoulder bridge (Ú2)*100(Ú2)*double leg stretch (Ú1/B)*MIMINO*scissors (Ú2)*one leg stretch (Ú1)*MIMINO, stabilizácia
9.	17. CJ	Warm-up, shoulder bridge (Ú2)*100 (Ú2)*MIMINO*side bend (Ú2)*leg pull prone (Ú2)*MIMINO*swimming cat (Ú1/B)*side bend (Ú2)*lietadlo*MIMINO*kačka*marioneta, stabilizácia
	18. CJ	Warm-up, side kick (Ú2)*shoulder bridge (Ú2)*100 (Ú2)*MIMINO*side kick (Ú2)*swan dive (Ú1/C)*MIMINO*roll up (Ú1)*double leg stretch (Ú1/B)*MIMINO*one leg stretch (Ú2/B)*spine twist (Ú1)*MIMINO, stabilizácia
10.	19. CJ	Warm-up, pusch up (Ú2)*MIMINO*side bend (Ú2)*leg pull prone (Ú2)*MIMINO*swimming cat (Ú2)*MIMINO*side bend (Ú2)*lietadlo*MIMINO*shoulder bridge (Ú2)*100 (Ú2)*one leg circle (Ú1/B)*MIMINO, stabilizácia
	20. CJ	Warm-up, shoulder bridge (Ú2)*100 (Ú2)*one leg stretch (Ú2/B)*MIMINO*side kick (Ú2)*swan dive (Ú1/C)*MIMINO*kačka*side kick (Ú2)*MIMINO*double leg stretch (Ú1/B)*one leg circle (Ú1/B)*MIMINO, stabilizácia
11.	21. CJ	Warm-up, side bend (Ú2)*leg pull prone (Ú2)*MIMINO*swimming cat (Ú2)*MIMINO*side bend (Ú2)*lietadlo*MIMINO*kačka*roll up (Ú1)*MIMINO*shoulder bridge (Ú2)*100 (Ú2)*MIMINO, stabilizácia
	22. CJ	Warm-up, pusch up (Ú2)*swimming (Ú1/B)*MIMINO*side kick (Ú2)*shoulder bridge (Ú2)*double leg stretch (Ú2)*MIMINO*side kick (Ú2)*scissors (Ú2)*one leg stretch (Ú2/B)*MIMINO*spine twist (Ú1), stabilizácia
12.	23. CJ	Warm-up, side bend (Ú2)*swan dive (Ú1/C)*MIMINO*roll up (Ú1)*side bend (Ú2)*lietadlo*swimming (Ú1/B)*MIMINO*swimming cat (Ú1/A)*MIMINO*kačka*marioneta*MIMINO, stabilizácia
	24. CJ	Warm-up, shoulder bridge (Ú2)*100 (Ú2)*one leg circle (Ú1/B)*MIMINO*side kick (Ú2)*double leg stretch (Ú1/B)*one leg stretch (Ú2/B)*MIMINO*side kick (Ú2)*leg pull prone (Ú2)*MIMINO*spine twist (Ú1), stabilizácia
13.	25. CJ	Warm-up, side bend (Ú2)*swan dive (Ú1/C)*swimming (Ú1/B)*MIMINO*side bend (Ú2)*lietadlo*MIMINO*roll up (Ú1)*shoulder bridge (Ú2)*MIMINO*100 (Ú2)*scissors (Ú2), stabilizácia
	26. CJ	Warm-up, shoulder bridge (Ú2)*double leg stretch (Ú2)*MIMINO*side kick (Ú2)*leg pull prone (Ú2)*MIMINO*pusch up (Ú2)*MIMINO*side kick (Ú2)*100 (Ú2)*one leg stretch (Ú2/B)*MIMINO*spine twist (Ú1), stabilizácia

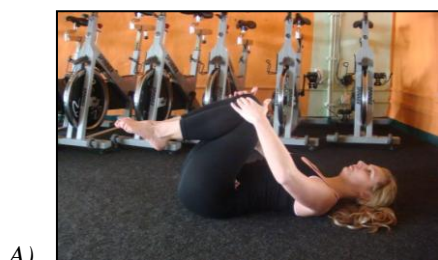
14.	27. CJ	Warm-up, side bend (Ú2)*lietadlo*swimming (Ú1/B)*MIMINO* side bend (Ú2)*swan dive (Ú1/C)*MIMINO*swimming cat (Ú1/A)*kačka *marioneta*roll up (Ú1)*MIMINO, stabilizácia
	28. CJ	Warm-up, push up (Ú2)*MIMINO*side kick (Ú2)*shoulder bridge (Ú2)*100 (Ú2)*MIMINO*side kick (Ú2)*leg pull prone (Ú2)*MIMINO*swimming cat (Ú2)*MIMINO*double leg stretch (Ú1/B)*one leg stretch (Ú2/B)*MIMINO, stabilizácia

### Obsahom experimentálneho činiteľa bolo:

- 15 základných modifikácií Pilates Institute (the hundred, the roll up, the one leg circle, the one leg stretch, double leg stretch, the swan dive, scissors, shoulder bridge, spine twist, side kick, swimming, swimming cat, the leg pull prone, the side bend, the push up).

- 2 relaxačné polohy (obr. 57)

Obrázok 57 Relaxačné polohy A) „mimino“, B) „revers mimino“



- 3 prechodové pozície (obr. 58)

Obrázok 58 Prechodové pozície A) „kačka“ B) „marioneta“, C) „lietadlo“

