



Balanced Body Reformer 2

Balanced Body
Education



Inspiration from Joseph Pilates

“Through the Pilates Method of Body Conditioning this unique trinity of a balanced body, mind and spirit can ever be attained. Self-confidence follows.”

-Joseph Pilates



Learning Objectives

<p>Knowledge of Exercises/Theory</p>	<p>Memorize the correct setup, movement sequence, and execution for the Reformer 2 Exercises.</p>	<p>Gain a basic understanding of anatomical alignment and body placement when practicing and observing Reformer 2 Exercises.</p>	<p>Teach 2 - 3 Pre-Pilates Essentials Exercises that lead into a Reformer 2 Exercise.</p>
<p>Personal Practice</p>	<p>Increase awareness of your body's strengths and areas for improvement through the Reformer 2 Pilates Exercises.</p>	<p>Develop a consistent personal Pilates practice and be able to independently guide yourself through a intermediate/advanced workout, performing the exercises to the best of your personal ability and utilizing modifications as needed.</p>	<p>Embody the Reformer 2 Exercises and their related Pre-Pilates Sequences and identify where to focus personal practice.</p>
<p>Cuing, Coaching and Teaching</p>	<p>Confidently teach and cue the exercise name, equipment setup, and movement sequence for all Reformer 2 exercises before progressing to the next level.</p>	<p>Explore adding layers to teaching the basic choreography that engage a deeper understanding of alignment, breath, or flow.</p> <p>Focus on delivering cues that are tailored to individual needs, using fewer words for greater impact.</p>	<p>Cue modifications for clients with Low Back Pain for the Reformer 1 and Reformer 2 Exercises.</p>
<p>Programming, Safety, and Special Populations</p>	<p>Cue another individual to the best of THEIR ability and movement tolerance.</p>	<p>Understand exercise contraindications and safety procedures for inversion exercises and progressions into the advanced repertoire.</p>	<p>Learn how to verbalize informed consent when teaching individuals or groups. "Is it okay to touch?"</p>



Reformer 2 Student Responsibilities

Student Responsibilities
Attend and Complete 16-Hour Reformer 2 Course
Respectfully Engage in the course by actively participating and collaborating with fellow attendees.
Understand and Practice exercise setup, starting body position, movement sequence, safety protocols, as well as exercise progressions and regressions.
Watch Movement Principles Video: Part 4 - Upper Body Training and take quiz with a score of 70% or higher.
Take Course quiz with a score of 70% or higher.

Recommended Practice and Teaching Expectations prior to Mat 3 or Reformer 3

Minimum of 10-hours of personal practice	Minimum of 10-hours of observation hours	Minimum of 30-hours of teaching hours
<ul style="list-style-type: none"> • <u>Personal Practice</u> consists of you practicing on your own or in group class or private training session. • Up to 50% of your <u>observation hours</u> may be taken on-line, with a preference of a <i>Balanced Body Teacher</i>. • <u>Teaching Hours</u> may be through teaching friends or family or may be a paid position through a studio or gym. 		
<p>Lesson Planning – work on developing intermediate-advanced level Reformer classes that include building blocks for regressions and progressions. Aim to incorporate suggestions for modifications for clients with low back pain.</p>		

**Getting in the habit of keeping up with your required hours will go a long way to accelerating your learning process, enhancing your in-class experience, and developing your confidence to teach.*

**Practice is ESSENTIAL to your success. You chose this work because of its impact on you, as you learn to teach, do not forget to cherish your personal practice.*



Educator and Company Responsibilities

Educator Responsibilities
Complete all course material as outlined in the Hour by Hour within the time frame of the course.
Provide students with learning and integration opportunities including breakouts and teach backs throughout the course.
Lead the class through a verbal and practical experience of basic anatomy and biomechanics.
Teach movement sequences, safety protocols , setup, progressions and regressions, precautions, and contraindications for all exercises.
Assess and provide feedback on student participation, teaching, exercise application, movement skills, and practice as it relates to breakouts and teach-backs.

Balanced Body Education Responsibilities
Provide you with timely and respectful service.
Answer questions and provide opportunities and suggestions for future growth.
Update and supply you with exceptional resources that are designed to amplify your learning process.
Adhere to our values of respect, accessibility, empowerment, courage and connection as we offer our education products, train Educators and support your personal Pilates journey.
Provide you with ongoing professional development opportunities



Balanced Body Education



Accessibility

Empowerment

Passion

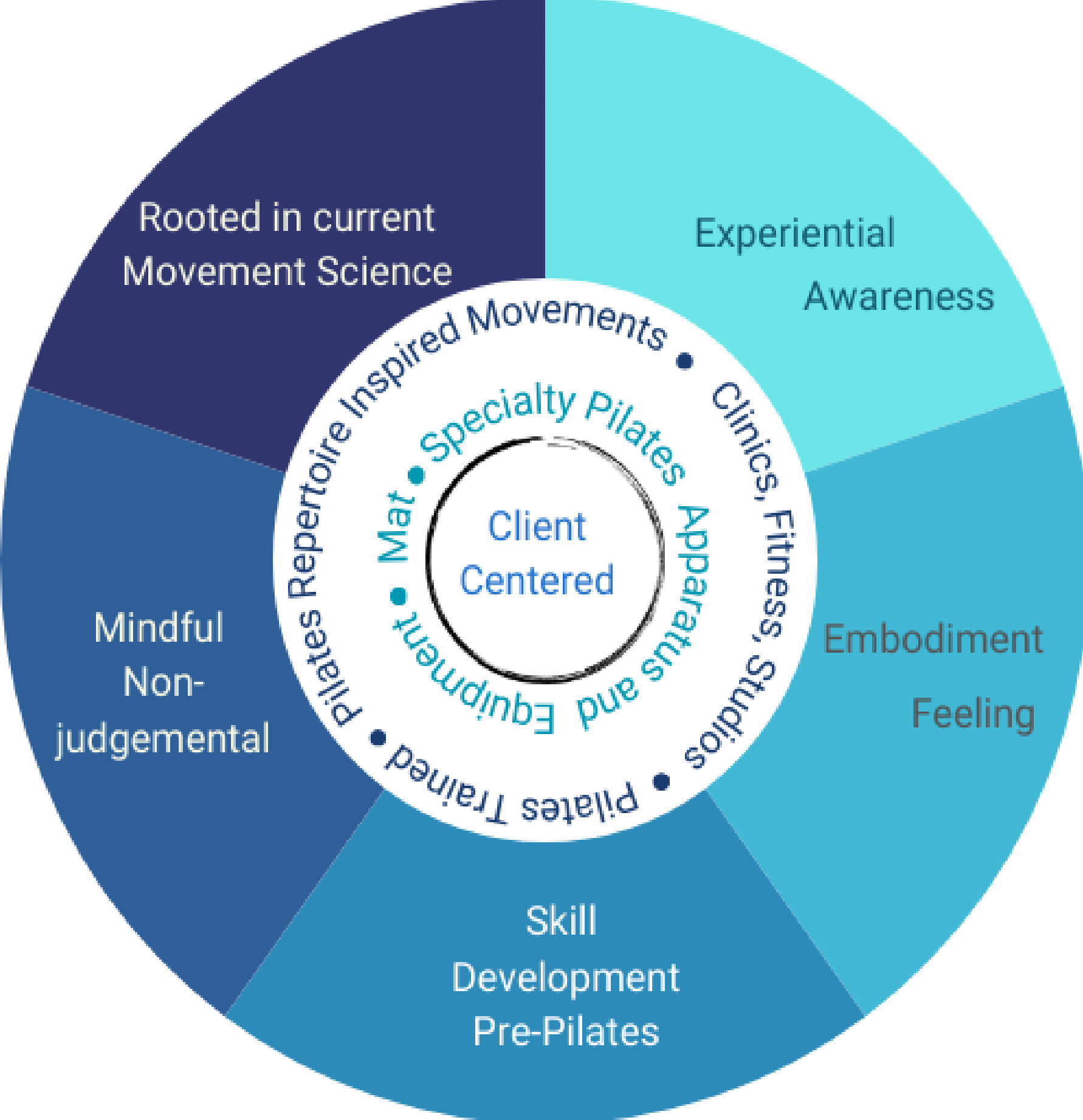
Courage

Respect

Connection



A Pilates Paradigm from the Inside Out



Pilates is a **Client Centered** Approach

Led by certified, **Qualified Instructors**

Can be taught on the **Mat** or **Specialty Equipment**

Can be taught in **Clinics, Fitness Facilities, or Studios**

Inspired by Contrology

Encourages **Embodiment** and **Awareness**

Allows for **Personal Experience** and **Physical Adaptations**

Whole Body method which teaches **Healthy, Mindful** movement patterns.

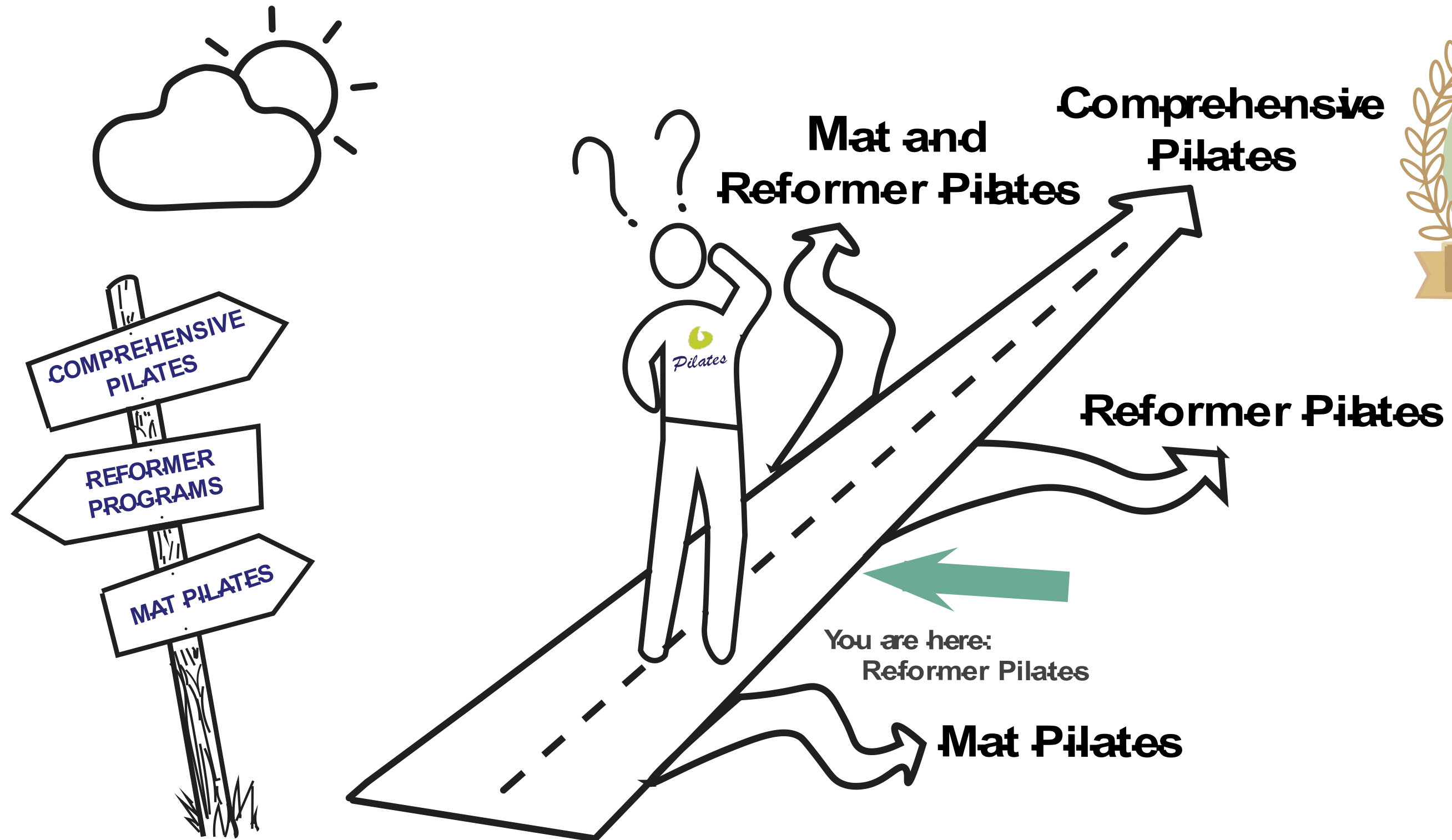


Balanced Body Pilates

Teacher Training Program



Balanced Body Instructor Path



Balanced Body Pilates Instructor Training Program Organization

Pilates Course Work			
<p>Movement Principles and the Pilates Essentials</p> <p>*includes video and in class practical</p> <p>Movement Principles is intended to be your first course. Only an educator can give you permission to begin with either Mat 1 or Reformer 1 before Movement Principles.</p>	<p>Mat Courses</p> <p><u>Mat 1</u> - Foundations <u>Mat 2</u> - Advanced Mat <u>Mat 3</u> - Props</p> <p>Mat 1 and Reformer 1 are your beginning Pilates movement courses. Each module builds on the next module and must be taken in numerical order.</p>	<p>Reformer Courses</p> <p><u>Reformer 1</u> – Introduction to Reformer <u>Reformer 2</u> – Deepening Reformer Skills <u>Reformer 3</u> – Advanced Reformer</p>	<p>Apparatus Courses</p> <p><u>App 1</u> – Introduction to Trapeze Table, Chair and Barrels <u>App 2</u> – Deepening Trap, Chair Barrels Knowledge <u>App 3</u> – Advanced Trap, Chair and Barrels</p> <p>Or individual apparatus modules</p> <p><u>Trapeze Table, Chair Barrels</u></p> <p>To begin your Apparatus training you must complete Mat 1 and Reformer 1.</p>
<p>Anatomy Requirement: Either BB Anatomy or approved equivalent Anatomy in Three Dimensions™ is our preferred method of satisfying the anatomy requirement</p>			



Comprehensive Training

Completion of all Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3, and Apparatus Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 20 Mat, 30 Reformer, 45 Apparatus

Observation: 15 Mat, 30 Reformer, 20 Apparatus

Teaching Hours: 35 Mat, 90 Reformer, 85 Apparatus

Total Hours: 520

Certified after successful completion of final exam – Written and Practical as

Balanced Body Comprehensive Pilates Instructor*

*Successful completion of the Balanced Body Comprehensive Training allows you can sit for the National Pilates Certification Program (NCPC) exam to become a National Pilates Certified Teacher (NCPT). This is a preferred professional standard.



Mat and Reformer Training

Completion of all Mat and Reformer Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 20 Mat, 30 Reformer

Observation: 15 Mat, 30 Reformer

Teaching Hours: 35 Mat, 90 Reformer

Total Hours: 332

Certified after successful completion of final exam – Written and Practical as

Balanced Body Mat and Reformer Pilates Instructor



Reformer Training

Completion of all Reformer Course Work

Movement Principles, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 30 Reformer

Observation: 30 Reformer

Teaching Hours: 90 Reformer

Total Hours: 214

Certified after successful completion of final exam – Written and Practical as

Balanced Body Reformer Pilates Instructor



Mat Training

Completion of all Mat Course Work

Movement Principles, Mat 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable) is highly recommended

Practice hours

Personal Sessions: 20 Mat

Observation: 15 Mat

Teaching Hours: 35 Mat

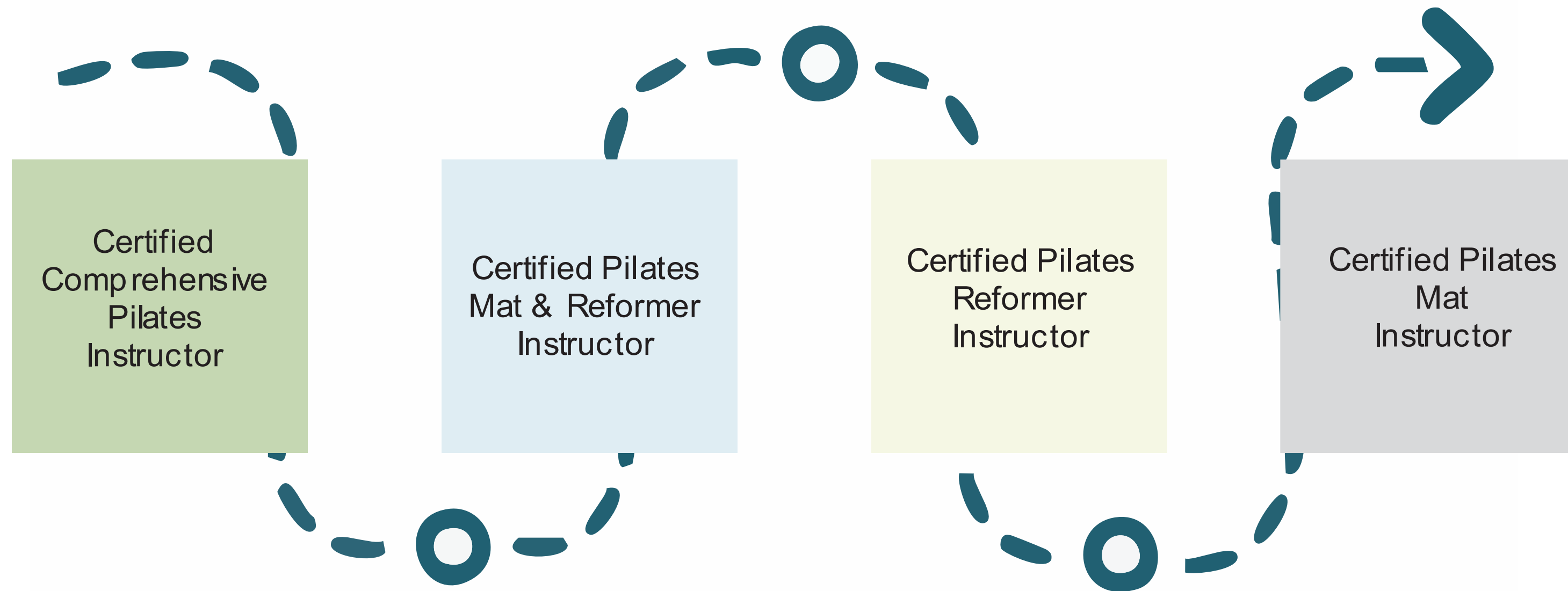
Total Hours: 134

Certified after successful completion of final exam – Written and Practical as

Balanced Body Mat Pilates Instructor



Balanced Body Pilates Instructor Pathways





CLARA

Your New Student Resource

Clara Pilates

The quiet strength behind the method

Reformer 2 Requirements

- Watch Movement Principles Module 4 _ Upper Body and answer Movement Principles quiz questions
- Read Lower Back Essay and answer quiz questions
- Take the online Reformer 2 course quiz





Groups



AI3D Educators



Educator Training Su...



MOTR Educators



Pilates Educators

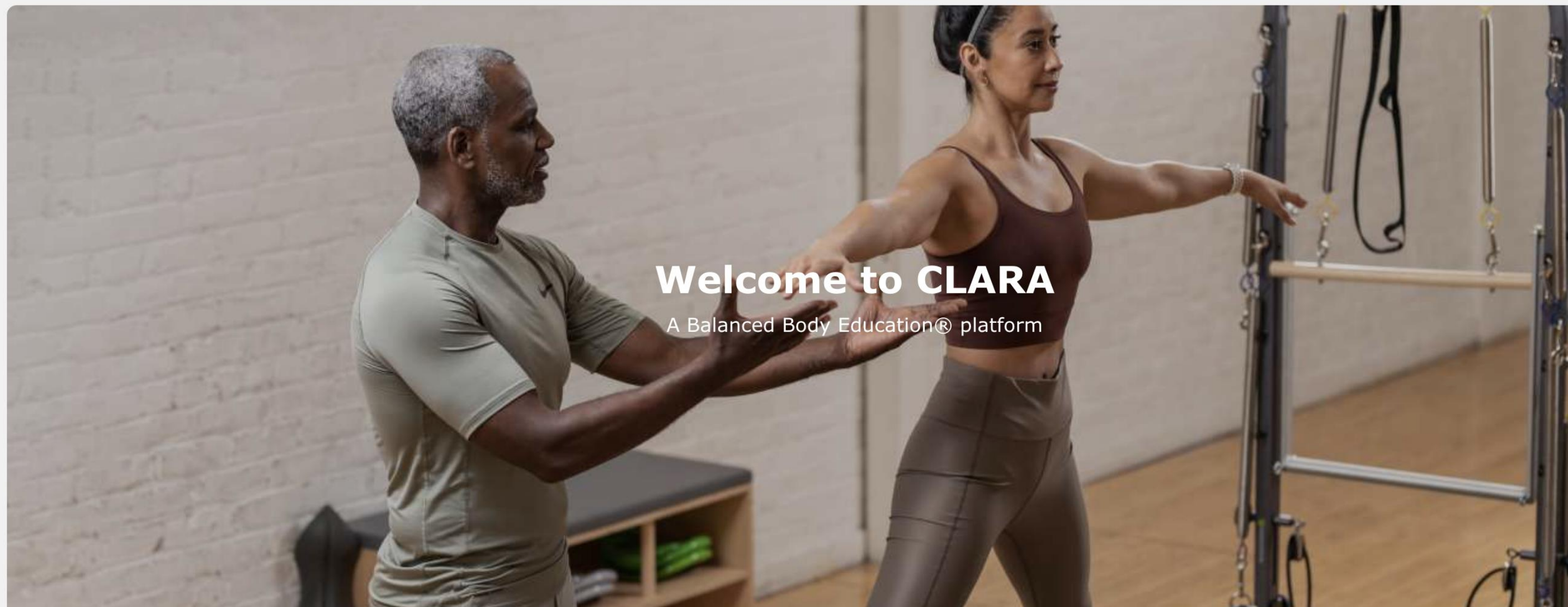


CoreAlign Educators

Courses



Pilates Reformer 1



This platform is named after Clara Pilates. Her profound contributions to the lasting legacy of Joseph H. Pilates' method of Contrology is respected and understood as the cornerstone for what has grown into the thriving world-wide exercise medium collectively known as Pilates.

C-L-A-R-A is designed to nurture your professional education needs and to support your teaching aspirations. Like Clara herself, this platform is a resource, a nod to our history, and step toward our future. CLARA is a living, breathing and ever evolving community resource. To best utilize its possibilities check back regularly as we will continually add new content.



Balanced Body Reformer 2

Safety, Pilates Principles,
Progressive Skill Training



Reformer Safety

Balance

Exercise: The client must always maintain balance when on the Reformer.

Equipment: If client balance on the equipment is in anyway compromised, either regress the exercise or choose a different exercise.

Coordination

Exercise: Coordination of movement is essential to skill learning and development.

Equipment: Coordination of movement between the body and the equipment is essential to maintain balance and control. (i.e. Standing Side Splits)

Control

Exercise: As a Pilates Principle, control is a primary ingredient of all Pilates exercises.

Equipment: Client must always move in a controlled manner when on the equipment. Client attention to the surroundings must be taught.

When setting the footbar, the straps, or placing the box on the carriage...ALWAYS...

Set it

Check it

Go!



Balanced Body Pilates Principles

The Pilates Principles are present in all the Pilates exercises.
They are movement guiding ideals.

Breathing

Concentration

Control

Centering

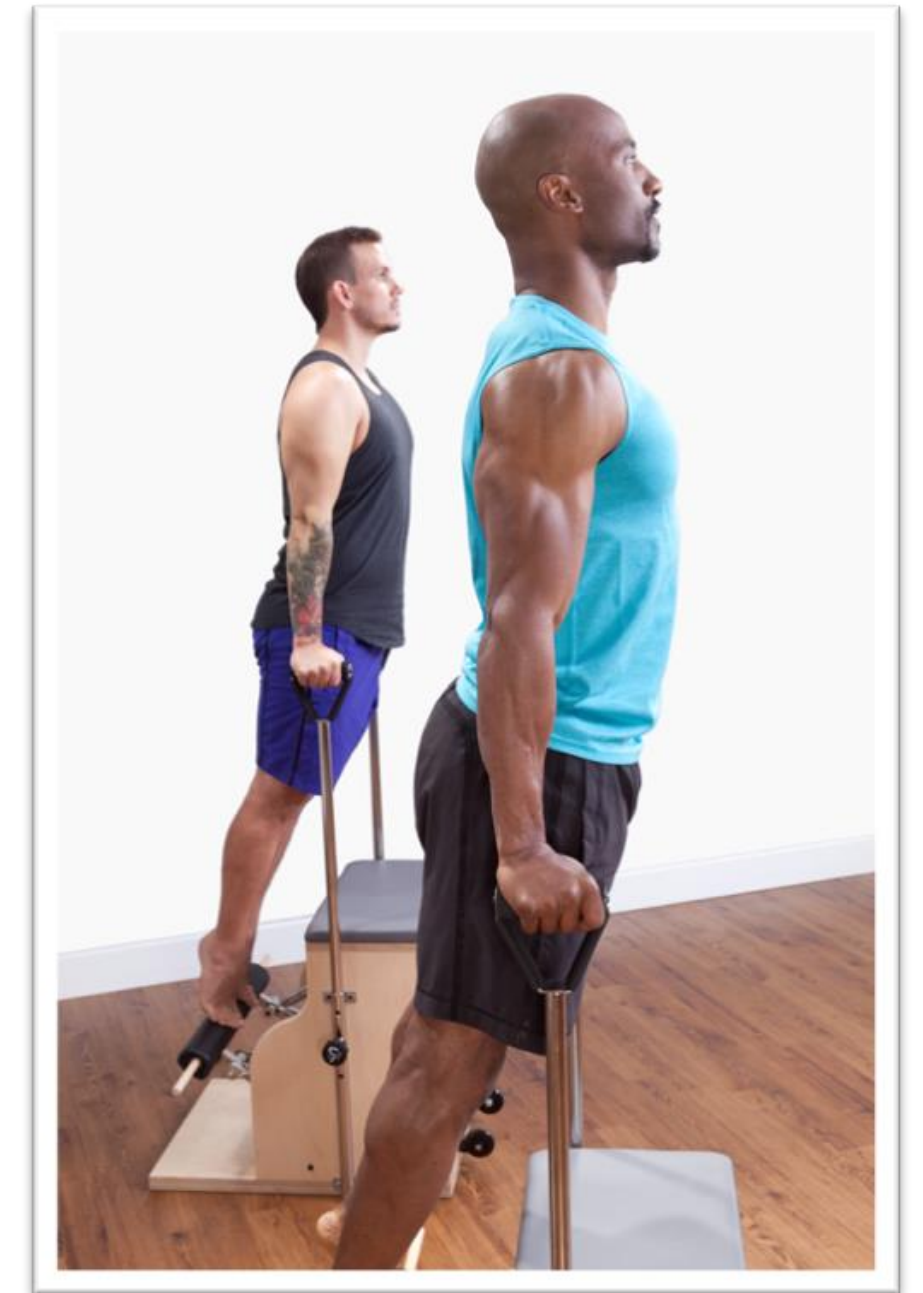
Precision

Balanced Muscle Development

Rhythm/Flow

Whole Body Movement

Relaxation



Reformer 2 Instructor Training

Reformer 2 Introduces Progressions from the Foundational Pilates exercises taught in Reformer 1

Reformer 2 Exercises Include:

- Footwork – Single Leg and Jumping
- Supine abdominals and arm work
- Short Spine Massage and Corkscrew
- Stomach Massage
- Long Box exercises
- Short Box Abdominal variations
- Knee Stretch variations
- Plank Variations
- Semi Circle
- Kneeling Arms
- Rowing



Movement Group 1

Single Leg Foot Work



Footwork/Jumping



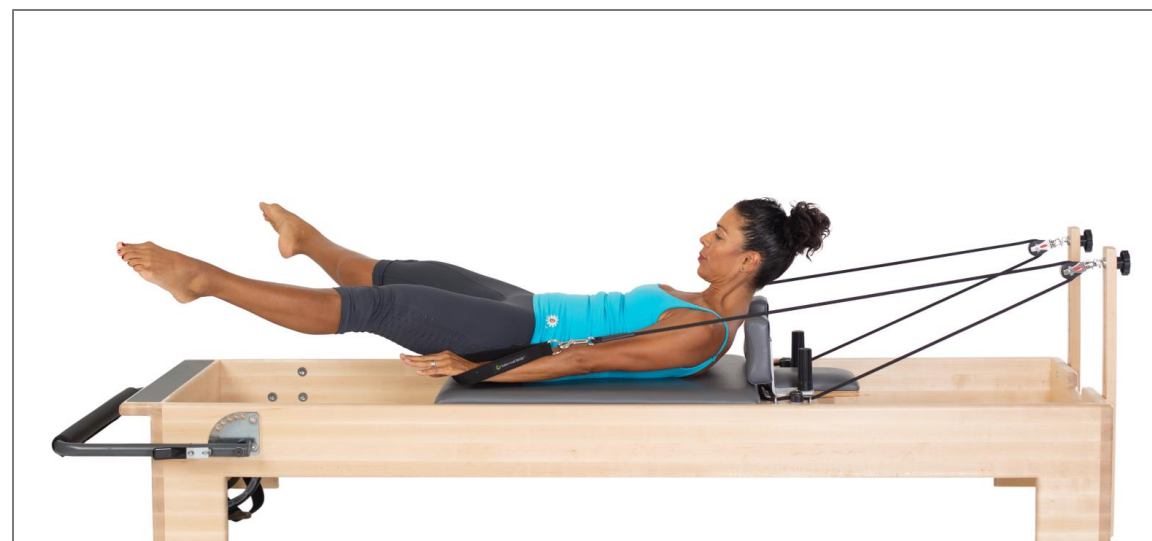
Short Spine



Stomach Massage



Coordination



Single Leg Footwork

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Pelvic Clock	The Hundred	Bridge
Femur Folds/Toe Taps	Double Leg Stretch	Feet in Straps
Leg Slides/Leg Rotation	Single Leg Circles	Footwork
Femur Sways/Fall Outs		Jumping
Axial Elongation		



Variations

- Heel
- Toe
- Free leg bent
- Free leg straight
- Flex/Releve
- Progressions parallel
- Progressions turned out



Footwork on the Footplate

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Pelvic Clock	The Hundred	Bridge/Pelvic Lift
Femur Folds/Toe Taps	Double Leg Stretch	Feet in Straps
Leg Slides/Leg Rotation	Single Leg Circles	Footwork
Femur Sways/Fall Outs		
Axial Elongation		



Variations

- Knee bends/Plies
- Double/Single Leg
- Calf
Raises(Flex/Releve)
- Roll Through



Jumping



○ Leg, Foot, Ankle Alignment

○ Trunk & Pelvis Stability with Lower Leg Mobility

○ Fascial Elastic Recoil and Rebounding

○ Agility and Coordination Training

Precautions: Knee or Foot Injuries, Low Back Injuries



Jumping on the Footplate

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Pelvic Clock	The Hundred	Bridge/Pelvic Lift
Femur Folds/Toe Taps	Double Leg Stretch	Feet in Straps
Leg Slides/Leg Rotation	Single Leg Circles	Footwork
Femur Sways/Fall Outs		
Axial Elongation		



Variations

- Running in Place
- Jumping Prep
- 1 Leg to 1 Leg
- 2 Legs to 1 Leg
- 2 Legs to 2 Legs
- Inner Thigh Squeeze
- Beats



Coordination

Pre-Pilates Exercises	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Supine	The Hundred	Supine Arms
Femur Folds/Leg Slides	Double Leg Stretch (Series of Five)	Hundred
Rib Cage Arms/ Arm Rotations	Single Leg Circles	
Abdominal Curl		



Variations

- Starfish
- Iron Cross
- One Leg



Short Spine Massage

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Inversion	Roll Up	Feet in Straps
Femur Folds/Leg Slides	Rolling Exercises	Bridge
Arm Rotations	Roll Over Progressions/Inversions	Hundred
Articulated Bridge		Coordination
Roll Over Prep		



Variations

- No Roll Up



Stomach Massage

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Seated	Roll Up	Footwork
Femur Folds/Leg Slides	Rolling Like a Ball/ Open Leg Rocker	Short Box Abdominals
Arm Rotations	Spine Stretch Forward	Roll Backs
Wheels of Motion Seated	Teaser	Elephant
Back Plank Preps	Spine Twist	Feet in Straps/ Short Spine Massage
		Long Back Slide/Control Back



Variations

- Back Support
- Flat Back
- Round Back
- Reach
- Twist
- Single Leg

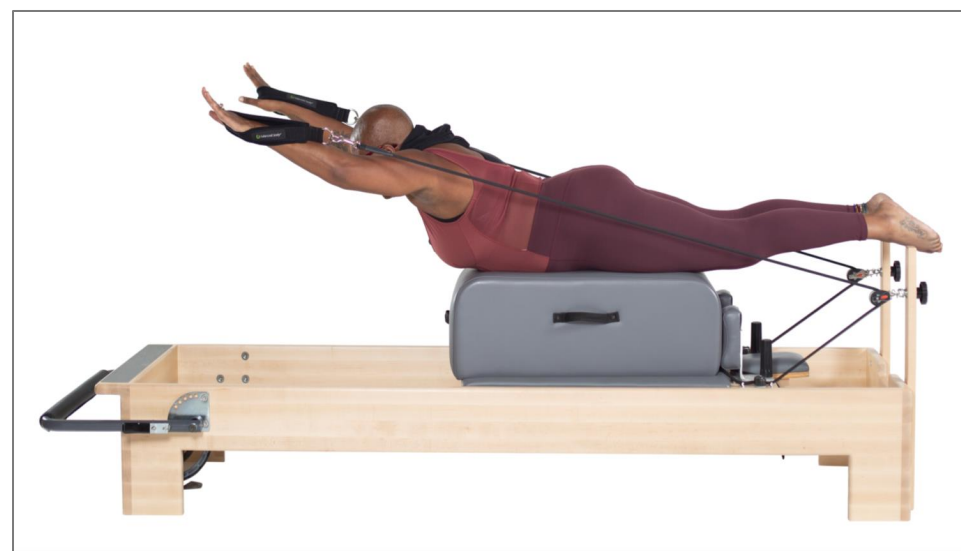


Movement Group 2

Backstroke



Breaststroke and Swimming



Short Box Abs/Obliques



Advanced Abdominals



Climb a Tree



Short Box Mermaid



Long Box Backstroke

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Supine	The Hundred	Supine Arms
Lumbopelvic control, Pelvic Clock	Single Leg Stretch Double Leg Stretch	The Hundred
Rib Cage Arms	Single Straight Leg Stretch Double Straight Leg Stretch	Coordination
Ab Curl Leg Slide		

Backstroke



Long Box Breast Stroke

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Prone	Swan/Swan Dive	Overhead Press/Swan
Finger Tip Abdominals/ All Fours Abdominals/ Cat and Cow	Single Leg Kick/ Double Leg Kick	Pulling Straps
Arm Rotations	Swimming	
Rockets/Swan Prep/Swimming Prep		



Variations

- Arms Only
- Baby Breast Stroke
- Instructor Assisted



Long Box Swimming

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Prone	Swan/Swan Dive	Overhead Press/Swan
Finger Tip Abdominals/ All Fours Abdominals/Cat and Cow	Single Leg Kick/ Double Leg Kick	Pulling Straps
Arm Rotations	Swimming	
Rockets/Swan Prep/Swimming Prep		



Adv. Short Box Abdominals:

Twist/Around the World/Spear a Fish

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Head/Thoracic/ Pelvic Wheel	Roll Up	Roll Backs/Down
Femur Folds/Leg Slides	Spine Twist	Seated Arm Work
Knee Sways/ Femur Fall Outs	Single Leg Circles	Short Box Abdominals: Roll Back/Flat Back
Abdominal Curl/Oblique Curl/ Cat	Series of Five	
Sacral/Pelvic Imprint	Neck Pull	



Variations

- Twist
- Around the World
- Spear a Fish



Adv. Short Box Abdominals: Fire Baton

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Flexion into Extension	Roll Up/Neck Pull	Roll Backs/ Seated Arm Work
Femur Folds/Leg Slides	Spine Twist	Stomach Massage/ Short Spine Massage
Knee Sways/ Femur Fall Outs	Single Leg Circles	Short Box Abdominals: Roll Back/Flat Back
Abdominal Curl/Cat and Cow	Series of Five: Single Straight Leg Stretch	Single Leg Footwork
Sacral/Pelvic Imprint	Roll Over	Elephant



Variations

- Prep
- No Back Extension
- Fire Baton



Adv. Short Box Abdominals: Climb a Tree

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Flexion	Roll Up	Roll Backs/ Seated Arm Work
Femur Folds/Leg Slides	Spine Twist	Stomach Massage/ Short Spine Massage/ Long Box Teaser
Knee Sways/ Femur Fall Outs	Single Leg Circles	Short Box Abdominals: Roll Back/Flat Back
Abdominal Curl/Cat	Series of Five: Single Straight Leg Stretch/Teaser	Single Leg Footwork
Sacral/Pelvic Imprint	Neck Pull	Elephant



Variations

- No Roll Back
- Arm Extension Overhead



Adv. Short Box Abdominals: Mermaid

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Lateral	Side Leg Kicks	Mermaid
Side Lying Femur Fold	Spine Twist	Cleopatra
	Side Bend	Kneeling Side Arms
	Side Bend Twist	



Variations

- Rotation
- Dive



Movement Group 3

Knee Stretches - Jackrabbit



Arabesque



Single Leg Elephant



Down Stretch



Semi-Circle



Knee Stretch – Knees Off "Jack Rabbit"

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Finger Tip Abdominals/ All Fours Abdominals	Swan/Swan Dive	Kneeling Abdominals: Front/Back
Arm Rotations	Single Leg Kick/ Double Leg Kick	Knee Stretch – Knees On
Rockets/Swan Prep/Swimming Prep	Swimming	Long Stretch/Up Stretch
All Fours Opposite Arm/Leg Reach	Push Up	Elephant
Plank Prep		



Variations

- Single Leg
- Single Arm/ Single Leg



Arabesque & Single Leg Elephant

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Finger Tip Abdominals/ All Fours Abdominals	The Hundred/ Series of Five	Kneeling Abdominals: Front/Back
Arm Rotations	Single Leg Circles	Knee Stretch – Knees On
Rockets/Swan Prep/Swimming Prep	Push Up	Long Stretch/Up Stretch
All Fours Opposite Arm and Leg Reach	Seated Twist	Elephant
Plank Preps	Leg Pull Down	Short Box: Climb a Tree



Down Stretch

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Finger Tip Abdominals/ All Fours Abdominals	Swan	Kneeling Abdominals: Front/Back
Arm Rotations	Swan Dive	Overhead Press/Swan Pulling Straps
Rockets/Swan Prep/Swimming Prep	Push Ups	Knee Stretch – Knees On
All Fours Opposite Arm and Leg Reach	Control Front	Long Stretch/Up Stretch
Plank Preps		Elephant



Semicircle

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Wheel Integration Sagittal (Flexion/Extension)	Shoulder Bridge	Bridge/Pelvic Lift
Bridge Progressions/Cat and Cow	Bicycle	Thigh Stretch
Angles in the Snow/ Telescope Arms/Pinwheel	Scissors	Overhead Press/Swan
Ribcage Arms/Arm Rotations		



Corkscrew

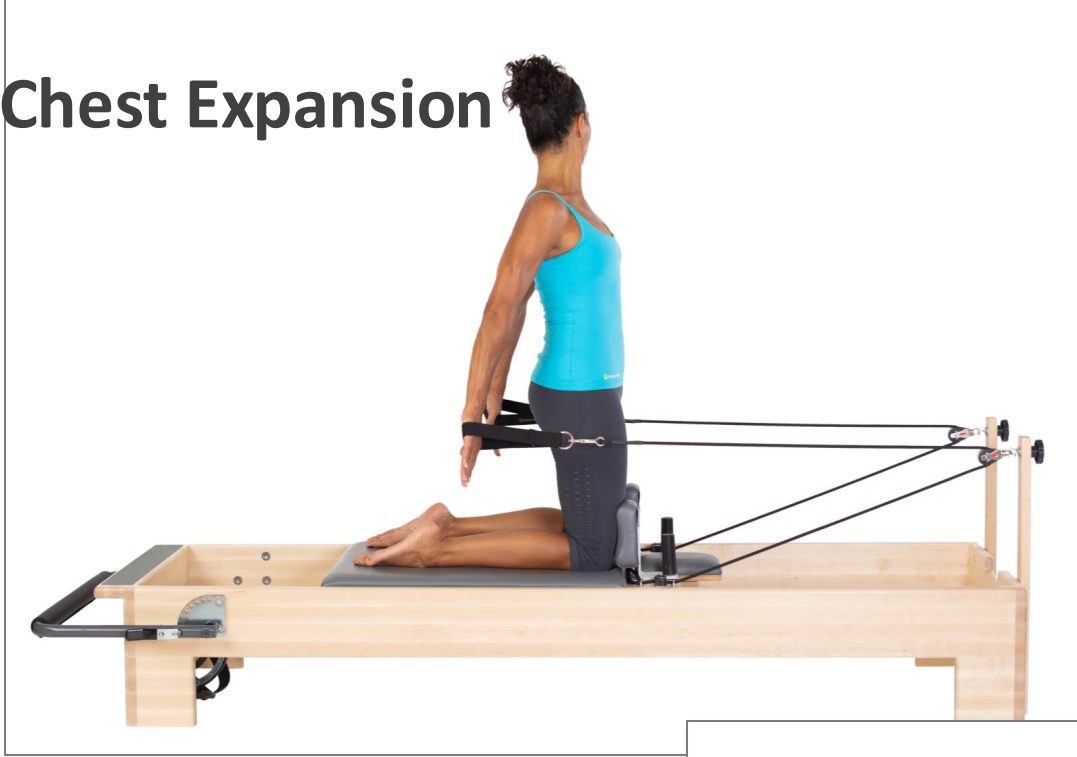
Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Head/Thoracic/ Pelvic Wheel	Roll Up	Seated Arms: Front and Back
Femur Folds/Leg Slides/ Leg Rotations	Roll Over	Supine Arms
Bridge Progressions	Corkscrew	Elephant
	Spine Twist	Short Spine Massage

Note: This exercise is lovely taught here or as presented at the end of the manual



Movement Group 4

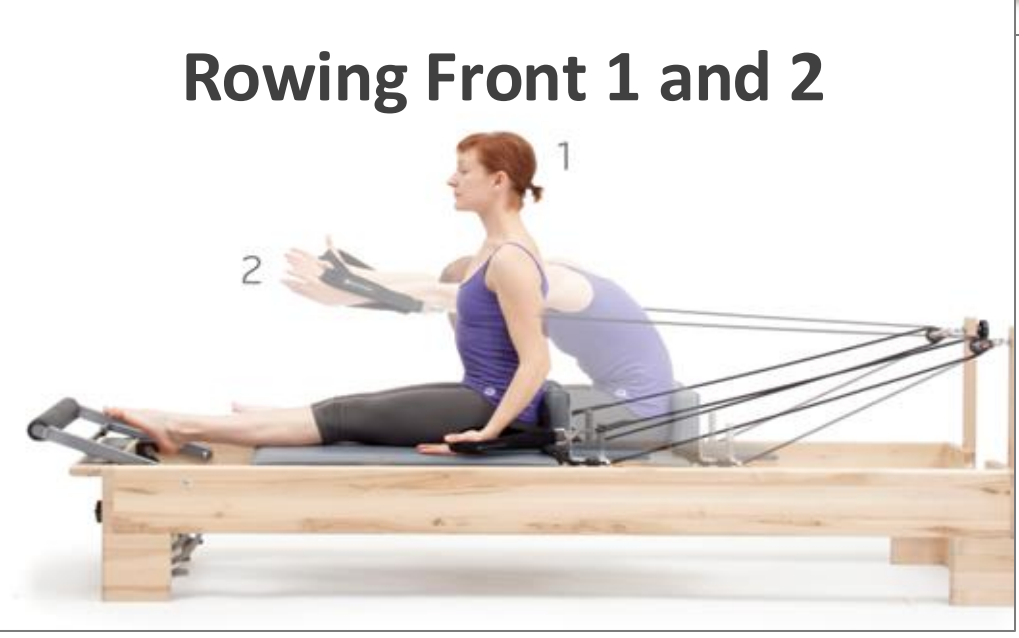
Chest Expansion



Kneeling Side Arms



Rowing Front 1 and 2



Corkscrew



Rowing Front I & II

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Axial Elongation/Aligning Practice	Roll Down	Seated Arms: Front and Back
Femur Folds/Leg Slides	Spine Stretch Forward/Side	Supine Arms
Rib Cage Arms/Arm Rotations	Spine Twist	Elephant
Head/Thoracic/Pelvic Wheel		



Rowing Front 1: Sitting Tall



Rowing Front 2: Bending Down



Chest Expansion

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Cervical Rotations Seated	Shoulder Bridge	Seated Arms: Front and Back
Axial Elongation/Aligning Practice	Spine Twist	Supine Arms
Finger-Tip Abdominals/ All Fours Abdominals	Leg Pull Up	Bridge Pelvic Lift
Arm Rotations		Pulling Straps
Bridge Progressions		
Back Plank Prep		



Kneeling Side Arms

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Axial Elongation / Aligning Practice	Shoulder Bridge	Seated Arms: Front and Back
Finger-Tip Abdominals / All Fours Abdominals	Spine Twist	Supine Arms
Rib Cage Arms / Arm Rotations	Leg Pull Up	Bridge Pelvic Lift
Bridge Progressions	Side Bend Mermaid	Pulling Straps
Back Plank Prep	Side Body Twist	Mermaid/Cleopatra

Pull Across + Rotation



Overhead Press + Side Bend



High 5th



Kneeling Side Arms (cont)

Draw a Sword



Side Bend Press



EXTRAS

Teaching your fist 10 classes and beyond
and

Creating Movement Arcs (Skill based programming)





Designing and Teaching Group Classes



Balanced Body Education®

Your First 10 Classes
and Beyond

Teaching your First 10 Classes

Establishing a Solid Foundation

Content contributed by RaeLea Saxton and Lauren Brandt



Prepping for your first Class

Write out a lesson plan

- Stick to the basics
- Create a class of established Pilates repertoire with precision and consistency, rather than reinventing it

Take yourself through this lesson plan so you can better understand the material and sequence

Practice your lesson plan out loud and notice:

- Was it too long?
 - What word or phrase did you repeat time and time again?
 - How was your pacing and timing?



Building Confidence in your Cueing

Start with your Essential Cues

Exercise Name	Equipment Set Up	Starting Position	Movement Sequence	Reps (to budget energy)



Use Consistent Terminology

Name the Exercises

Calling out the names of the exercises during classes helps students to remember and associate the movements with their specific purposes

Establish Key Terms

Spending time in your first 10 classes introducing key terms such as, *pelvic clock, femur folds, etc.* helps create a shared language that will streamline communication in future classes



Layer in your Cues

Keep it Simple/Start with the Basics and Get them Moving

- Use the least amount of words possible when guiding your students. They don't need to master everything perfectly before they begin. Movement itself is a teacher.

Find a Moment to Pause and Observe

- Once you get people moving take time to see how your cues are landing

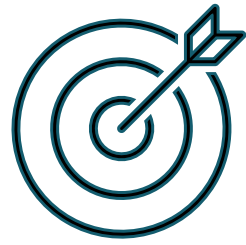
Layer in 1 or 2 fun or relevant cues

- Use more detailed cues sparingly.
- Giving too much information too soon can overwhelm students and hinder their progress.

Repetition is Key

- Repeat the same directional cue multiple times until everyone is on the same page. Students need time to hear, process, and implement what you're saying.





Embrace your Role as a New Teacher

Avoid Expert Pressure

- It's okay not to have all the answers as a new instructor.
- Embrace your learning process and give yourself the time and space to grow, just as your students are doing.

Focus on Progress - Not Perfection

- Your goal isn't to make your students perform each movement perfectly right away.
- Layer progress after safety
- Through consistent cueing and practice, they will gradually improve and deepen their understanding



Additional Tips

Encourage Questions

Foster an environment where students feel safe to ask questions

Provide Positive Feedback

Celebrate small wins – be sure to acknowledge even minor improvements

Stay Adaptable

Be prepared to shift your plans based on the energy and engagement of the class



Teaching your 10th Class and Beyond

Building Confidence and Refining your Approach



Building on the Basics: Adding Depth and Refinement

Add layers to the basic choreography that engage a deeper understanding of alignment, breath, or flow

- Continue to trust the Pilates system while incorporating small refinements to challenge your students.

Refine your timing around the flow and pacing of the exercises

- As you are now becoming more efficient with cuing the basic set up, you can now take your focus to improving the rhythm and flow of your cueing and teaching style



Continue to Refine your Cueing Skills

Maintain a minimalist cueing approach

Focus on delivering concise, precise cues that are tailored to individual needs, using fewer words for greater impact

Expand upon your fun and relevant cues

As you and your students become more familiar with the basics begin to offer 1-3 fun or relevant cues that relate to exercise performance

Balance group guidance with individual attention

Start to shift your focus back and forth between the group and individual participants

Offer personalized, quiet cues, as you move around the room

Encourage Exploration

As students gain confidence you can encourage more exploratory cues

Create curiosity without overwhelming your class with information



Sharpen your "teaching eye"



Identify Patterns

- By your 10th class you should start noticing common patterns – both good and bad
- Compile some mental notes of what needs on going attention

Offer Corrections Sparingly

- Now that you are more comfortable with observing, focus on giving timely, impactful cues

Refine your "Breather" Moments

- Utilize your class 'observation' moments to assess how the group is doing and offer moments for the students to take responsibility for their own movements



Embrace Your Confidence, While Remaining Grounded

Grow into your Role

- Continue to trust in your progress while allowing yourself to be a learner too. You're growing with each class, just like your students.

Guide, but do not Over teach

- Resist the urge to overcorrect or over-cue. Trust that your students will absorb what they need with time and repetition.

Manage your Attention to Details

- It's easy to want everything to go perfectly, but remember growth is a process.



Additional Insights for Ongoing Success

Do More with Less

Review past lesson plans and explore opportunities for expansion

Push the boundaries of your original concepts for deeper exploration

Continue to Expand Exercise Progressions

As you introduce new exercises or more complex movements, link them back to the foundational concepts

Reinforce learning with a sense of continuity in the practice

Stay Adaptable

Continue to read the energy of your class and adapt as needed. If they're fatigued, lighten the load; if they're energized, challenge them with a more dynamic class.

The key is to meet them where they are.



Professional Conduct as a Pilates Instructor

What does it mean to be a Pilates Professional?

- Attitude
- Behavior
- Commitment
- Attire
- Consent

What is the local market like?

How to get a job.

What can you expect to get paid?

Do you need insurance?



From Programming Grids to Movement Arcs

How to create progressive classes that keep clients
engaged and coming back for more





Balanced Body Reformer 2

Use this chart throughout your training weekend to build Programming Sequences.

pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	Reformer Exercise
				Single Leg Footwork
				Footwork on Footplate/Jumping
				Coordination
				Short Spine
				Stomach Massage
				Long Box Back Stroke
				Long Box Breast Stroke
				Long Box Swimming
				Adv. Short Box Abdominals: Twist/ Around the World/ Spear of Fish
				Adv. Short Box Abdominals: Climb a Tree

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In Class Programming Grids

pre-Pilates Reformer Exercise	pre-Pilates Reformer Exercise	Reformer Exercise	Reformer Exercise	Reformer Exercise
				Adv. Short Box Abdominals: Fire Baton
				Adv. Short Box Abdominals Mermaid
				Knee Stretch Knees Off: Jackrabbit
				Arabesque/ Single Leg Elephant
				Down Stretch
				Semicircle
				Chest Expansion
				Kneeling Side Arms
				Rowing Front I & II
				Corkscrew

Write any additional programming notes or thoughts here:

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Movement Arc

Skill Based Programming

Every good workout has a cadence which includes a warm up, building up skills, challenging the body, and cooling down.

Each of these programming segments are like arcs where progressive skills create a programming sequence/phrase.

How you cue and organize each phrase will determine the focus, muscle activation and skill development.

The programming grids you create during your courses are the base from which you create each Movement Arc



Movement Arc

Pre-Pilates to Advanced Peak
Exercise

Long Spine- R3

Pre - Find Neutral, Pelvic Clock

R1 - Bridging

R1 - Pelvic Lift

Pre - Femur Fold, Toe Taps

R1 - Footwork

R2 - Single Leg Footwork

R2 - Jumping

Pre - Rib Cage Arms,
Arm Rotations

R1 - Supine Arms

R1 - The Hundred

R2- Coordination

R1 - Feet in Straps

R2 - Short Spine

This movement phrase starts with
Pelvic Clock and culminates in peak
exercise

Long Spine (R3)



Programming Template

The programming grids you create during your courses are the base from which you create each Movement Arcs

Movement Groups

Related to previous
exercises and
Pilates Essentials

Which have their
foundation in the
Pre-Pilates
essentials



Programming Phrases = Class/session

Set the Intention

Footwork - R1

Single Leg

Footwork - R2

Pelvic Lift - R1

Semi-Circle - R2

**Supine Arms -
R1**

**The Hundred -
R1**

Coordination - R2

Building Skills

**Arm Work
Facing Footbar -
R1**

**Rowing | Sitting
Tall and Bending
Down - R2**

**Kneeling Side
Arms - R2**

**Chest Expansion -
R2**

Challenge the System

**LB Pulling
Straps- R1**

**LB Overhead
press- R1**

LB Swan - R1

**LB Breaststroke -
R2**

**LB Backstroke -
R2**

Bring It Home

**Standing Side
Split- R1**

**Down Stretch -
R2**

Mermaid - R1

Cleopatra - R1



Programming Phrases = Class/session

Set the Intention

Footwork - R1

Jumping - R2

Pelvic Lift - R1

Bridging - R1

Feet in Straps-
R1

Short Spine-
R2

Building Skills

Kneeling Abs
Facing Risers -
R1

Knee Stretch -
R1

Jackrabbit - R2

Stomach
Massage- R2

Challenge the System

SB Abs - R1

SB Oblique Abs -
R2

SB Advanced Abs
- R2

SB Climb a Tree -
R2

SB Mermaid - R2

Bring It Home

Lunges - R1

Side Splits - R1

Elephant
Arabesque - R2

Mermaid - R1





Thank you for attending
Balanced Body Reformer 2

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