

Balanced Body Pilates Instructor Training

Reformer 3: Advanced Exercises

Balanced Body Reformer 3 Instructor Training

Welcome!

Reformer 3
introduces the
advanced Reformer
exercises and the
Balanced Body
Programming System



Balanced Body Pilates Instructor Training Requirements for Mat and Reformer

Prerequisites:

20 Reformer classes required - 1 year teaching experience recommended

Complete Anatomy and Movement Principles

Complete Mat Course Work

Mat 1

Mat 2

Mat 3

Complete Reformer Course Work

Reformer 1

Reformer 2

Reformer 3

Complete 20 Mat and 30 Reformer personal sessions, 45 observation hours and 125 student teaching hours

Take the final exam

Balanced Body Pilates Instructor Training Requirements for Reformer

Prerequisites:

20 Reformer classes required - 1 year teaching experience recommended

Complete Anatomy and Movement Principles

Complete Reformer Course Work

Reformer 1

Reformer 2

Reformer 3

Complete 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours

Take the final exam

Reformer 3 Instructor Training

Reformer 3 includes advanced and super advanced Reformer exercises to progress your clients toward. Not all of these exercises are appropriate for all of your clients. Pay attention to cautions in the manual.

Exercise categories include

- Long Box exercises
- Rowing Back
- Reverse Abdominals
- Long Spine Massage and Jackknife
- Thigh Stretch
- Tendon Stretch
- Long Back Stretch
- Snake and Twist
- Control Front and Back
- Star
- Splits



Inspiration from Mr. Pilates

The acquirement and enjoyment of physical well-being, mental calm and spiritual peace are priceless to their possessors.

-Joseph Pilates



Balanced Body

Principle based programming and class design

Uses the Balanced Body Movement Principles and principle based exercise categories to provide a flexible structure for successful class design.



Balanced Body

Principle based programming and class design

A systematic approach to class design

Provides a framework for creating well balanced and effective classes

Includes exercise categories based on purpose and function.

Teaches systematic exercise progressions for easy level changes.

Applicable to any environment with any equipment

Can be used with any exercise repertoire including

- Pilates mat
- Pilates mat and small equipment
- Pilates studio equipment
- Personal training
- MOTR
- Bodhi Suspension
- Bosu
- Gym environments and more

Can be used for a variety of class formats

Private training

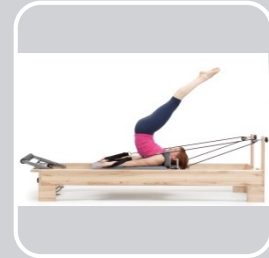
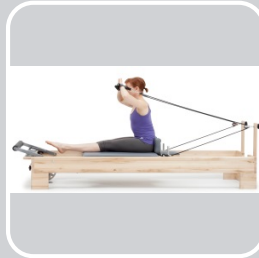
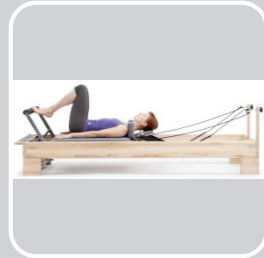
Small group training

Group exercise classes

Circuit classes

Balanced Body Exercise Tracks

Mirror the Movement Principles



Track 1

Trunk
Integration –
Including
Core and
Lumbopelvic
Stability

Track 2

Lower
Body
Strength
and
Power

Track 3

Upper
Body
Strength
and
Balance

Track 4

Whole Body
Movement
Neuromotor,
Agility,
Balance and
Coordination

Track 5

Dynamic
Flexibility,
Release and
Relaxation

To plan a balanced workout, use all the Tracks!

Reformer 3

Long Box Double Leg Kick

Focus: Hip Extension - Knee Flexion - Spinal Extension

Related to: Mat Double Leg Kick, Swan

Variations

- Hamstring curls
 - 2 legs
 - 1 leg
- Double Leg Kick



Reformer 3

Long Box Teaser

Focus: Trunk Integration - Hip Flexion - Balance
Family: Mat Teaser

Variations

- No box
- Bent knees
- Arm Swings
- Teaser 2
- Teaser 3



Reformer 3

Long Box Horseback

Focus: Trunk Integration - Spinal Flexion - Hip Adduction - Balance

Family: Horseback, Standing Leg Work

Variations

- Arm swings
- Arm circles
- Reverse Horseback
- Low Reformers



Reformer 3

Long Box Swan

Focus: Trunk Integration - Spinal Extension - Hip Extension

Family: Swan

Variations

- Arms down
- Arms wide
- Arms overhead



Reformer 3

Long Box Grasshopper

Focus: Trunk Integration - Spinal Extension - Hip Extension
Family: Swan



Reformer 3

Long Box Rocking

Focus: Trunk Integration - Spinal Extension - Hip Extension –
Dynamic Flexibility

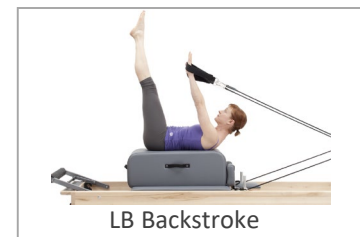
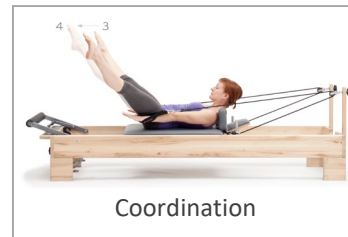
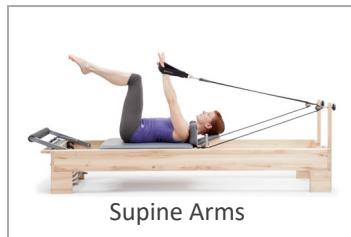
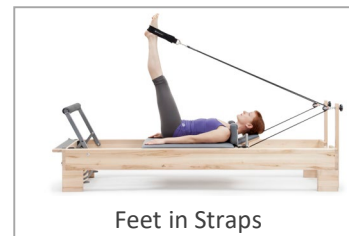
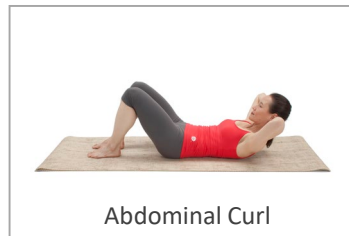
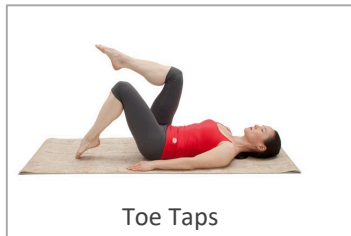
Family: Swan



Reformer 3 Workouts

Long Box Teaser Progression

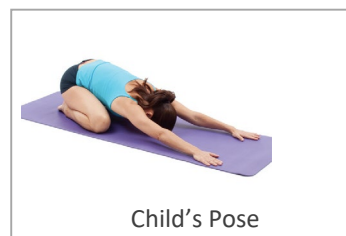
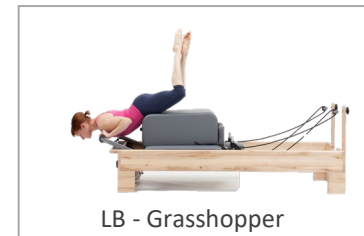
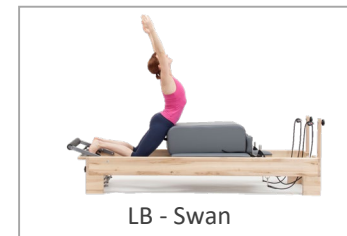
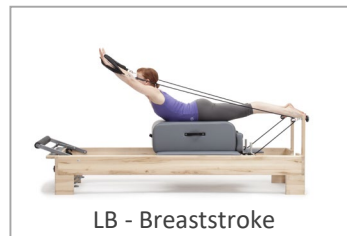
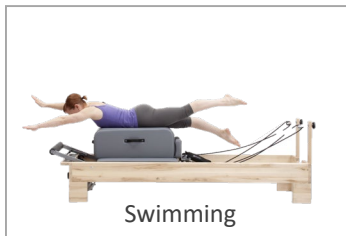
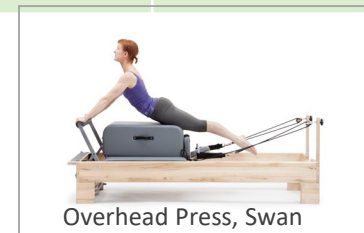
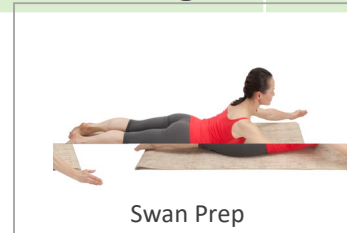
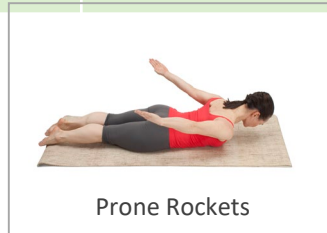
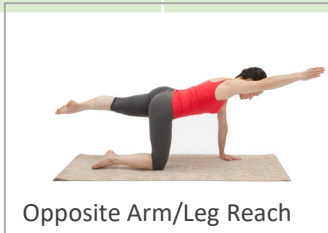
| Principle Focus | Pre-Pilates | Reformer 1 | Reformer 2 | Reformer 3 |
|-------------------|-----------------------------|---------------------------------------|--|------------|
| Trunk Integration | Toe Taps, Marching, Ab Curl | Feet in Straps, Supine Arms, Hundreds | Short Spine, Coordination, Long Box Backstroke | Teaser!!!! |



Reformer 3 Workout

Long Box Swan and Grasshopper Progression

| Principles | Pre-Pilates | Reformer 1 | Reformer 2 | Reformer 3 | Recovery |
|-----------------------|-------------------------------------|----------------------|------------------------------|-------------------------|--------------|
| TI – Spinal Extension | Opp Arm and Leg, Rockets, Swan Prep | Overhead Press, Swan | LB Breaststroke and Swimming | LB Grasshopper and Swan | Child's Pose |



Reformer 3

Rowing Back 1 Round Back

Focus: Trunk Integration - Spinal Flexion - Functional Arm Moves - Coordination

Family: Seated Armwork, Roll Downs

Variations

- Breakdown



Reformer 3

Rowing Back 2 Flat Back

Focus: Trunk Integration - Spinal Flexion - Functional Arm Moves - Coordination

Family: Seated Armwork, Roll Down

Variations

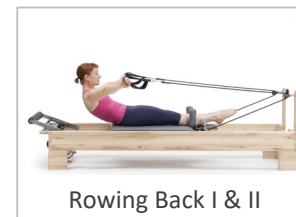
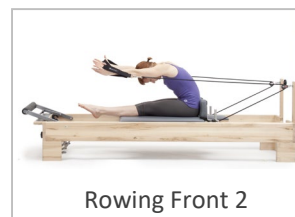
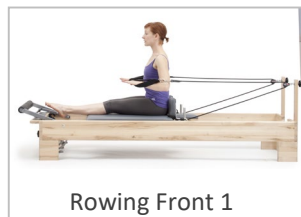
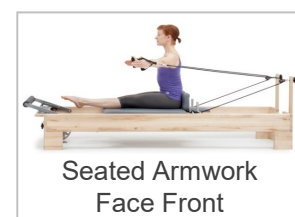
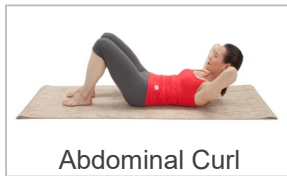
- Breakdown



Reformer 3 Workout

Rowing Progressions

| Principles | Pre-Pilates | Reformer 1 | Reformer 2 | Reformer 3 |
|--|--------------------|-------------------------------------|----------------------|---|
| Trunk integration, spinal mobility, upper body moves | Ab curls, Pinwheel | Roll Down, Supine Arms, Seated Arms | Rowing Front 1 and 2 | Rowing Back 1 Round Back Rowing Back 2 Flat Back |



Reformer 3

Reverse Abdominals

Focus: Trunk Integration - Spinal Flexion - Hip Flexion

Family: Abdominals, Kneeling Abdominals

Variations

- Sagittal
- Oblique
 - Elbow to knee
 - Hand to opposite hip



Reformer 3

Long Spine Massage

Focus: Inversion - Spinal Mobility - Trunk Integration

Family: Inversions

Variations

- Reverse
- Add leg circles



Reformer 3

Jackknife

Focus: Inversion - Spinal Mobility - Trunk Integration

Family: Inversions

Variations

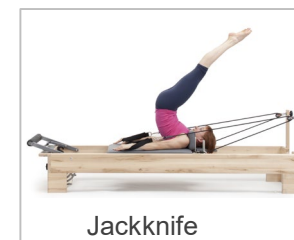
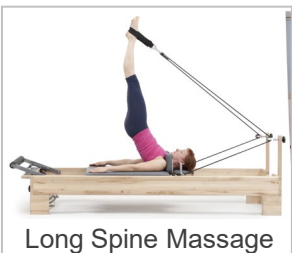
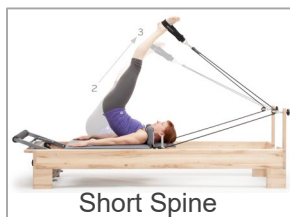
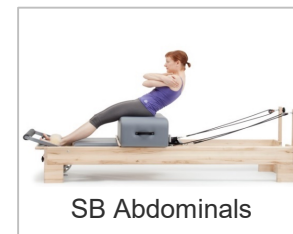
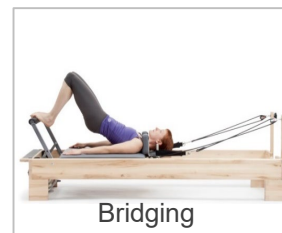
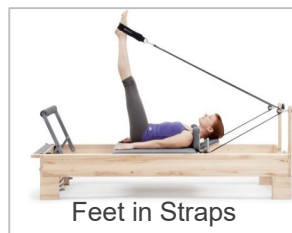
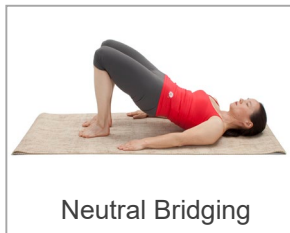
- Arm support



Reformer 3 Workouts

Inversion Progressions

| Principles | Pre-Pilates | Reformer 1 | Reformer 2 | Reformer 3 |
|---------------------------------------|-------------|---|--------------------------------------|-------------------------------------|
| Trunk Integration, Spinal Mobility | Bridging | Feet in Straps, Bridging, SB Abdominals | Short Spine Massage, Corkscrew | Long Spine Massage, Jackknife |



Reformer 3

Thigh Stretch

Focus: Trunk Integration - Hip Extension - Spinal Extension
Family: Kneeling Armwork, Swan

Variations

- Neutral spine
- Arched back



Reformer 3

Tendon Stretch

Focus: Scapular Stability - Hip and Spine Flexion - Lumbopelvic Stability - Dynamic Flexibility

Family: Tendon Stretch

Variations

- Single leg side
- Single leg back



Long Back Stretch (Slide)

Focus: Scapular Stability - Functional Arm Movements -
Triceps Press - Posterior System Strength

Family: Back Plank, Triceps Press

Variations

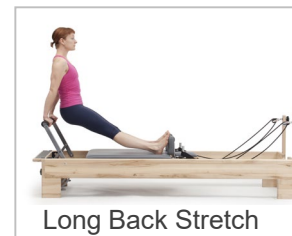
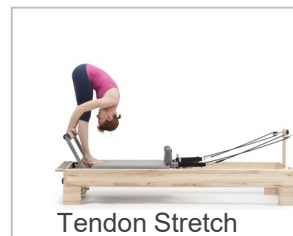
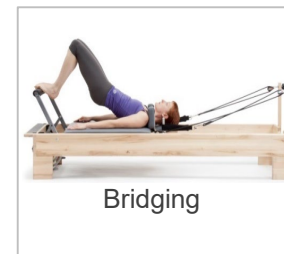
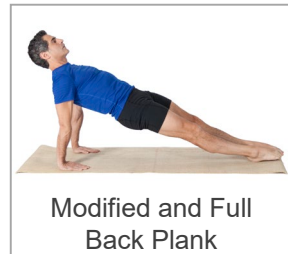
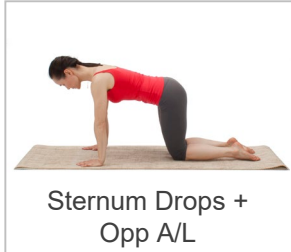
- Bent knees
- Box in front of shoulder rests
- Scapula glide



Reformer 3 Workouts

Tendon Stretch & Long Back Stretch Progressions

| Principles | Pre-Pilates | Reformer 1 | Reformer 2 | Reformer 3 |
|---------------------------------------|---------------------------------|----------------------------|------------|-----------------------------------|
| Trunk Integration, Scapular Stability | Sternum Drop, Plank, Back Plank | Seated Arms Back, Bridging | | Tendon Stretch, Long Back Stretch |



Reformer 3

Snake

Focus: Scapular Stability - Trunk Integration - Spinal Extension - Coordination

Family: Plank, Elephant



Reformer 3

Twist

Focus: Scapular Stability - Trunk Integration - Spinal Rotation - Coordination

Family: Plank, Mat Side Bend Twist



Reformer 3

Control Front

Focus: Scapular Stability - Trunk Integration - Hip Extension
Family: Long Stretch, Plank

Variations

- No leg lift
- Leg Lift



Reformer 3

Control Back

Focus: Scapular Stability - Posterior System Strength
Family: Back Plank

Variations

- No leg lift
- Leg Lift



Reformer 3

Star/Side Support

Focus: Scapular Stability - Lateral System Strength - Trunk Integration - Balance

Family: Side Plank

Variations

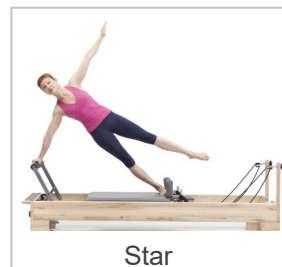
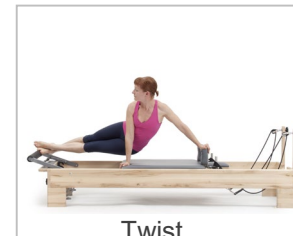
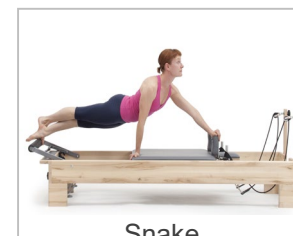
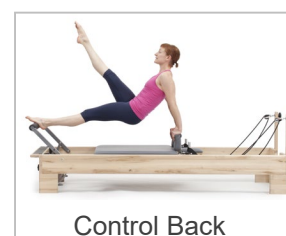
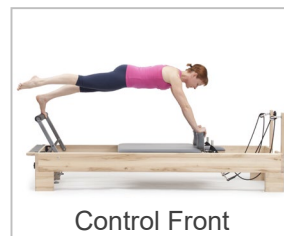
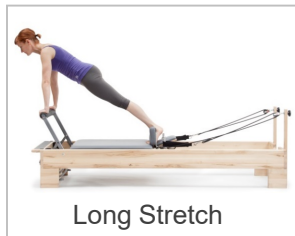
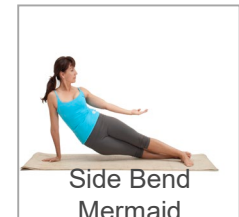
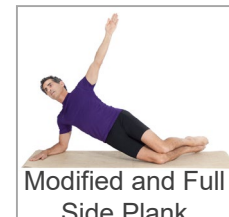
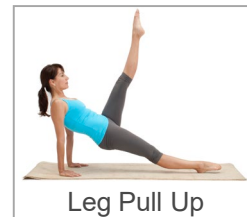
- Knees on carriage
- Both feet on shoulder rests
- Star



Reformer 3 Workouts

Plank Progressions

| Principles | Pre-Pilates | Mat 2 | Reformer 1 | Reformer 2 | Reformer 3 |
|---------------------------------------|---|---|---------------|------------|---|
| Trunk Integration, Scapular Stability | Plank, Mod. Back Plank, Mod. Side Plank | Side Bend Mermaid, Leg Pull Up, Leg Pull Down | Long Stretch, | SB Mermaid | Snake, Twist, Control Front, Control Back, Star |



Reformer 3

Splits – Front/Back/Side

Focus: Hip Strength – Dynamic Flexibility - Trunk Integration
- Standing Balance

Family: Standing/Side Splits

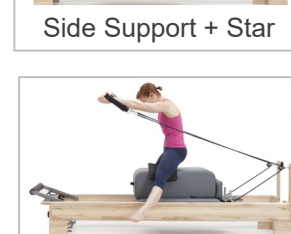
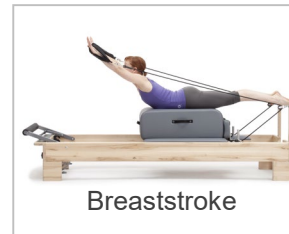
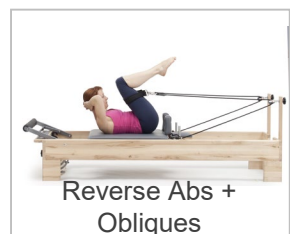
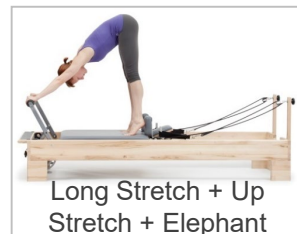
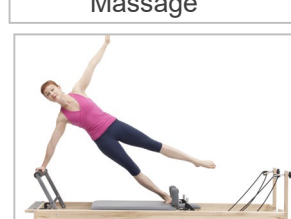
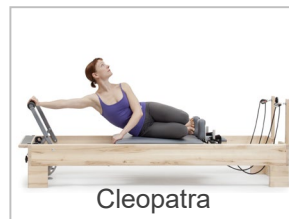
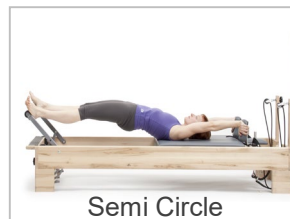
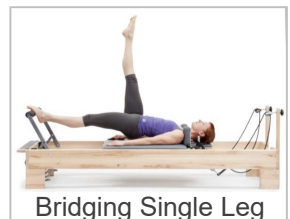
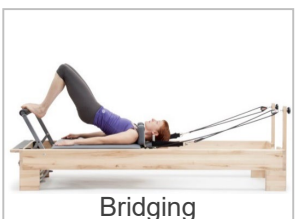
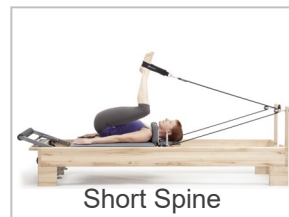
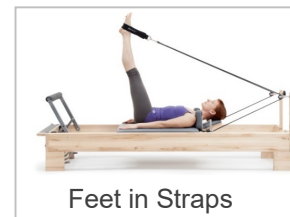
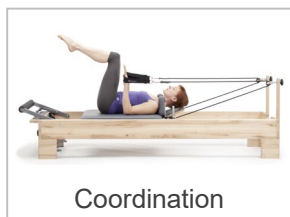
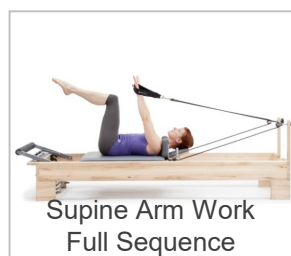
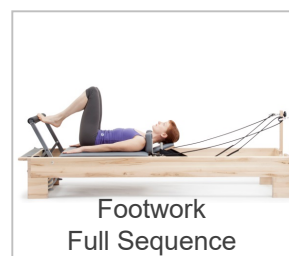
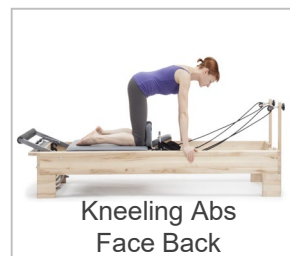
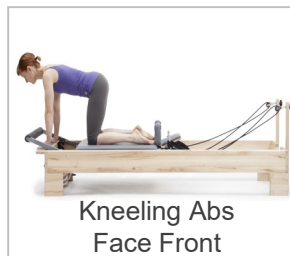
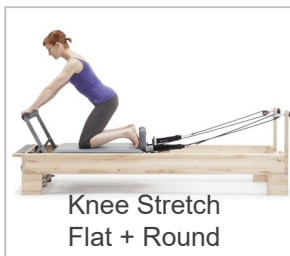
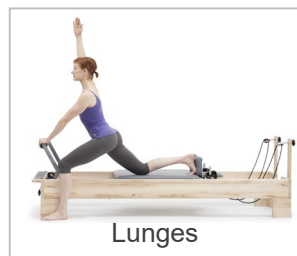
Variations

- Hands on footbar/frame
- Upright (no hand hold)
- Russian (Front/Back)



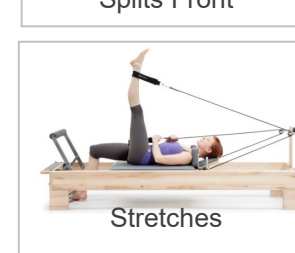
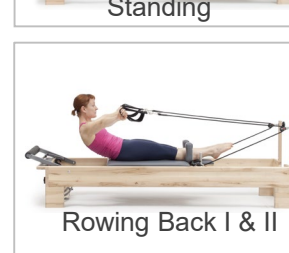
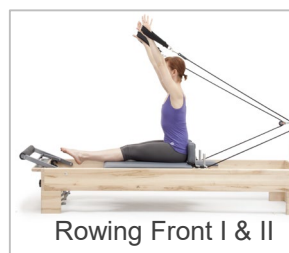
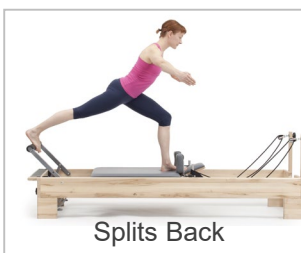
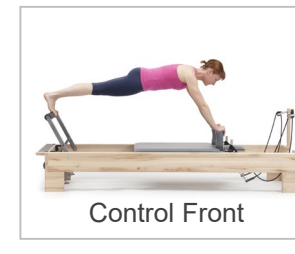
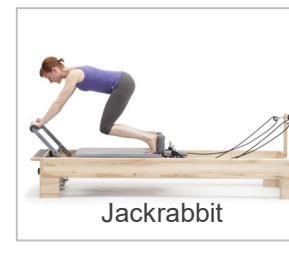
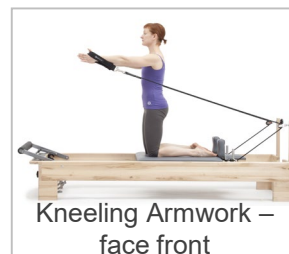
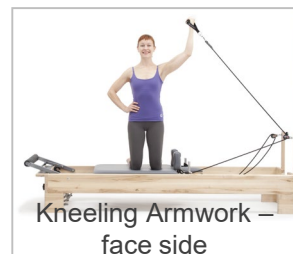
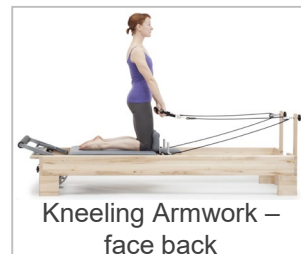
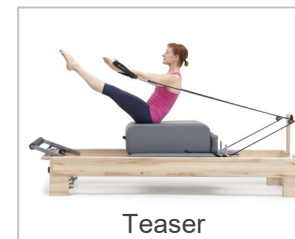
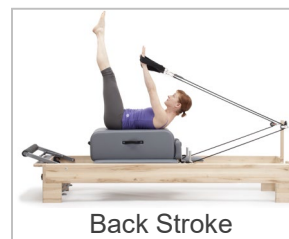
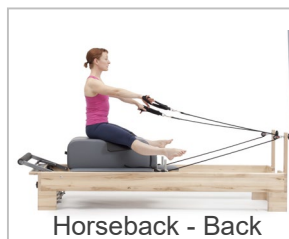
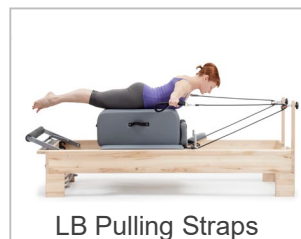
Reformer 3 Workouts

Advanced Total Body Workout, part 1



Reformer 3 Workouts

Advanced Total Body Workout, part 2



Reformer 3 Workouts

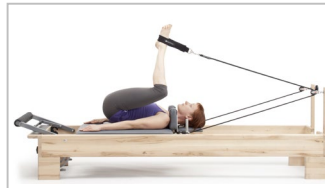
Advanced Classical Workout, part 1



Footwork – Full Sequence



100's



Short Spine



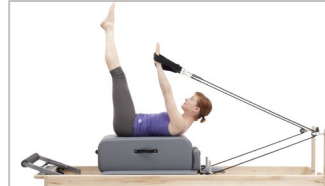
Coordination



Rowing Front I & II



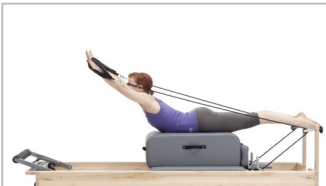
Rowing Back I & II



Backstroke



Teaser



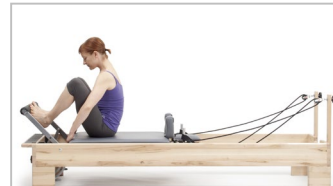
Breaststroke



Up Stretch + Down Stretch + Elephant



Long Back Slide



Stomach Massage Round + Flat



Tendon Stretch

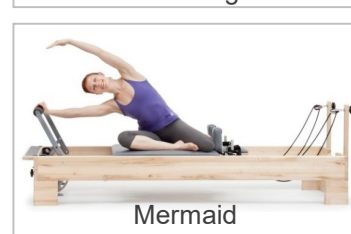
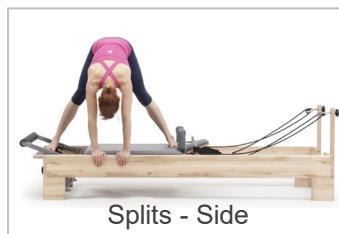
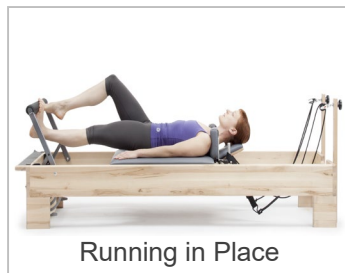
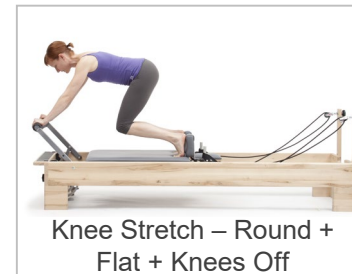
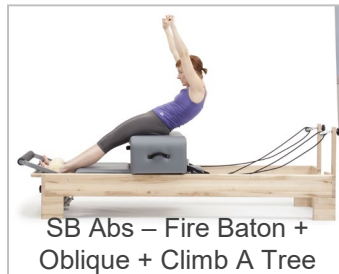
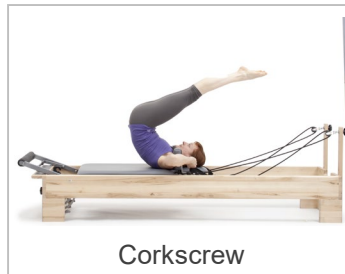
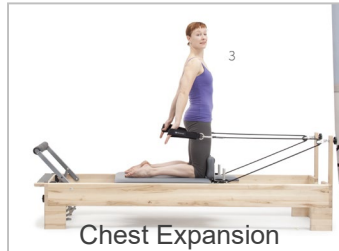
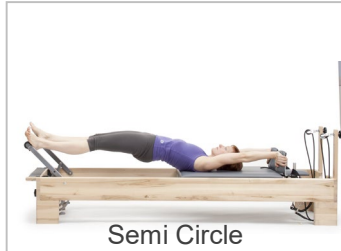


Jackknife

Page 1 of 2

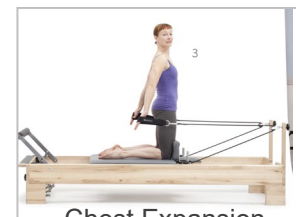
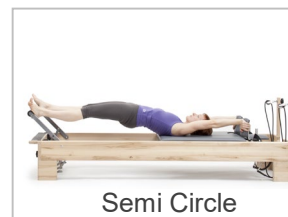
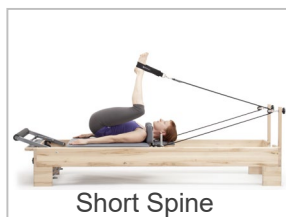
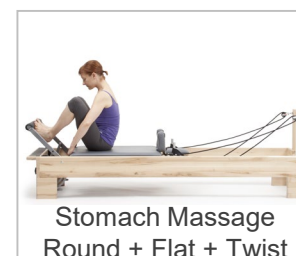
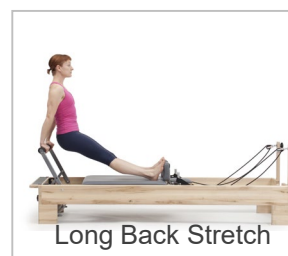
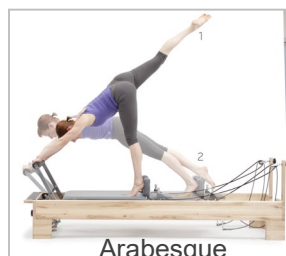
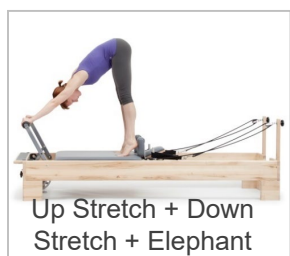
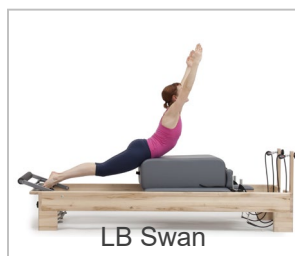
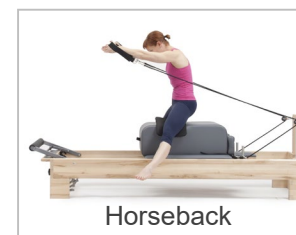
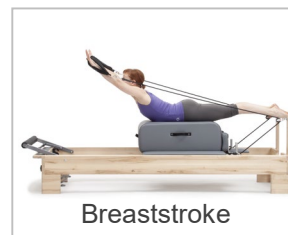
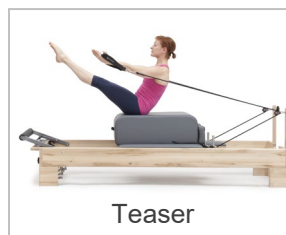
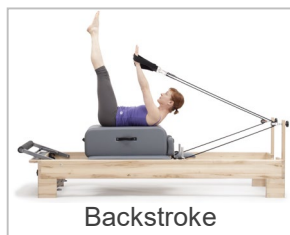
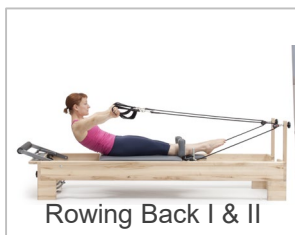
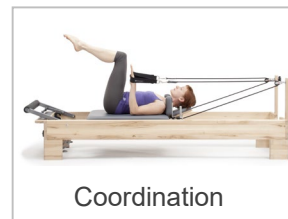
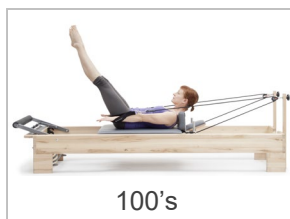
Reformer 3 Workouts

Advanced Classical Workout, part 2



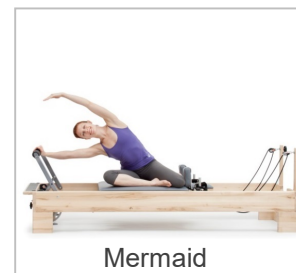
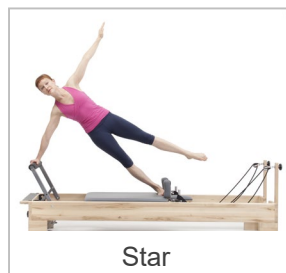
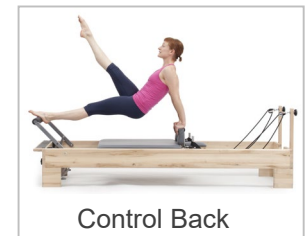
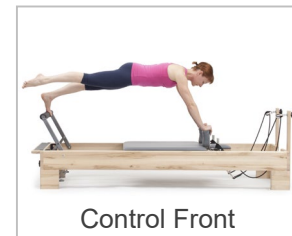
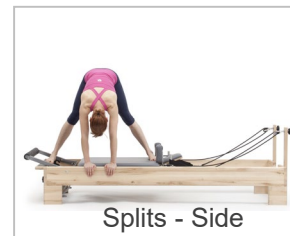
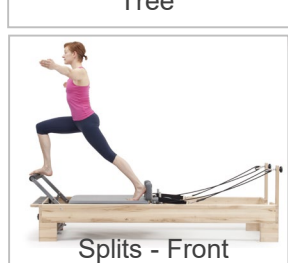
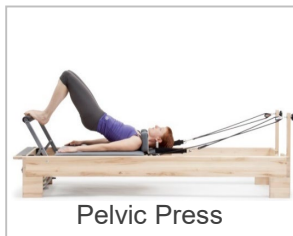
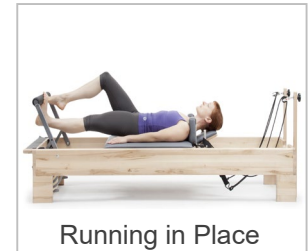
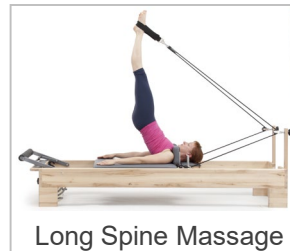
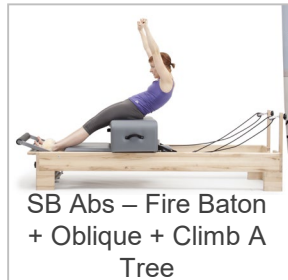
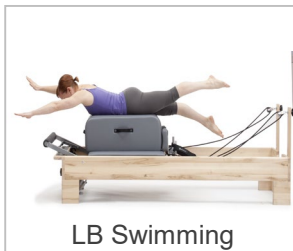
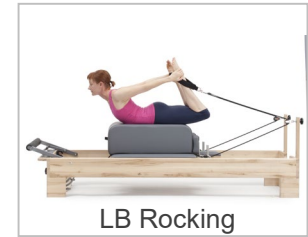
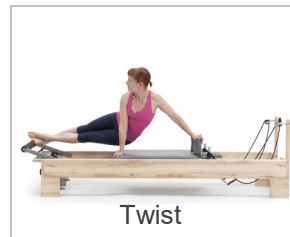
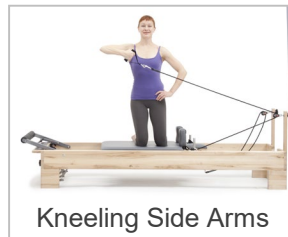
Reformer 3 Workouts

Romana Kryzanowska's Super Advanced Workout, part 1



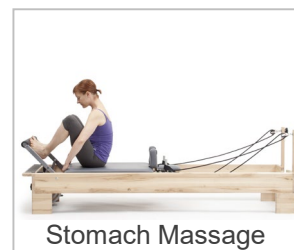
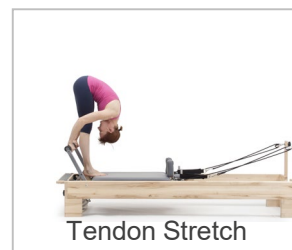
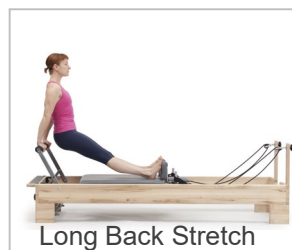
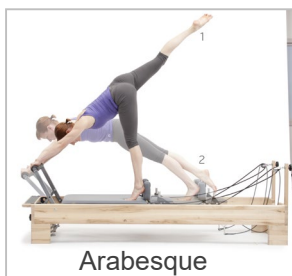
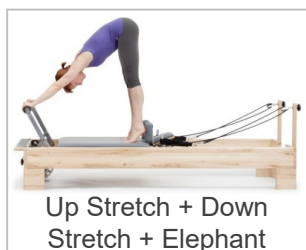
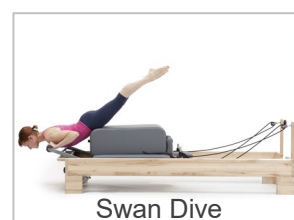
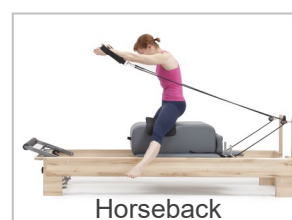
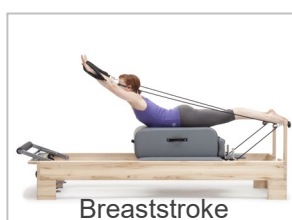
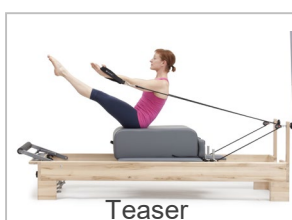
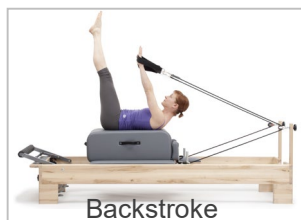
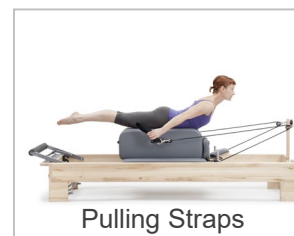
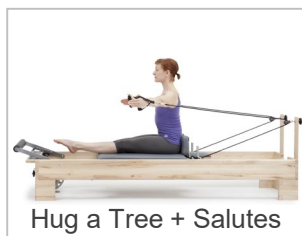
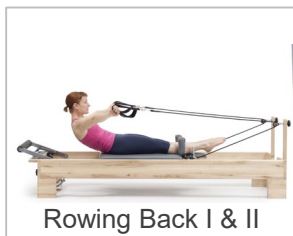
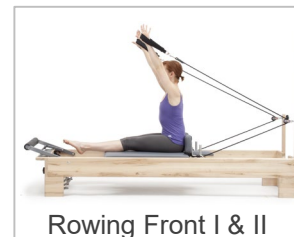
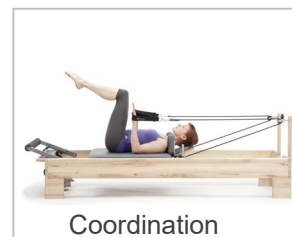
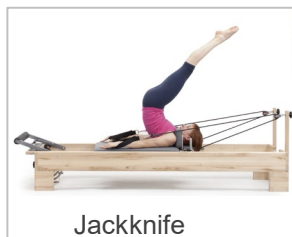
Reformer 3 Workouts

Romana Kryzanowska's Super Advanced Workout, part 2



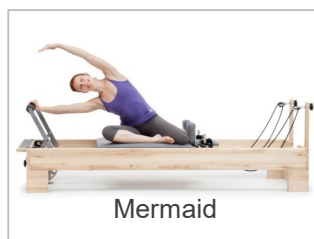
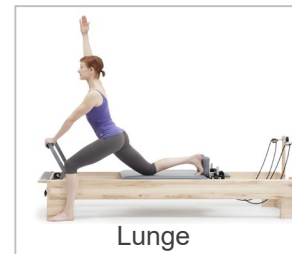
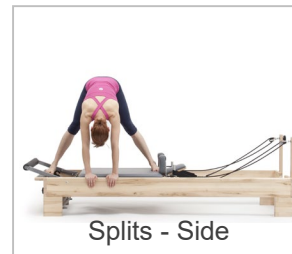
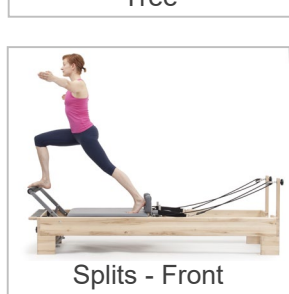
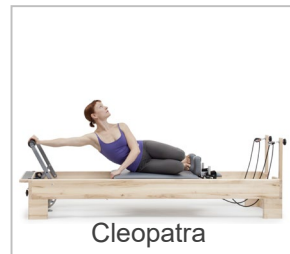
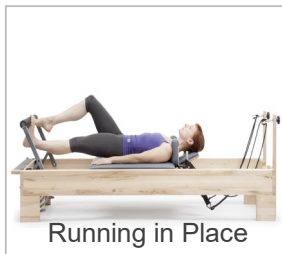
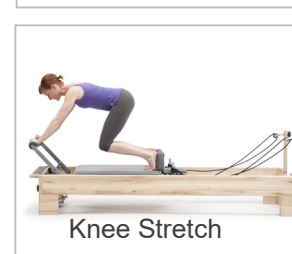
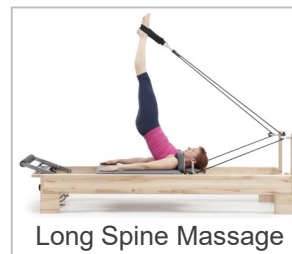
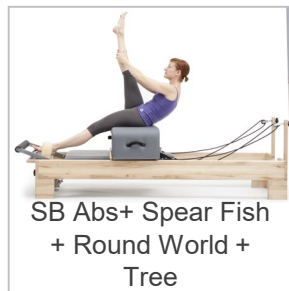
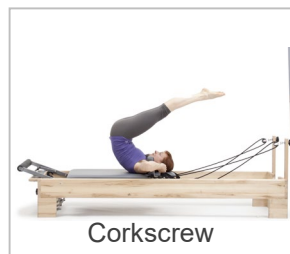
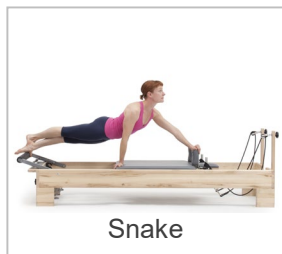
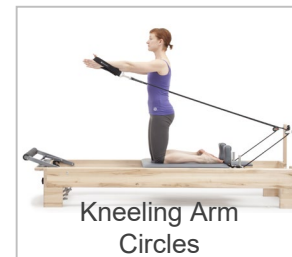
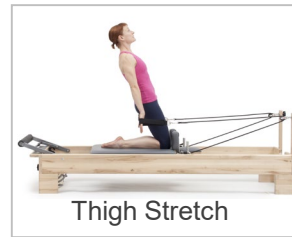
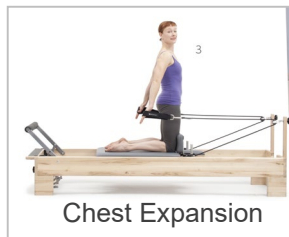
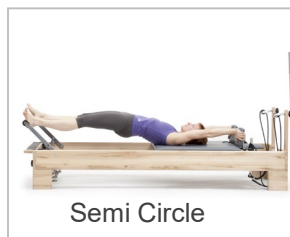
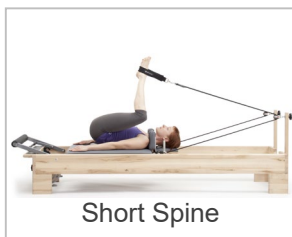
Reformer 3 Workouts

Michele Larsson's Super Advanced Workout, part 1



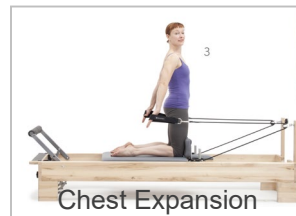
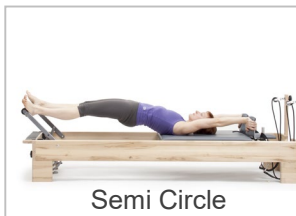
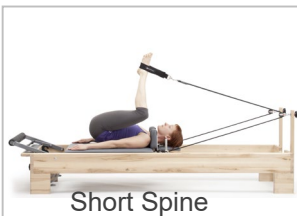
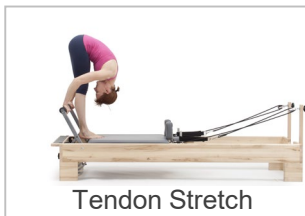
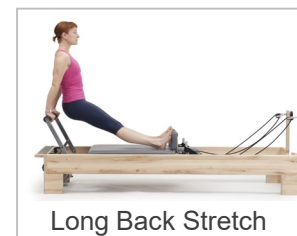
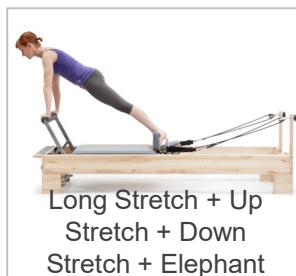
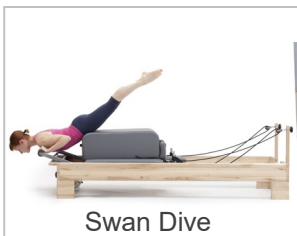
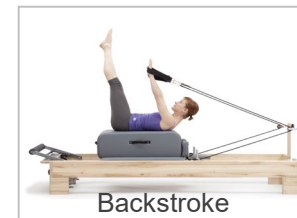
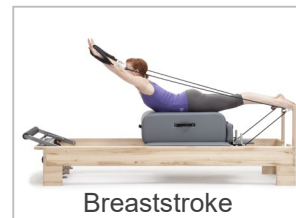
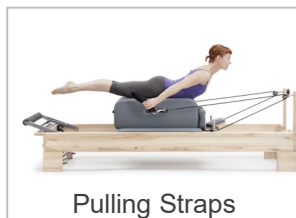
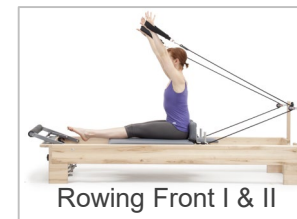
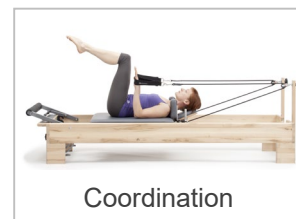
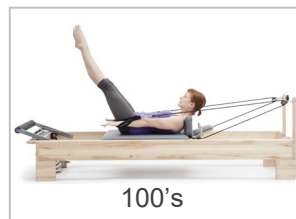
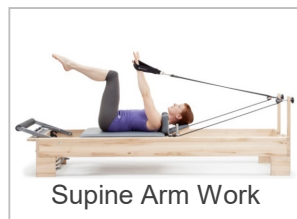
Reformer 3 Workouts

Michele Larsson's Super Advanced Workout, part 2



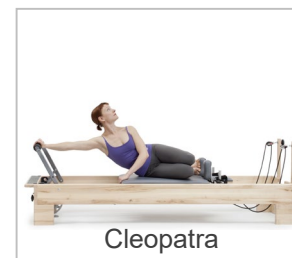
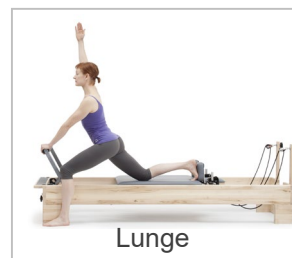
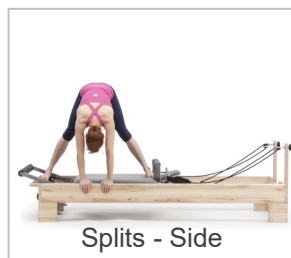
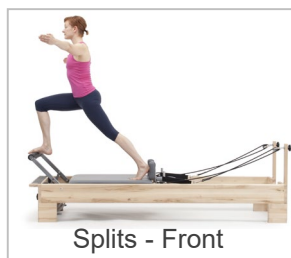
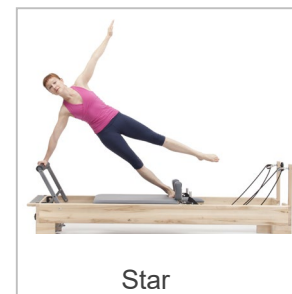
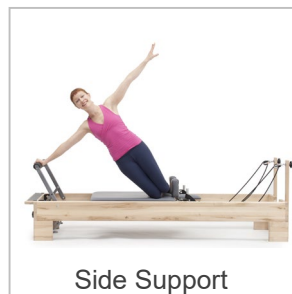
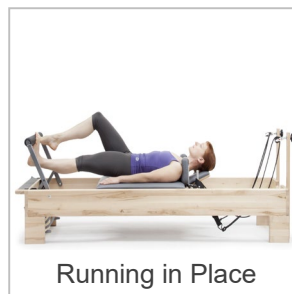
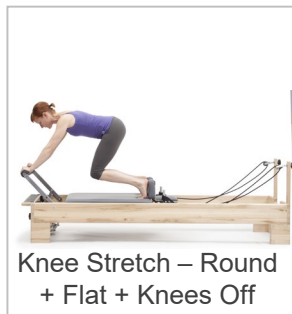
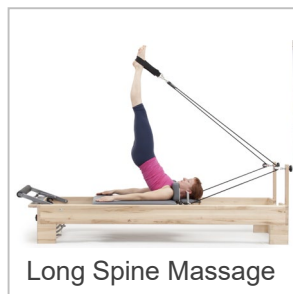
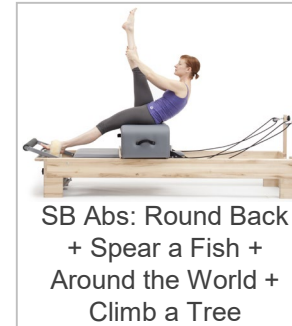
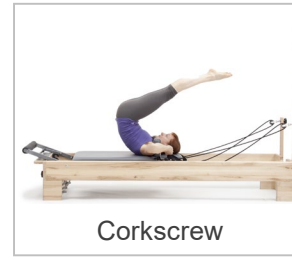
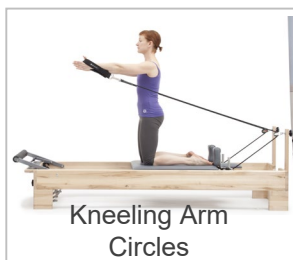
Reformer 3 Workout

Advanced Workout: Strong Shoulders & Arms, part 1



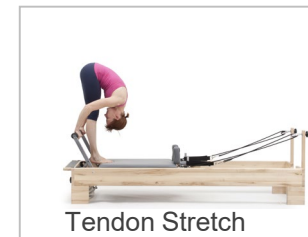
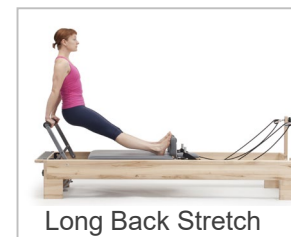
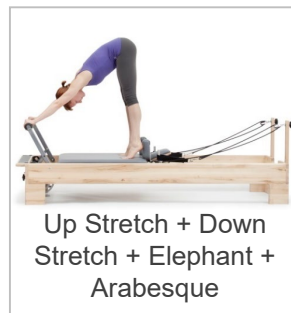
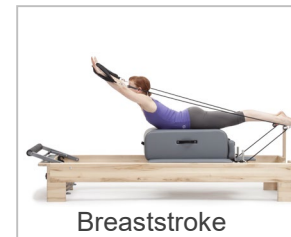
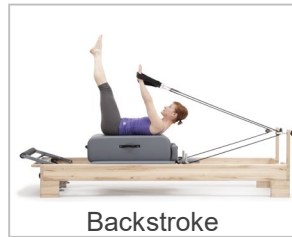
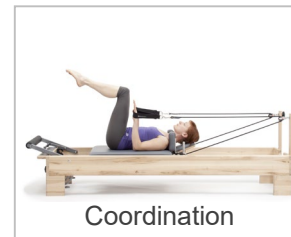
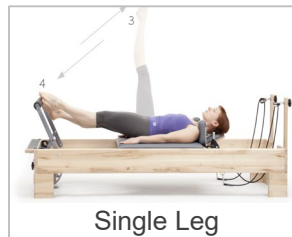
Reformer 3 Workouts

Advanced Workout: Strong Shoulders & Arms, part 2



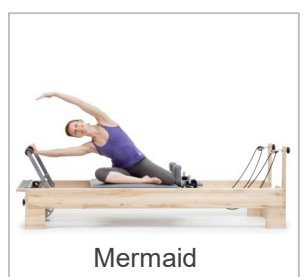
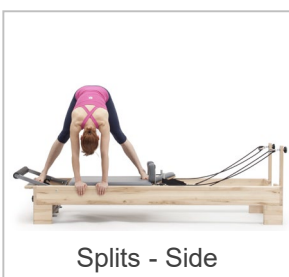
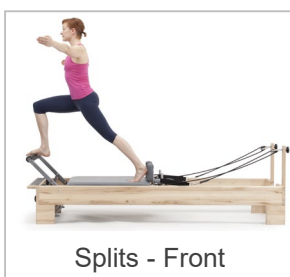
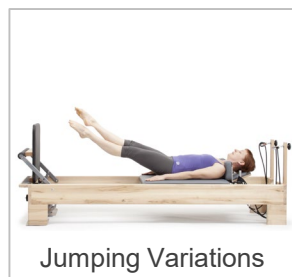
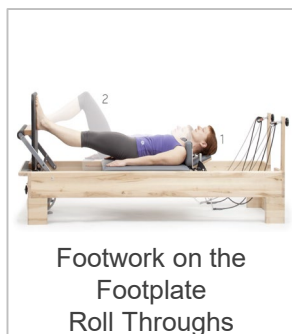
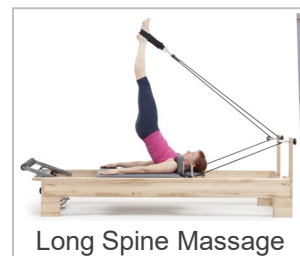
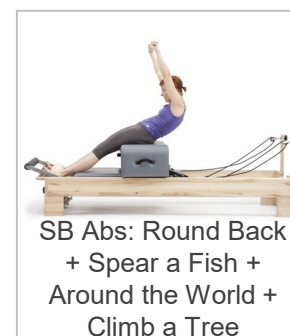
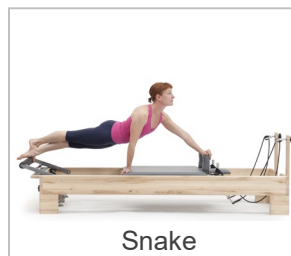
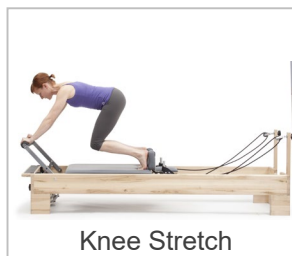
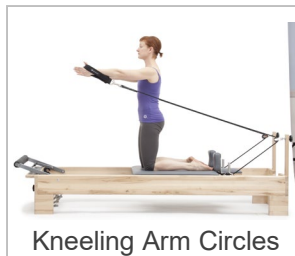
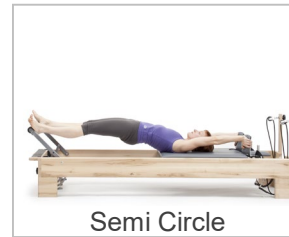
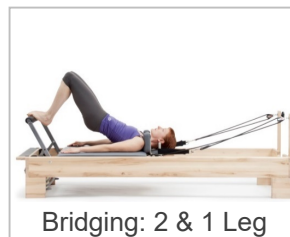
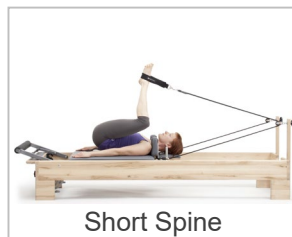
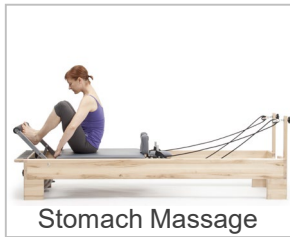
Reformer 3 Workouts

Advanced Workout: Powerful Legs, part 1



Reformer 3 Workouts

Advanced Workout: Powerful Legs, part 2



Balanced Body Pilates Instructor Training Requirements for Mat and Reformer

Prerequisites:

20 Reformer classes required - 1 year teaching experience recommended

Complete Anatomy and Movement Principles

Complete Mat Course Work

Mat 1

Mat 2

Mat 3

Complete Reformer Course Work

Reformer 1

Reformer 2

Reformer 3

Complete 20 Mat and 30 Reformer personal sessions, 45 observation hours and 125 student teaching hours

Take the final exam

Balanced Body Pilates Instructor Training Requirements for Reformer

Prerequisites:

20 Reformer classes required - 1 year teaching experience recommended



Complete Anatomy and Movement Principles



Complete Reformer Course Work

Reformer 1

Reformer 2

Reformer 3



Complete 30 Reformer personal sessions, 30 observation hours and 90 student teaching hours



Take the final exam

Reformer 3 Complete!

Your next step is to practice the exercises, practice teaching and gain confidence in helping your friends and clients achieve greater health and wellbeing.

Schedule your Reformer practical and written exam after you have completed your personal practice, observation and student teaching hours or continue on to the Apparatus training.

We recommend taking your Reformer exam 12 months from completion of coursework.

Thanks for joining the Balanced Body Pilates Instructor Training Program!