

# Balanced Body Pilates Instructor Training

## Reformer 2: Reformer Progressions

Balanced Body

# Reformer 2 Instructor Training

Welcome!

The Universal Reformer is the heart of equipment based Pilates and a wonderful tool for creating a fit and functional body.



Balanced Body

# 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*



# Reformer 2 Instructor Training

Reformer 2 includes progressions and variations on the Foundational Reformer exercises taught in Reformer 1

## Exercise categories 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



# Balanced Body Pilates Instructor Training Program Organization

Anatomy and Movement Principles



Mat

Mat 1

Mat 2

Mat 3: Enhanced Mat + Props



Reformer

Reformer 1

Reformer 2

Reformer 3



Apparatus

Apparatus 1 or Trapeze Table

Apparatus 2 or Chair

Apparatus 3 or Barrels

# 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

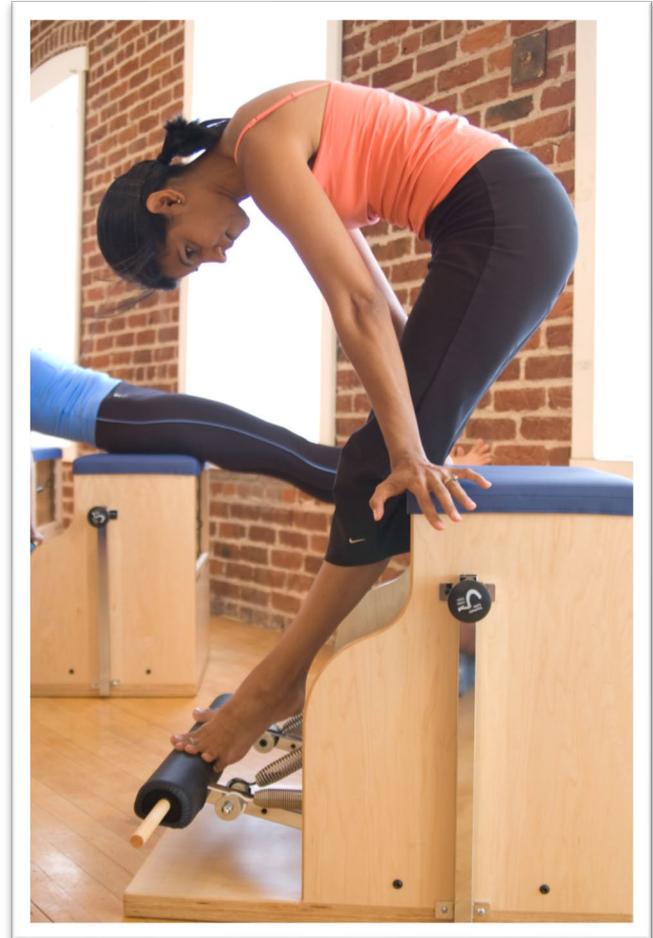
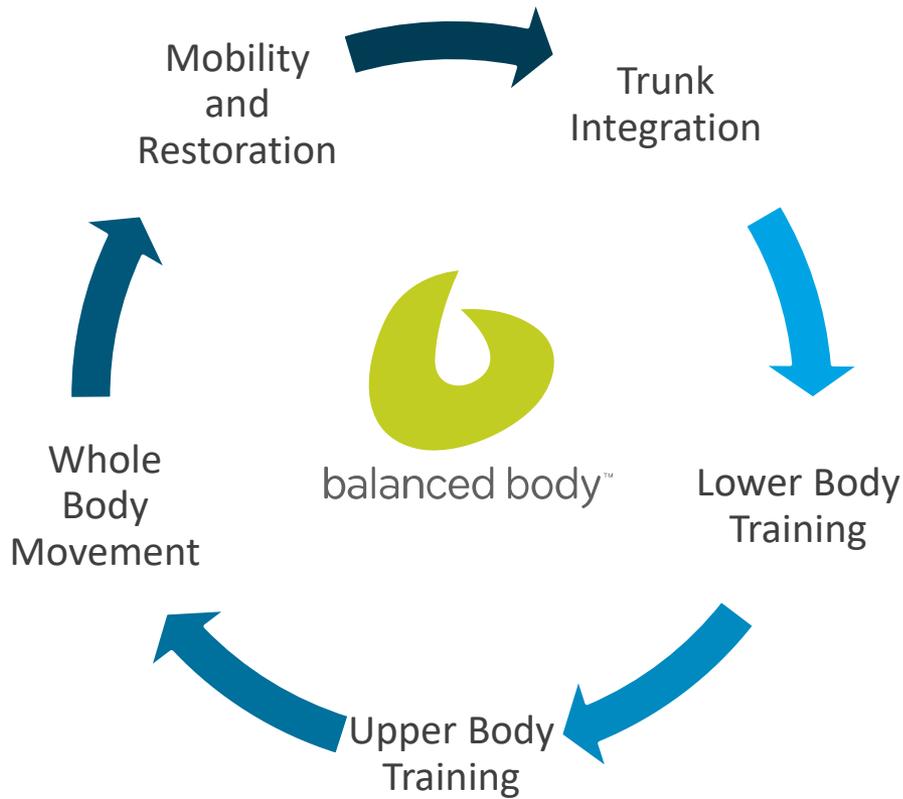
Reformer 3

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

Take the final exam

# Movement Principles

## How the Body Works



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# Movement Principles

## Lower Body Training

Effectively training the lower body involves three primary principles

Optimize the alignment of the lower limb

Create muscle balance around the hip, knee and ankle.

Develop strength, endurance and skills for daily and athletic activities



# Movement Principles

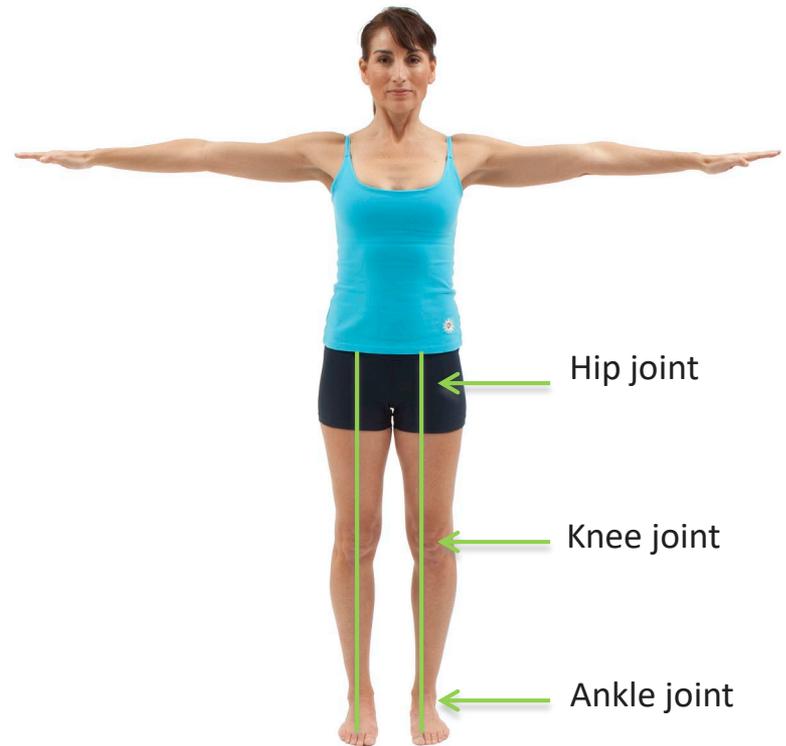
## Aligning the Lower Limb

Optimum lower limb alignment means the center of the hip, knee and ankle joint are in a line perpendicular to the floor.

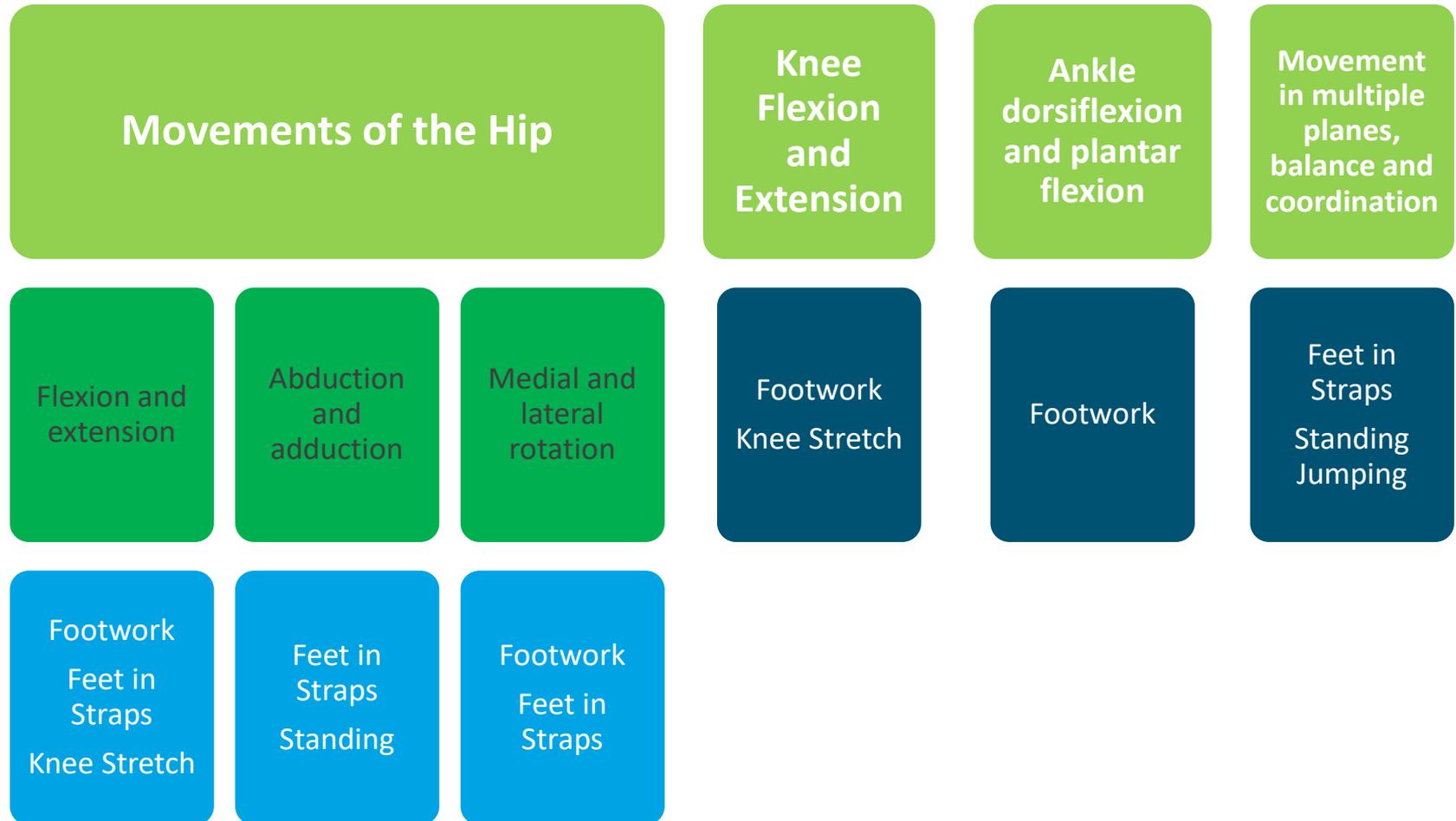
The femur and tibia are not rotated relative to each other.

The knees are not hyperextended.

The tibia is relatively straight.



# Creating Muscular Balance



## Reformer 2

# Single Leg Footwork

Focus: Balanced Muscle Development – Coordination –  
Lumbopelvic Stability

Family: Footwork

### Variations

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



## Reformer 2

# Footwork on Footplate

Focus: Foot and Ankle Alignment - Working with a Flat Surface under the Feet.

Family: Footwork

### Variations

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



# Reformer 2

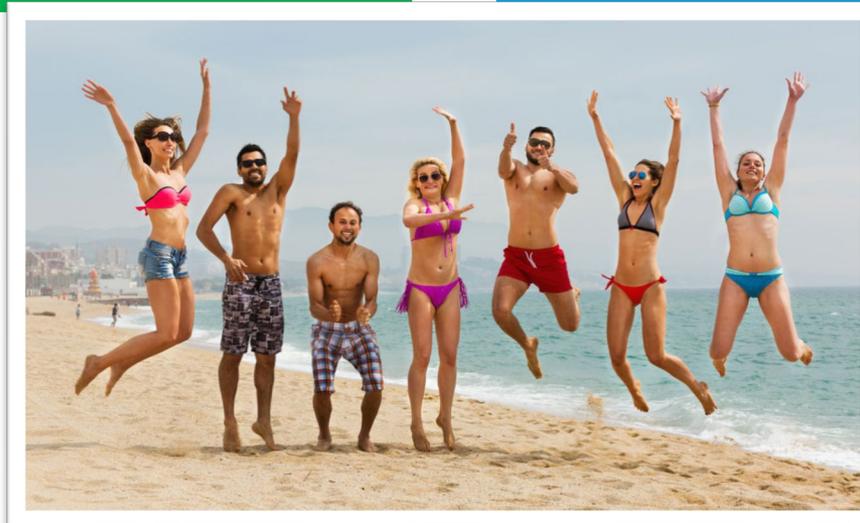
# Jumping

## Jumping challenges:

- Leg, foot and ankle alignment
- Leg and hip strength
- Lumbopelvic stability
- Increases heart rate
- Enhances lymph circulation

## Be cautious with:

- Knee injuries
- Foot injuries
- Lower back injuries



## Reformer 2

# Jumping on Footplate

Focus: Leg Alignment - Leg Strength and Speed - Lumbopelvic Stability

Related to: Footwork

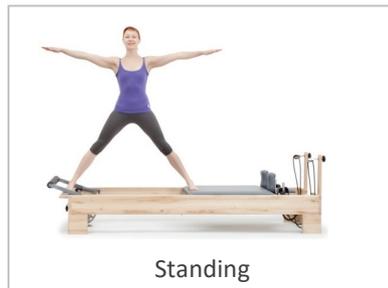
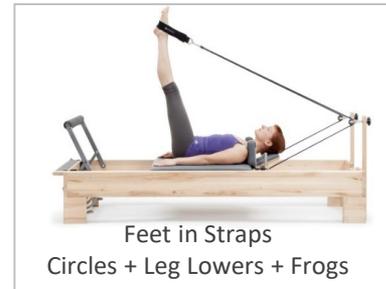
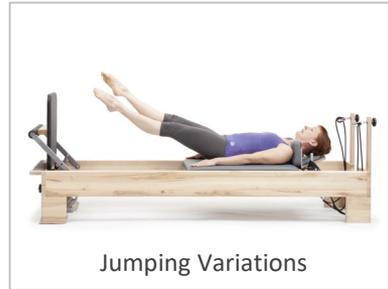
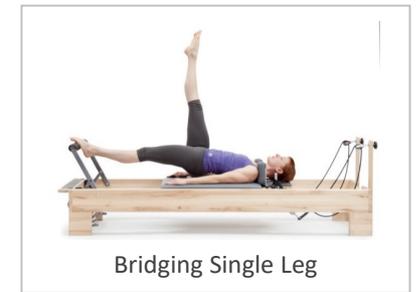
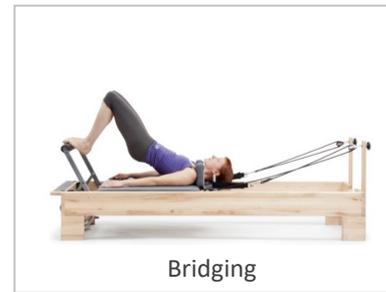
### Variations

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



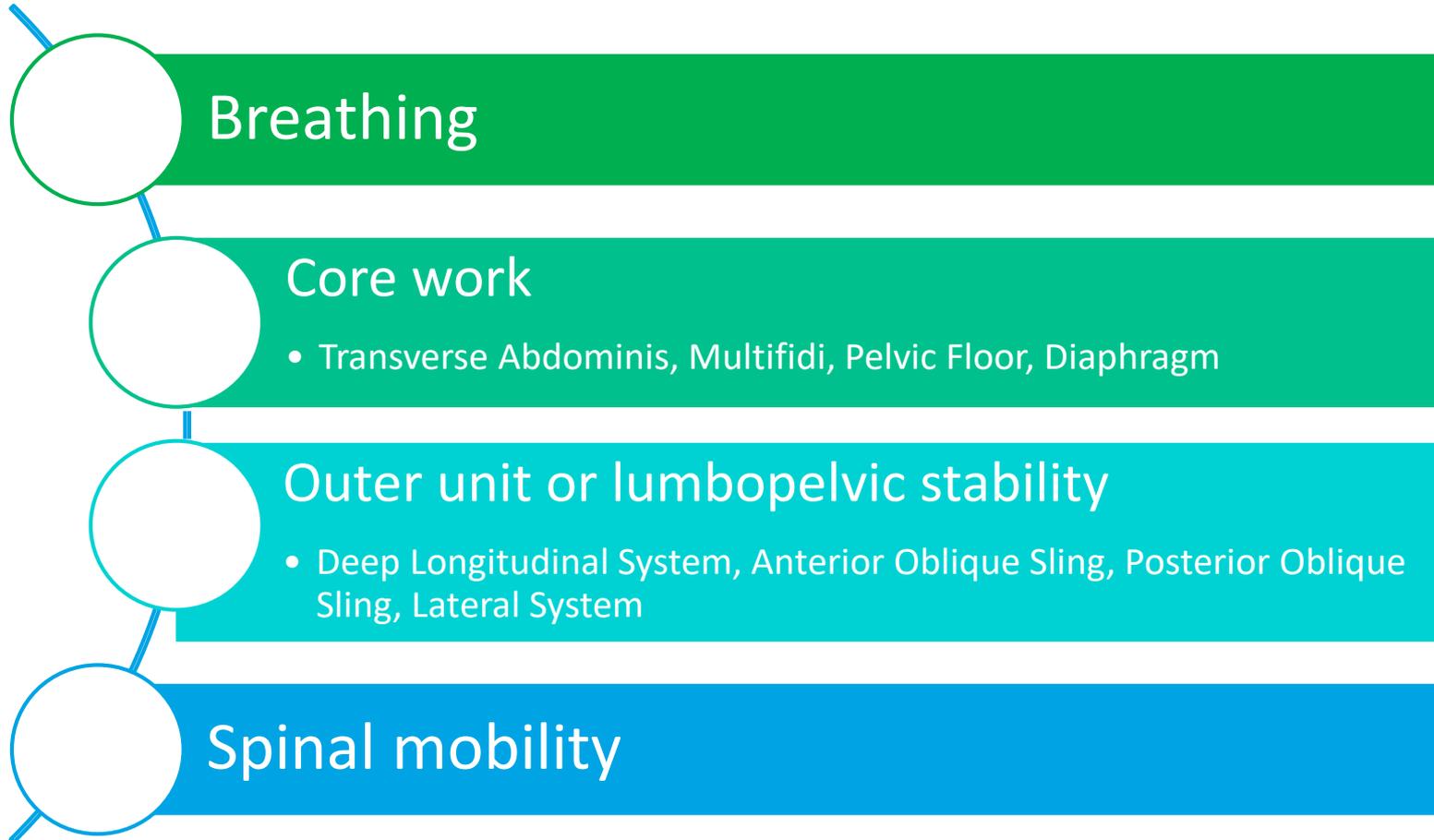
# Reformer 2 Workouts

## Lower Body Sequence



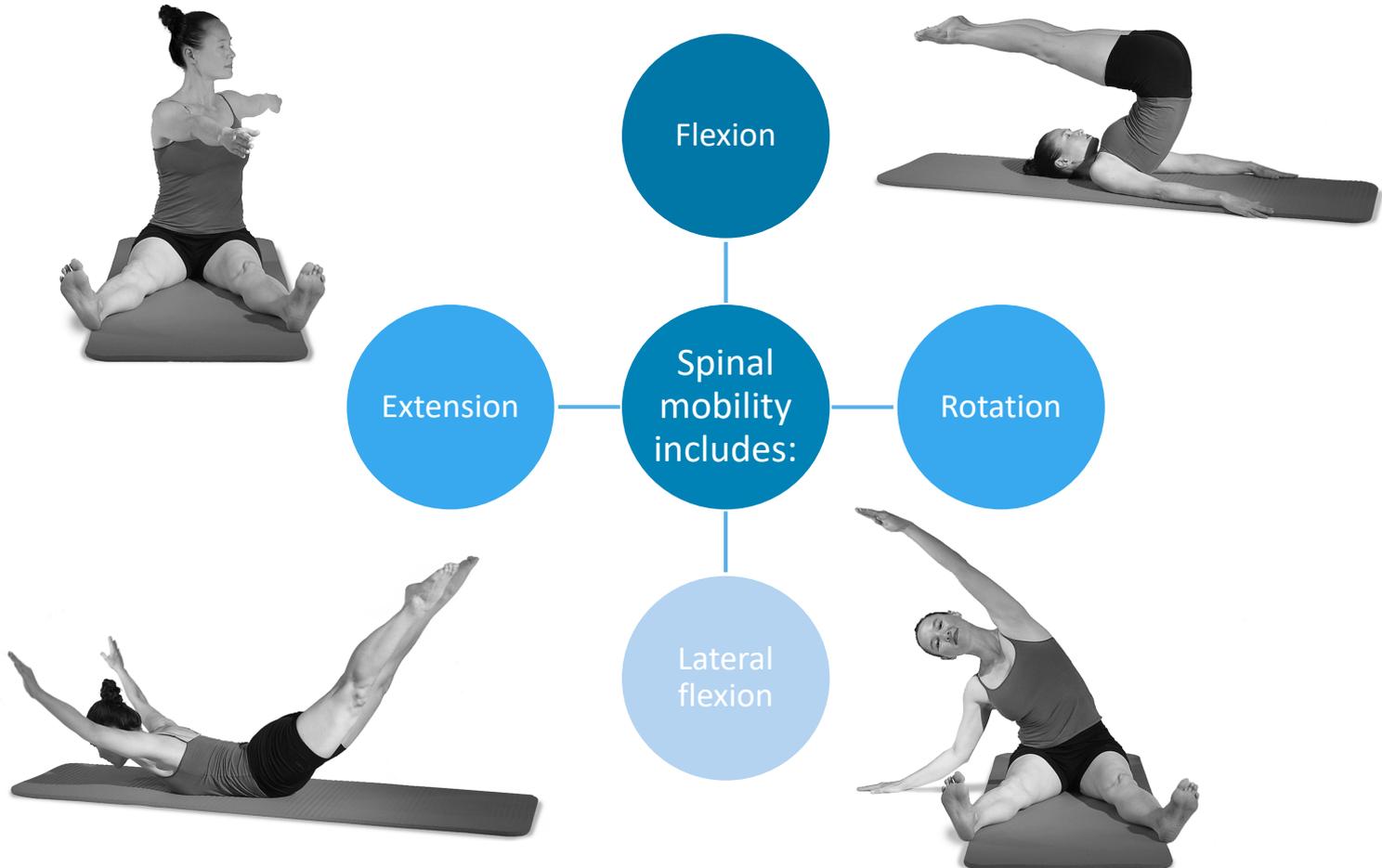
# Movement Principles

## Trunk Integration



## Movement Principles

# Spinal Strength and Mobility



# Reformer 2

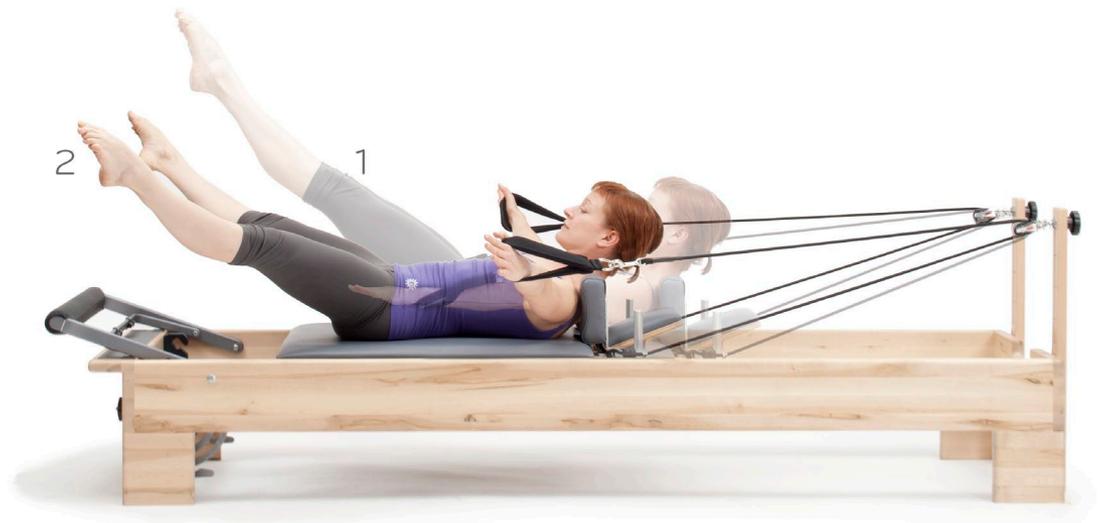
## Coordination

Focus: Trunk Integration - Spinal Flexion - Abdominal Strength

Family: 100, Spinal Flexion

### Variations

- Starfish
- Iron Cross
- One Leg



# Pilates and Lower Back Pain

Pilates is often recommended for clients with lower back pain.

Pilates, taught in personalized, private or small group sessions can be very helpful for clients with lower back pain.

Pilates taught in a large class group setting is generally not as beneficial for a client with lower back pain without a very experienced teacher.



# Pilates and Lower Back Pain

In order to work with clients with lower back pain safely and effectively, here are a few things to keep in mind:

- Stay within your scope of practice.
- Refer clients who are beyond your comfort zone to other practitioners.
- Know your limits and stay within them.

# Pilates and Lower Back Pain

## Scope of Practice

Pilates teachers are **not** licensed or authorized to diagnose or treat orthopedic injuries.

Pilates teachers **can** understand and correct movement patterns and design exercise programs to enhance them.

Movement plays a critical role in recovery from many kinds of injury and the Pilates teacher can be a critical member of the team for creating and enhancing health.

# Pilates and Lower Back Pain

## Client Health History

For clients with lower back pain, the most significant parts of the health history are:

### History and Diagnosis:

Onset of symptoms.  
Duration of symptoms  
Diagnosis, if any

### Current medical practitioners and treatment:

Exercise prescriptions  
Manual treatment  
Medications

### Symptoms:

What makes it better?  
What exacerbates it?  
Sitting, standing, lifting, twisting, lying prone

### Daily and athletic activities and client goals:

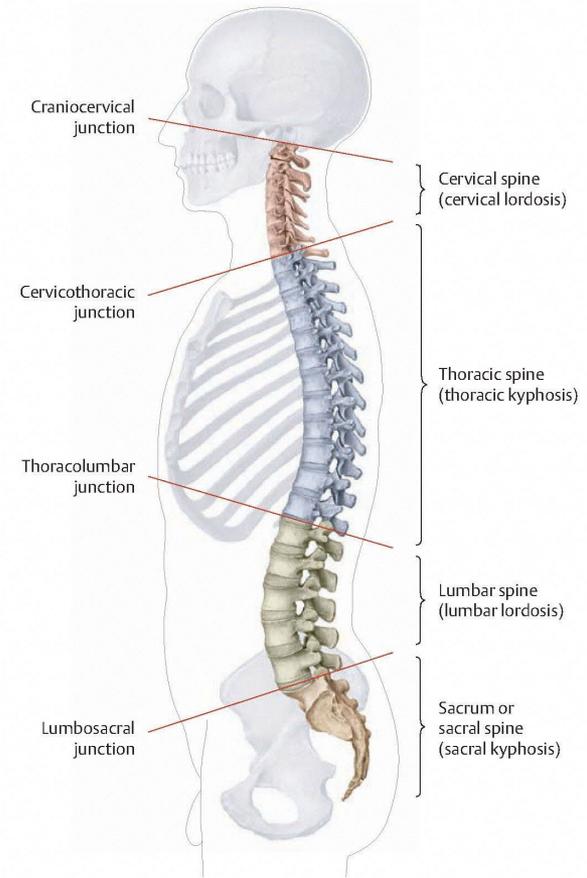
Manage pain  
Become pain free  
Return to sport and daily activities

# Pilates and Lower Back Pain

## Anatomy of the Spine

The spine has 4 segments each with unique properties:

- Cervical
- Thoracic
- Lumbar
- Sacrum



**B Regions and curvatures of the spinal column**  
Left lateral view.

Illustrator: Karl Wesker

pp. 78-79

Schuenke et al. THIEME Atlas of Anatomy • General Anatomy and Musculoskeletal System  
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# Pilates and Lower Back Pain

## Lumbar Spine and Sacrum

The lumbar spine has 5 vertebrae.

The facet joints are oriented in the sagittal plane creating limited range of motion in rotation.

The sacrum is (usually) made of 5 fused vertebrae and the coccyx is made of 3 to 5 fused vertebrae.



4<sup>th</sup> lumbar



Sacrum

Illustrator: Karl Wesker

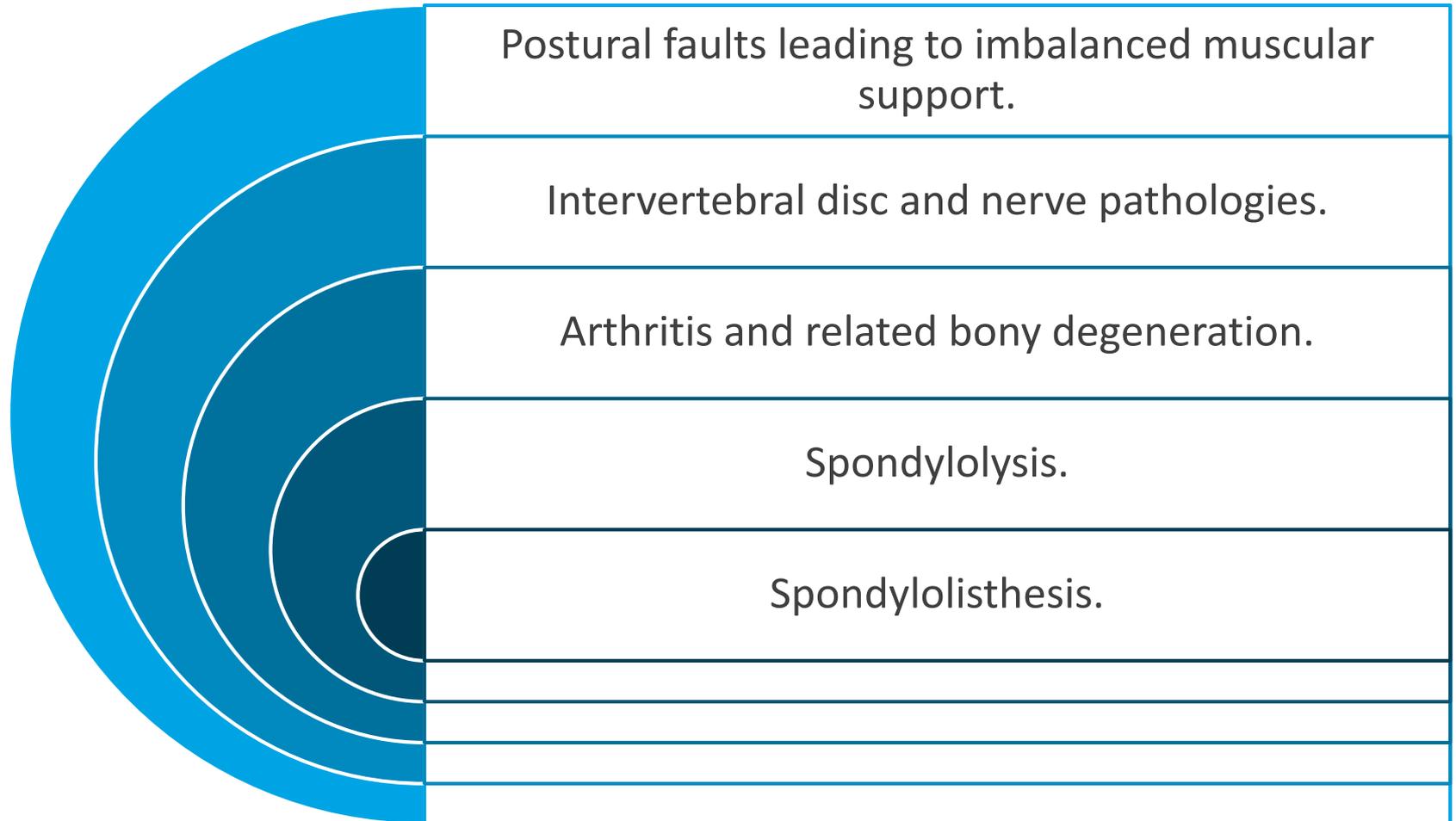
pp. 82-83

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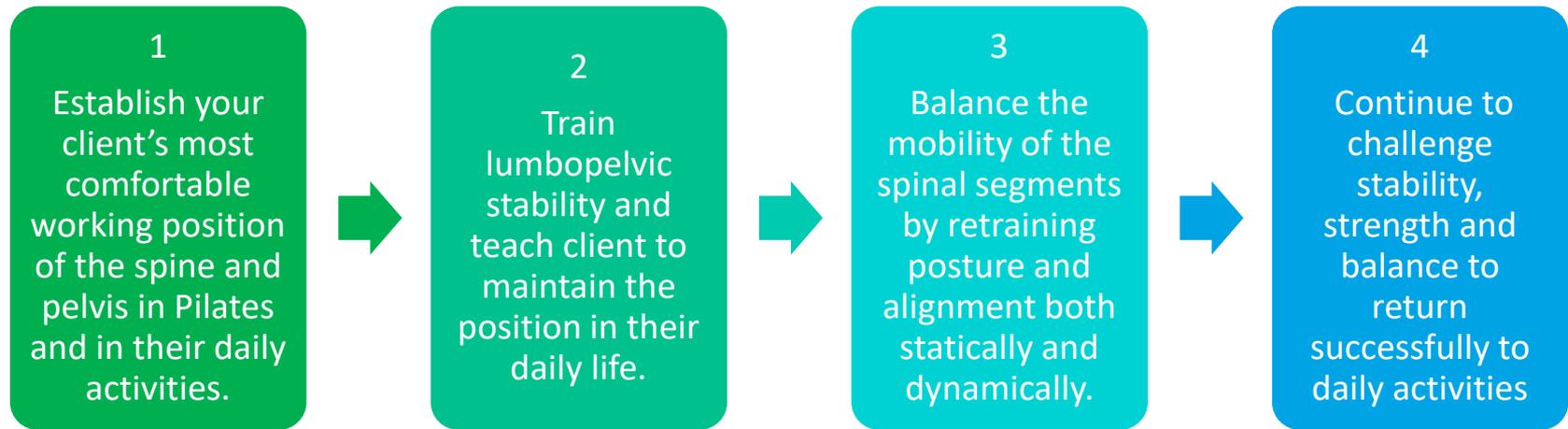
# Pilates and Lower Back Pain

## Common Causes of Lower Back Pain



# Pilates and Lower Back Pain

## Training Principles



# Pilates and Lower Back Pain

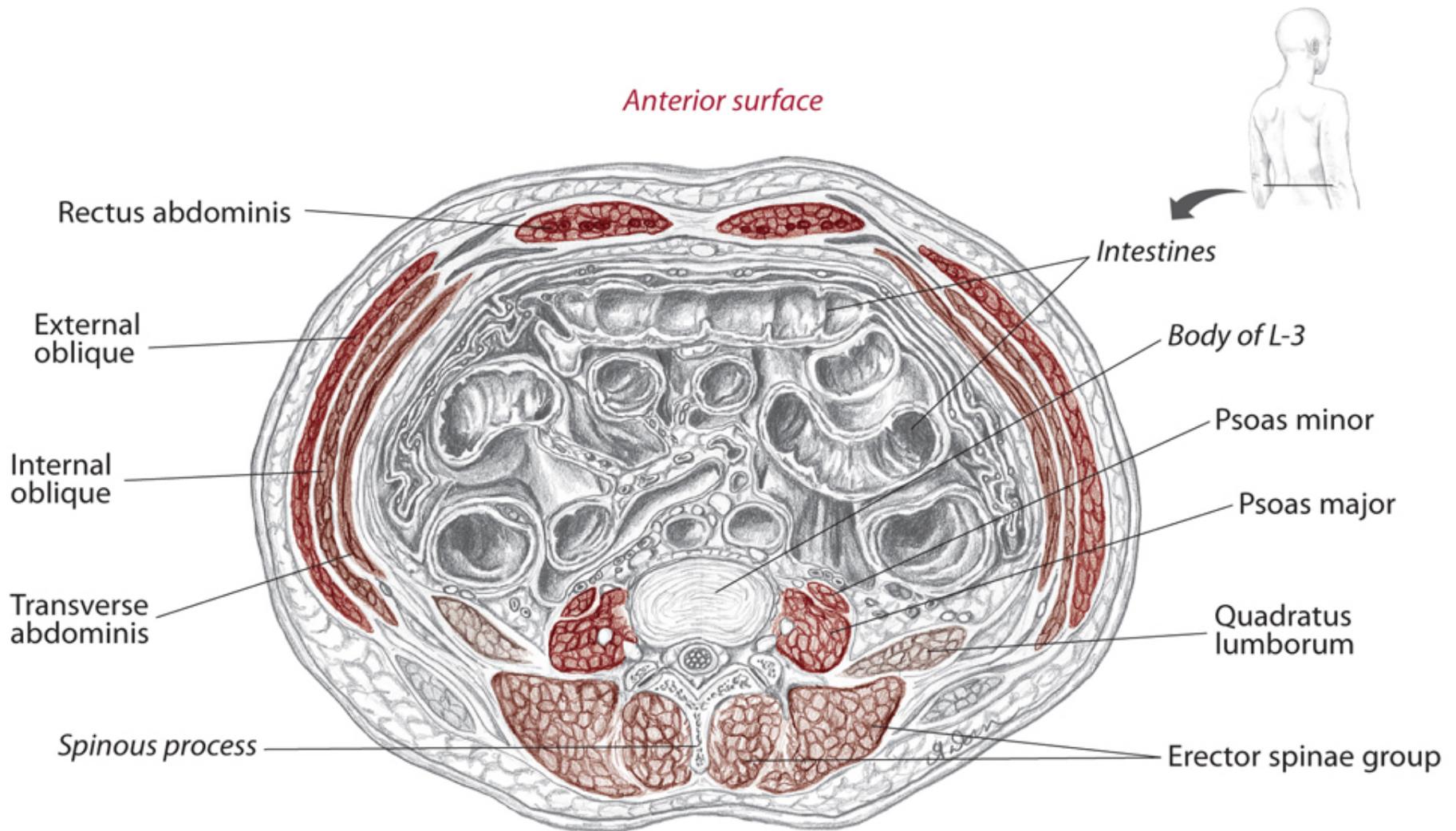
## Core Activation

In people with a healthy back, the **transversus abdominis** and **multifidi** co-contract when the spine is under load to stabilize the vertebrae. In clients with back injuries, this stability system becomes dysfunctional.

The **pelvic floor** stabilizes the pelvis by drawing the bones together from the inside.

The **diaphragm** facilitates the activation of the other parts of the system.

The purpose of the Core Activation exercises in Pilates is to retrain the core or inner unit so it can provide effective lumbopelvic support during movement.



(4.48) Cross section of the abdomen at the level of the third lumbar vertebra

# Pilates and Lower Back Pain

## Transversus Abdominis Engagement



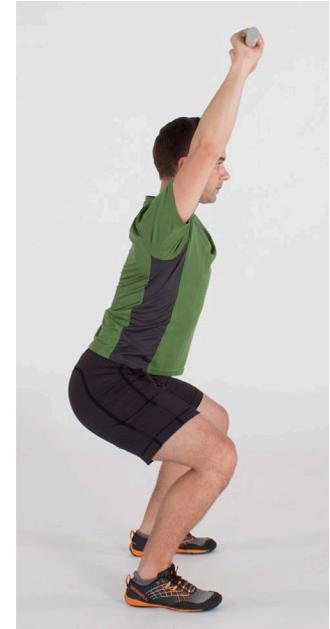
All fours abdominals



Marching and Toe Taps



Wall push ups or  
suspension training



Squats to  
support the  
back

# Pilates and Lower Back Pain

## Multifidi Engagement



Standing Multifidi Engagement



Lunge Multifidi Engagement



Bridging Multifidi Engagement

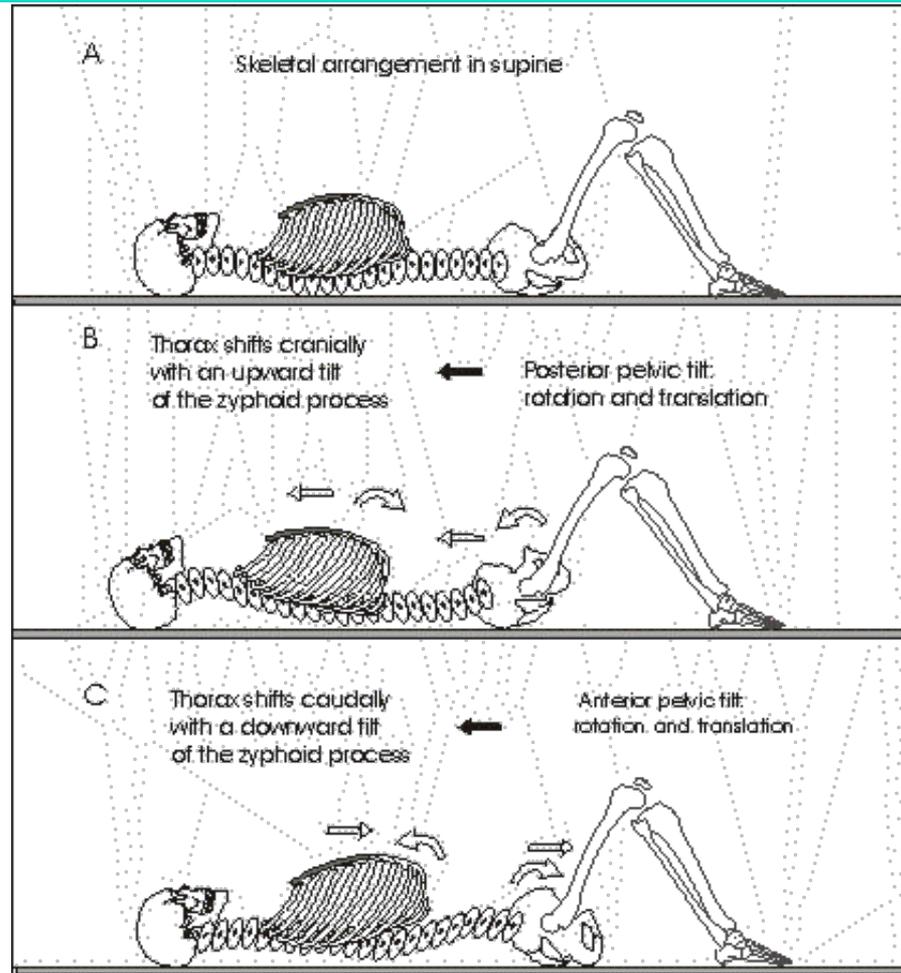
# Pilates and Lower Back Pain

## Lumbopelvic Placement

Neutral placement

Imprinted spine – flexed lumbar spine with a posterior pelvic tilt

Exaggerated lumbar curve with an anterior pelvic tilt



## Pilates and Lower Back Pain

# Lumbopelvic Placement - Modifications

**Supported neutral** – Use a rolled up sticky mat or towel to support the lower back in neutral for:



**Beginners** – Who need both support and increased proprioception to learn where neutral is.

**Clients with unstable lumbar spines** – To keep the back neutral during challenging exercises.

**Clients with an increased or decreased lumbar lordosis** – To support and help relax the low back muscles.

# Pilates and Lower Back Pain

## Lumbopelvic Placement – Imprinted Spine

### Imprinted spine

- For clients that need to use a slightly imprinted position for comfort:
  - Clients can maintain the position themselves by posteriorly tilting the pelvis.
  - Clients can use a sticky mat, towel or small wedge under the sacrum to passively tilt the pelvis posteriorly.



# Lumbopelvic Placement – Exceptions to neutral

### Back injuries

- Neutral lumbopelvic positioning may not be appropriate for some clients with low back injuries.
- The following conditions MAY prefer an imprinted spine and a slightly posteriorly tilted pelvis:
  - Spondylolisthesis (anterolisthesis only)
  - Spinal stenosis
  - Spinal arthritis
  - Some sacroiliac joint dysfunctions
  - Some disc injuries

An imprinted spine should only be used to allow clients to perform exercises comfortably and should be discontinued when the client can comfortably maintain a neutral spine position.

# Pilates and Lower Back Pain

## Lumbopelvic Stability

### Definition:

Lumbopelvic stability is the ability of the neuromuscular system to maintain appropriate support around the lumbar spine and pelvis during movement.



# Pilates and Lower Back Pain

## Lumbopelvic Stability

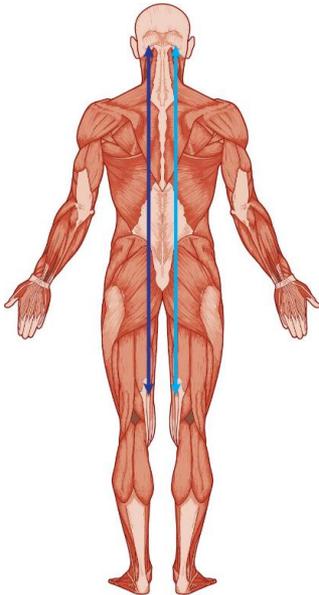
### The 4 Outer Units are:

- Anterior Oblique Sling
- Posterior Oblique Sling
- Deep Longitudinal System
- Lateral System

All four muscular systems work together to create harmonious movement of the torso, pelvis and legs.

# Pilates and Lower Back Pain

## The 4 Outer Units

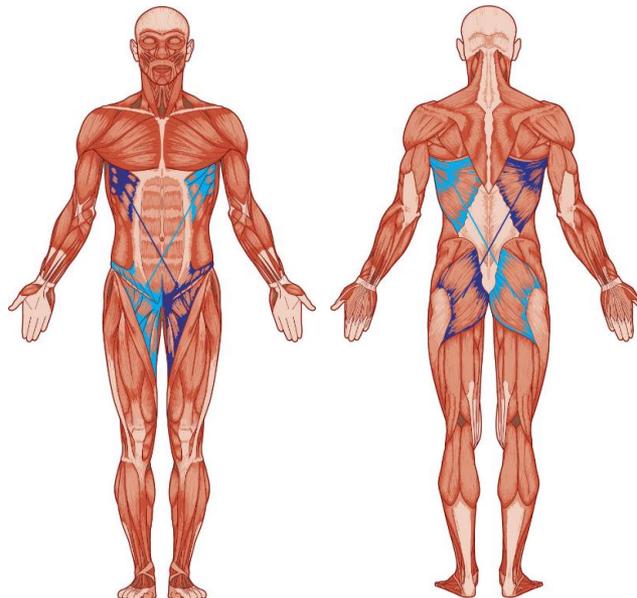


### Deep Longitudinal System

- Erector Spinae, Quadratus Lumborum, Thoracolumbar Fascia, Sacrotuberous Ligament and the Biceps Femoris, Gastrocnemius, Plantar Fascia and Toe Flexors

#### Function

- This system holds us upright against gravity and creates spinal extension.

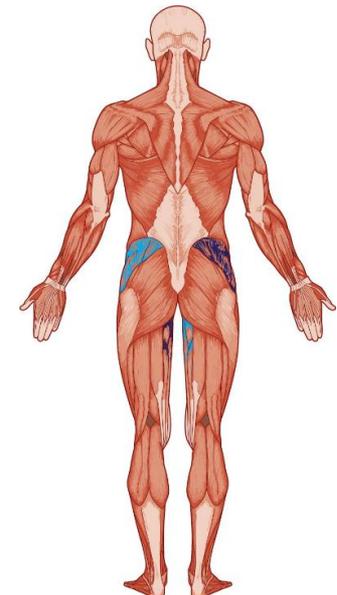


### Anterior and Posterior Sling

- Anterior = Anterior serratus, External oblique, Contralateral internal oblique and adductors
- Posterior = Lattissimus dorsi and Contralateral glutes

#### Function

- Together stabilize the torso and in opposition create flexion, lateral flexion and rotation of the torso



### Lateral System

- Hip abductors and adductors
- Quadratus Lumborum

#### Function

- Keeps the pelvis balanced over the femurs when walking, running or balancing on one leg.
- Imbalances lead to an un-level pelvis when standing on both legs.

# Pilates and Lower Back Pain

## Pelvic Stabilization Exercises 1

Focusing on the anterior and posterior oblique slings



Supine Marching, add opposite arm press, add small stability ball or roller



Bridging, add marching, add roller



Opposite Arm and Leg Reach

# Pilates and Lower Back Pain

## Pelvic Stabilization Exercises 2

Focusing on the deep longitudinal system



Swimming



Mini Swan, add small stability ball, add roller



Swan

# Pilates and Lower Back Pain

## Pelvic Stabilization Exercises 3

Focusing on the lateral system



Bananas



Side Plank and Modifications



Standing Leg Lift

# Muscle Spasms

A common cause of pain for any lower back condition is muscle spasms

- Muscle spasms most commonly occur in the psoas major, quadratus lumborum and piriformis.
- A muscle spasm often develops when a muscle is used to stabilize when the deeper stabilizers aren't working.
- Manual techniques can be used to quickly release a muscle spasm.

# Pilates and Lower Back Pain

## Muscle Spasms

### Releasing the quadratus lumborum

- Lie sideways with the bottom leg straight and the top leg resting on a foam roller.
- Place the top hand on the waist and feel around to find the tension on the lateral side of the spine.
- Use gentle pressure or a cross fiber motion to ease the tight spot.



# Pilates and Lower Back Pain

## Muscle Spasms

### Releasing the piriformis

- Place the roller or a ball under one side of the hip.
- Massage the area until the tension eases.



# Pilates and Lower Back Pain

## Muscle Spasms

### Releasing the psoas

- Place a medium size ball or the edge of the roller just inside the ASIS.
- Gently breath into the pressure to release the psoas



# Pilates and Lower Back Pain

## Muscle Spasms

### Massaging the back

- Place the roller crosswise under the shoulder blades.
- Support the head with the hands, lift the hips off the floor and gently roll the back over the roller.

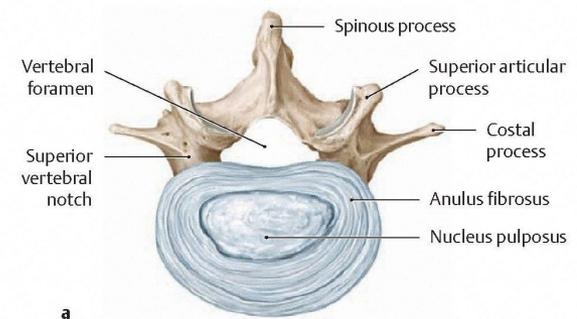
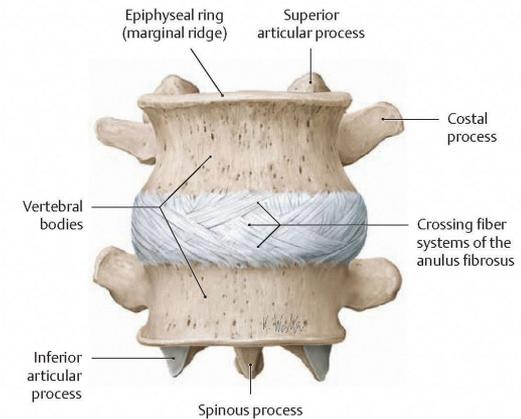


# Pilates and Lower Back Pain

## Structure of a lumbar disc

Intervertebral discs are made up of a gel like inner substance called the **nucleus pulposus** surrounded by a fibrous outer layer called the **annulus fibrosus**.

Intervertebral discs provide shock absorption and movement between the spinal segments.



Illustrator: Karl Wesker

pp. 92-93

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# Pilates and Lower Back Pain

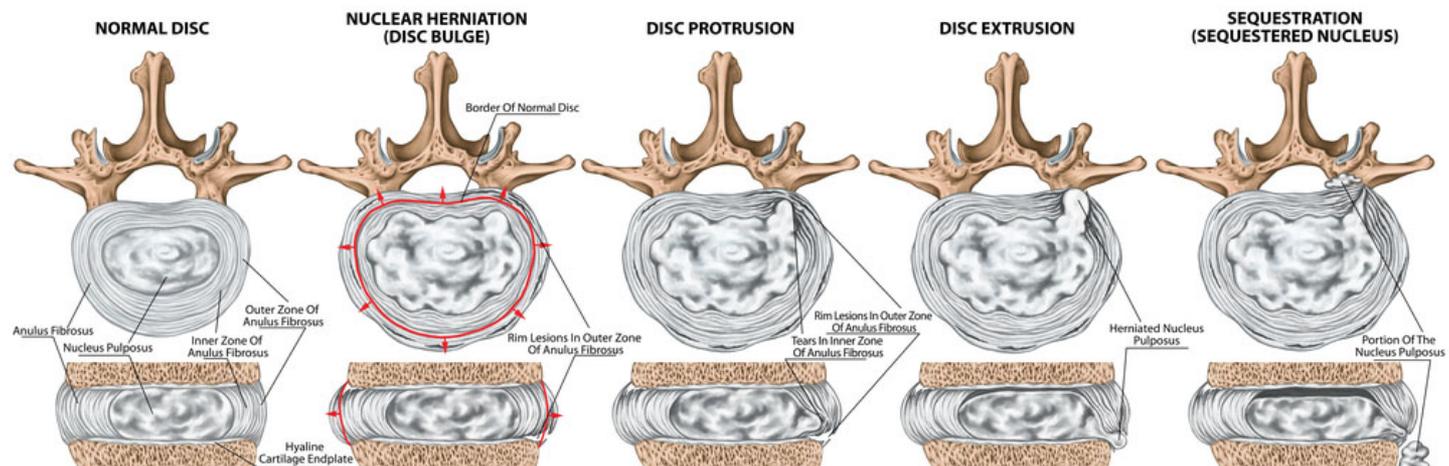
## Intervertebral Disc Injuries - Definitions

**Annular tear, bulge or protrusion** occurs with a weakening of the annulus wall, allowing the nucleus pulposus to protrude

**Prolapse** occurs when the protrusion becomes a permanent distortion in the disc.

**Extrusion** occurs when the material inside the disc leaks out but does not move beyond the immediate area of the disc.

**Free sequestration or a leaky disc** occurs when the disc ruptures and the contents float away from the disc and enter the spinal canal.

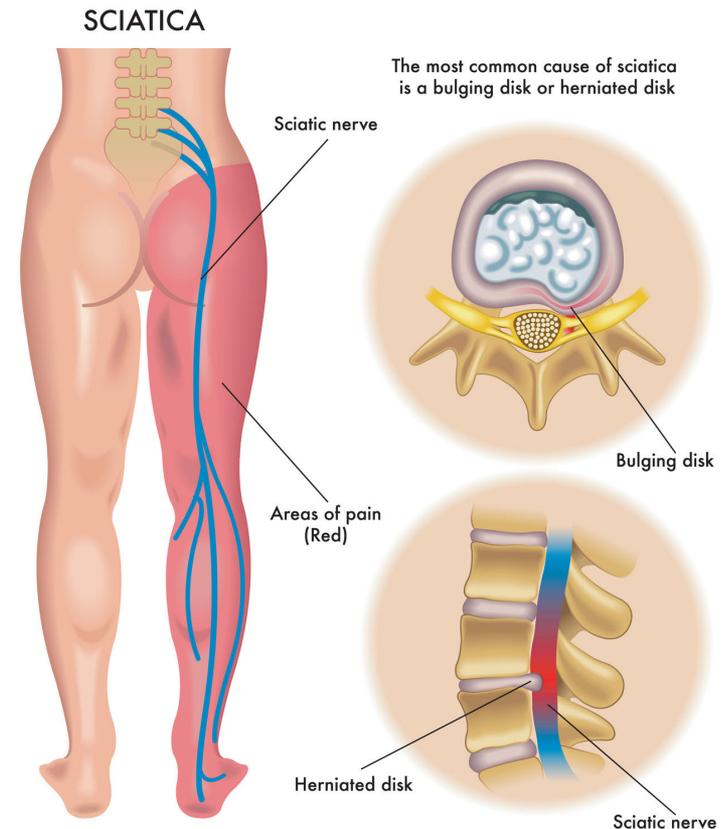


# Pilates and Lower Back Pain

## Exercise Principles – Disc Injuries

### Disc Injury with Radiculopathy or Sciatica

- Work to centralize nerve pain by using gentle extension exercises or hip glides to move the disc away from the nerve and relieve symptoms.
- Identify positions that increase or decrease pain and choose your exercises accordingly.
- Do nothing to exacerbate the pain and train the client to do the same.



# Exercise Principles – Disc Injuries

---

Identify, support and train neutral position.

---

Teach pelvic stabilization principles.

---

Focus on neutral and gentle extension exercises. Be careful with rotation and lateral flexion initially and add spinal flexion in last.

---

Educate the client about supporting the back with core engagement in neutral when sitting, lifting, driving, leaning over etc.

# Exercise Principles – Disc Injuries

---

Caution with hamstring stretching. Keep low back neutral to decrease stress on the nerves.

---

Avoid compression of the spine.

---

Add exercises to challenge core strength and pelvic stability in neutral as the client improves.

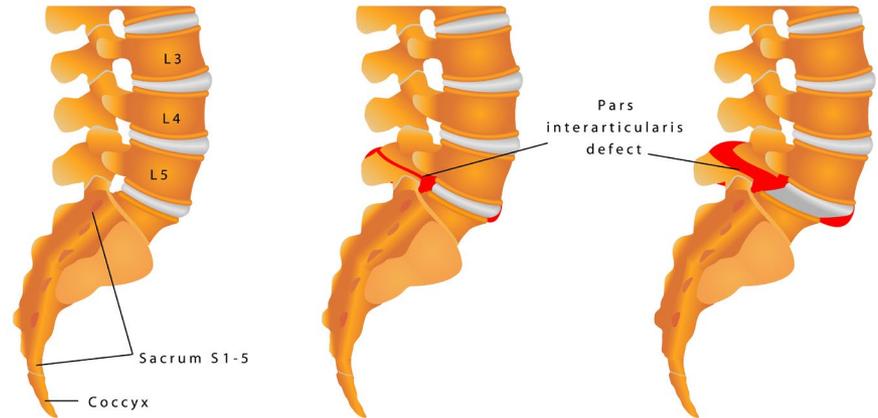
# Pilates and Lower Back Pain

## Bony Pathologies

Degenerative joint disease, osteoarthritis, spinal stenosis occur when bony changes happen around joints leading to impaired movement, pain or range of motion limitations.

Spondylosis involves a fracture of the vertebrae.

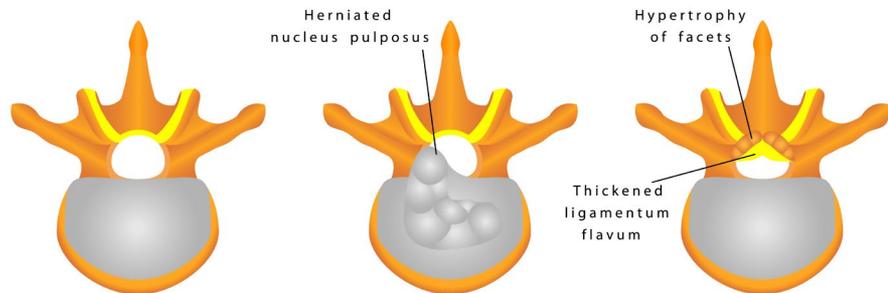
Spondylolisthesis is a fractured vertebrae body has slipped in relationship to the surrounding vertebrae.



Pars Interarticularis

Spondylolysis

Spondylolisthesis



Normal canal

Herniated disc

Spinal stenosis

# Exercise Principles – Bony Pathologies

---

Identify the optimum starting position which may be a neutral lumbopelvic position or a slightly posteriorly tilted lumbopelvic position.

---

Teach core strengthening and pelvic stabilization.

---

Focus on increasing abdominal support and decreasing overuse of the back extensors. Focus on flexion rather than extension.

---

Work in as full a range of motion as is comfortable for the back.

# Exercise Principles – Bony Pathologies

---

Focus on strengthening and supporting the surrounding areas – hips, legs, upper body to take the stress off the back.

---

Add some traction type exercises into the program.

---

Both rotation and lateral flexion can compress the area and increase symptoms so add in slowly and see how the client responds.

# Pilates and Lower Back Pain

## Postural Imbalances

Postural imbalances, whether structural or muscular are a common cause of chronic low back pain.

As Pilates teachers, our focus is on identifying and correcting posture and improving functional movement patterns.

This is where we are uniquely helpful for clients with lower back pain.

# Exercise Principles - Postural Imbalances

Identify postural imbalances that may impact lower back pain.

Assess strength, flexibility and movement patterns that contribute to the postural imbalances

Develop exercise plan for addressing strength, flexibility and movement patterns.



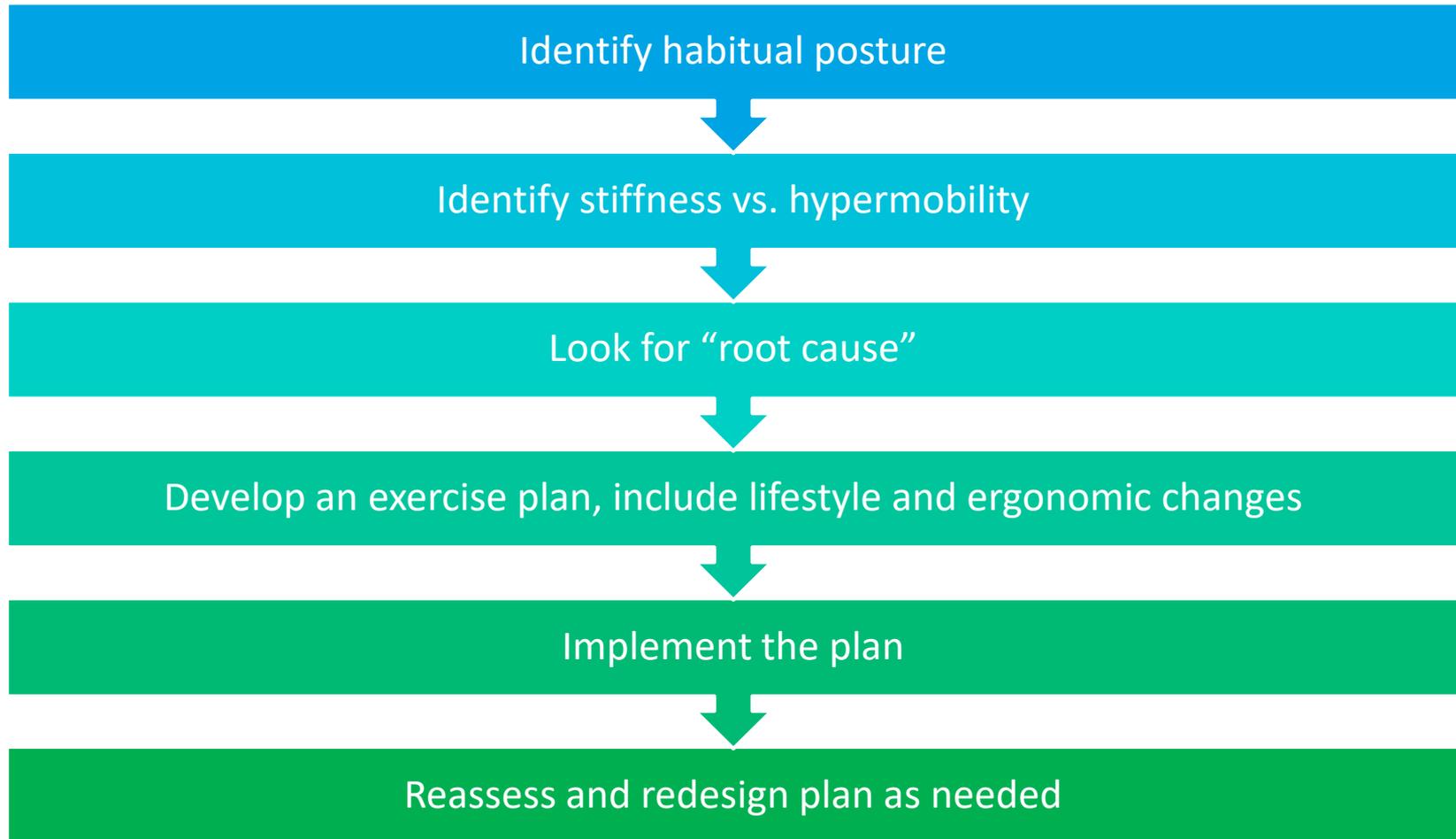
# Pilates and Lower Back Pain

## Postural Imbalances

### Postural imbalances include:

- Hyper or hypo lumbar lordosis
- Hyper or hypo thoracic kyphosis
- Pelvic alignment imbalances
- Rib translation or rotation
- Scoliosis
- Muscular imbalances related to alignment faults or habitual postural and movement patterns

# Correcting Postural Imbalances



Reformer 2

# Short Spine Massage

Focus: Inversion - Trunk Integration - Spinal Flexion - Spinal Mobility

Family: Inversions

## Variation

- No roll up (modification)



# Reformer 2

## Stomach Massage

Focus: Spinal Mobility - Hip and Leg Mobility - Abdominal Lift - Trunk Integration

Family: Stomach Massage

### Variations

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



# Reformer 2

## Long Box Back Stroke

Focus: Trunk Integration - Spinal Flexion  
Family: 100/Coordination, Spinal Flexion



Reformer 2

# Long Box Breast Stroke

Focus: Trunk Integration - Spinal Extension - Arm Work

Family: Swan, Spinal Extension

## Variations

- Arms only
- Baby Breast Stroke
- Instructor Assist



# Reformer 2

## Swimming

Focus: Trunk Integration - Lumbopelvic Stability - Spinal Extension

Family: Swimming



# Reformer 2

## Case Study

Plan a class or series of exercises for one of the following situations. Identify key movement principles and Reformer exercises

### Case study 1:

- 25 year old woman with a 2 year old child wants to get back in shape.

### Case study 2:

- 45 year old male runner is starting to have some knee and hip pain when running.

### Case study 3:

- 65 year old woman with osteoporosis wants to stay in shape.

### Case study 4:

- 30 year old year male dancer wants to improve their flexibility.



Reformer 2

# Short Box Oblique Abdominals

Focus: Trunk Integration - Spinal Flexion - Spinal Mobility

Family: Short Box Abdominals

## Variations

- Twist
- Spear a Fish
- Around the World



# Short Box Advanced Abdominals

Focus: Trunk Integration - Spinal Flexion - Spinal Mobility

Family: Short Box Abdominals

## Variations

- Prep (Arch and Curl)
- No back extension
- Fire Baton



Reformer 2

# Short Box Mermaid

Focus: Trunk Integration - Spinal Mobility – Spinal Lateral Flexion

Family: Short Box Abdominals, Mermaid

## Variations

- Hand support
- Rotation variation
- Side Sit Ups



## Reformer 2

# Short Box Climb a Tree

Focus: Trunk Integration - Lumbopelvic Stability - Spinal Mobility – Spinal Flexion

Family: Short Box Abdominals

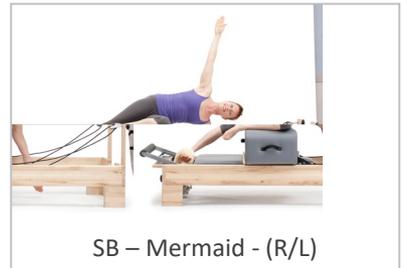
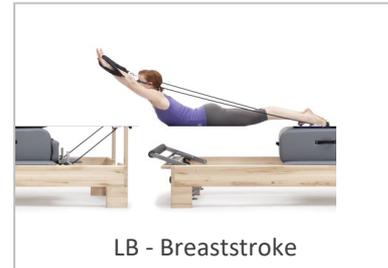
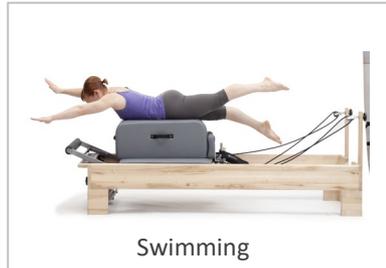
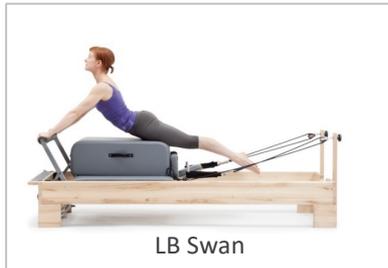
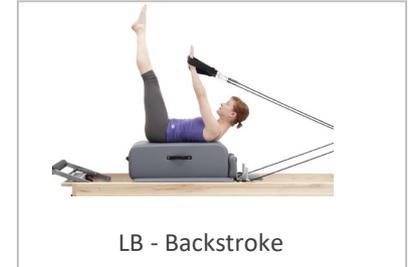
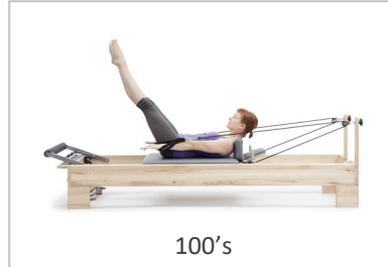
### Variations

- No roll back
- Arm extension overhead



# Reformer 2 Workouts

## Trunk Integration



# Upper Body Strength and Balance

1) Create stability and balance of the rotator cuff.

2) Optimize the mobility and stability of the scapula.

These 4 steps provide a framework for training the upper body

3) Perform exercises to address the majority of the functional movement patterns of the upper body.

4) Integrate upper body movements into the thorax and lower body.

Reformer 2

# Knee Stretch – Knees Off

Focus: Trunk Integration – Leg Strength – Scapular Stability

Family: Knee Stretch

## Variations

- Single Leg
- Single Arm/Single Leg



## Reformer 2

# Arabesque and Single Leg Elephant

Focus: Trunk Integration - Hip Mobility - Glute and Leg Strength - Coordination

Family: Elephant and Knee Stretch

### Variations

- Arabesque
- Single Leg Elephant



# Reformer 2

## Down Stretch

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

Family: Long Stretch, Knee Stretch

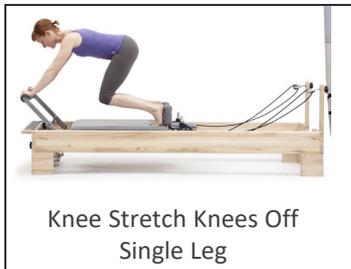
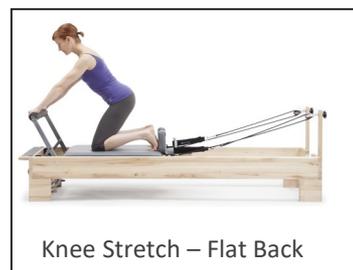
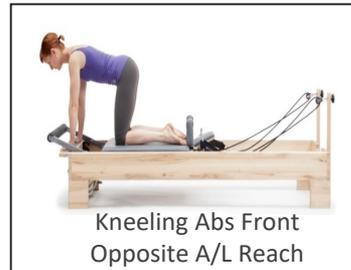
### Variation

- One at a time



# Reformer 2 Workouts

## Plank Based Progressions



# Reformer 2

## Semi Circle

Focus: Trunk Integration - Spinal Mobility – Spinal Flexion -  
Shoulder Strength - Overhead Press

Family: Bridge

### Variations

- Both directions



# Movement Principles

## Training the Upper Body

### Glenohumeral stability

- Rotator cuff exercises

### Scapular stability and mobility

- Pinwheel and planks

### Posterior shoulder

- Rows, shoulder extension, triceps kick back

### Anterior shoulder

- Chest press, biceps curls

### Functional movement patterns

- Pulling, pushing, throwing

# Movement Principles

## Training the Upper Body

Functional Movement Patterns include:



Pulling



Pushing



Straight Arm  
Raises



Lifting



Reaching



## Reformer 2

# Chest Expansion & Kneeling Arm Circles

Focus: Trunk Integration - Functional Arm Work - Pushing and Pulling

Family: Kneeling Arm Work

### Variations

- Chest Expansion
- Kneeling Arm Circles



# Reformer 2

## Kneeling Side Arms

Focus: Trunk Integration -Functional Arm Work  
Family: Kneeling Arm Work

### Variations

- Pull Across + Rotation
- Overhead Press + Side Bend
- High 5th
- Draw a Sword
- Side Bend Press



## Reformer 2

# Rowing Front 1 and 2

Focus: Trunk Integration - Spinal Mobility – Spinal Flexion –  
Functional Arm Work

Family: Seated Arm Work

### Variations

- Sitting Tall
- Bending Down



# Reformer 2

## Corkscrew

Focus: Trunk Integration – Spinal Mobility – Spinal Flexion  
Family: Inversions

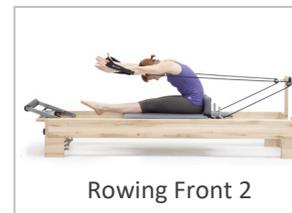
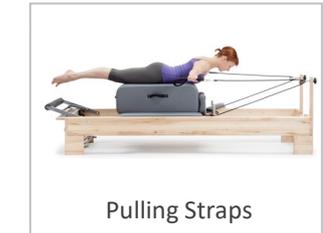
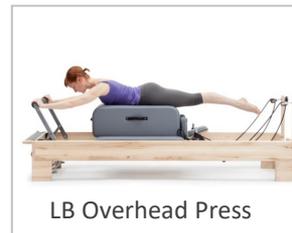
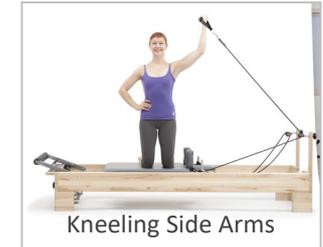
### Variations

- No inversion
- Inversion



# Reformer 2 Workouts

## Upper Body Focus



# Reformer 2 Workouts

## Introductory Session



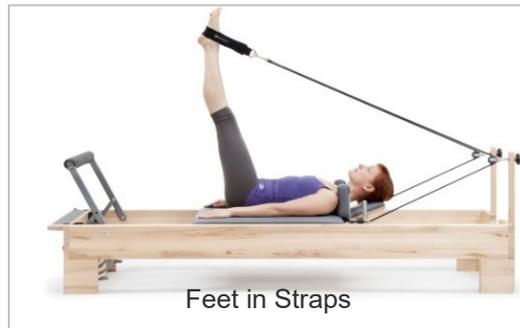
Footwork



Supine Arm Work



100's prep or 100



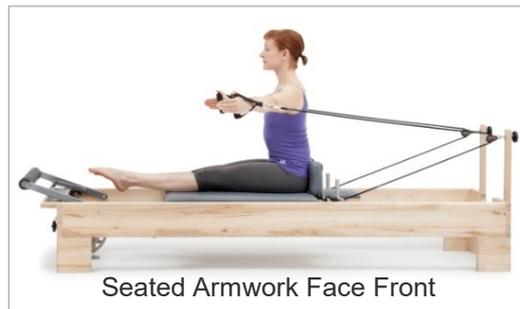
Feet in Straps



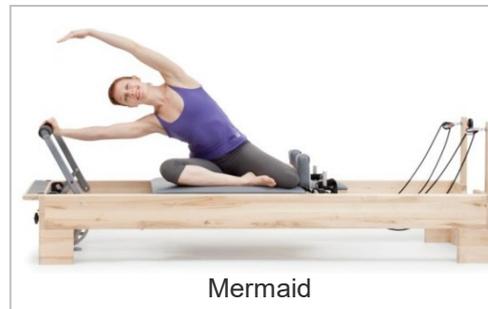
Roll Down



Seated Armwork Face Back



Seated Armwork Face Front



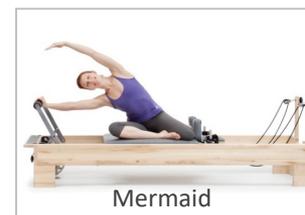
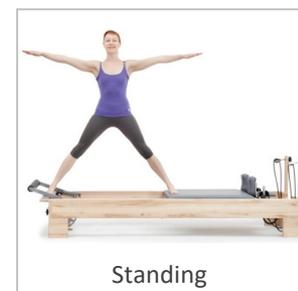
Mermaid



Lunge

# Reformer 2 Workouts

## Intermediate 1: Classical Order



# Reformer 2 Workouts

## Intermediate 2: Strong Backs



Footwork: 2 and 1 Leg



Coordination



100's



Foot Straps + Stretches



Pulling Straps 1 + 2



SB Abdominals:  
Round/Flat + Oblique +  
Mermaid



LB Overhead Press +  
Swan



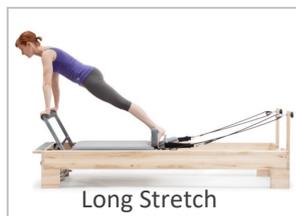
Knee Stretch: Flat +  
Round



Knee Stretch: Knees  
Off



Pelvic Lift



Long Stretch



Up Stretch



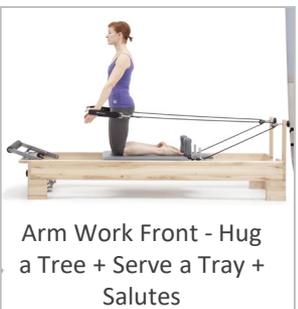
Down Stretch



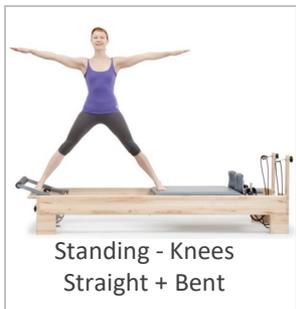
Single Leg Elephant



Arms Back: Biceps +  
Triceps + 1-Arm Twist +  
Rows



Arm Work Front - Hug  
a Tree + Serve a Tray +  
Salutes



Standing - Knees  
Straight + Bent



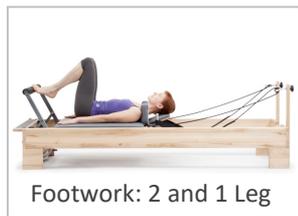
Lunge



Mermaid

# Reformer 2 Workouts

## Intermediate 3: Progressing Towards the Advanced Work



Footwork: 2 and 1 Leg



Coordination



100's



Feet Straps + Stretches



Pulling Straps 1 + 2



Backstroke



Teaser



SB Abdominals + Climb  
A Tree + Mermaid



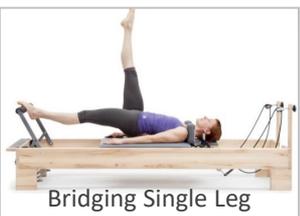
LB Overhead Press +  
Swan



Knee Stretch Round +  
Flat + Knees Off



Pelvic Lift



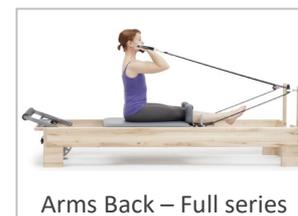
Bridging Single Leg



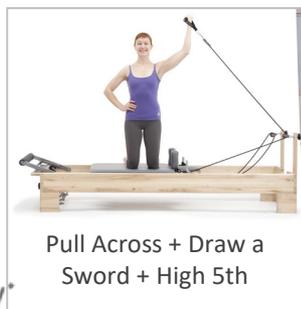
Long Stretch Series



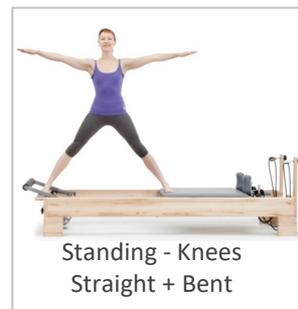
Elephant - 2 and 1 Leg



Arms Back - Full series



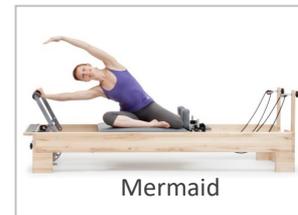
Pull Across + Draw a  
Sword + High 5th



Standing - Knees  
Straight + Bent



Lunge



Mermaid

# Reformer 2 Workouts

## Intermediate 4: All Legs, All the Time



Single Leg Footwork + Progressions



Coordination



100's



Feet in Straps



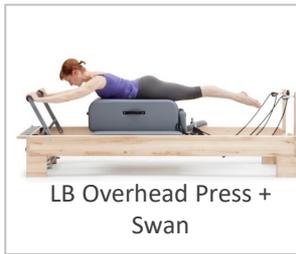
Pulling Straps 1 + 2



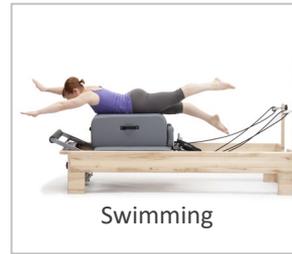
Backstroke



SB Abdominals Round or Flat + Oblique + Mermaid



LB Overhead Press + Swan



Swimming



Knee Stretch Round + Flat + Knees Off



Pelvic Lift



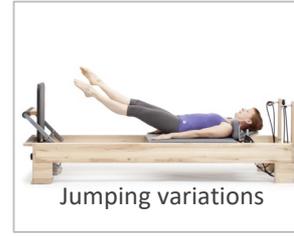
Bridging Single Leg



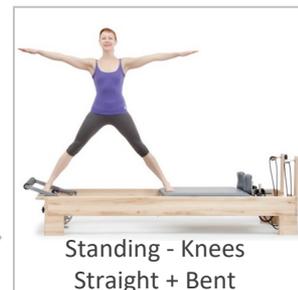
Long Stretch Series



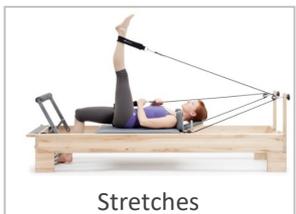
Elephant + Single Leg Elephant



Jumping variations



Standing - Knees Straight + Bent



Stretches



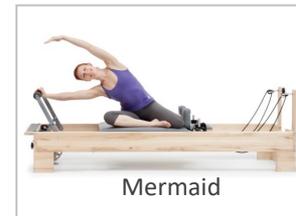
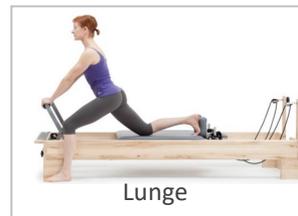
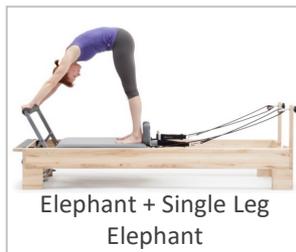
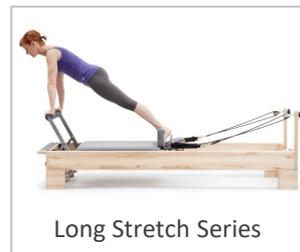
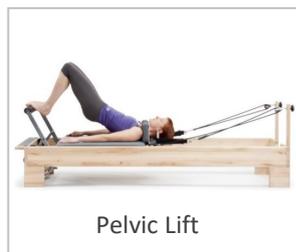
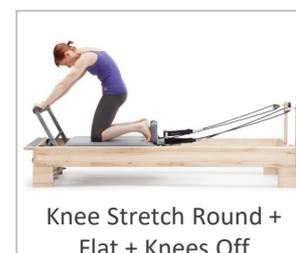
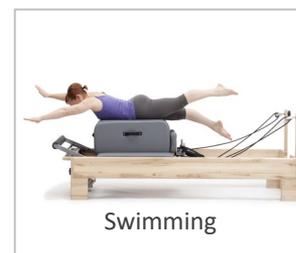
Lunge



Mermaid

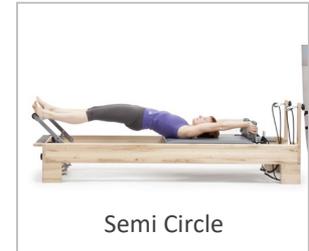
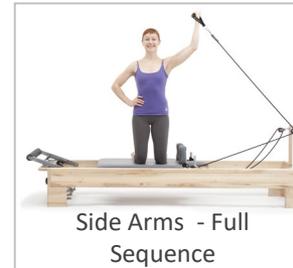
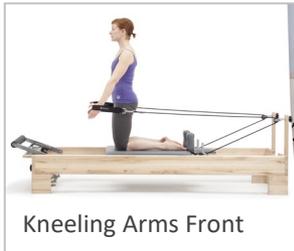
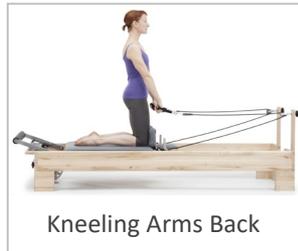
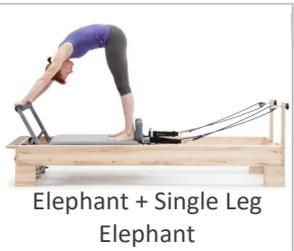
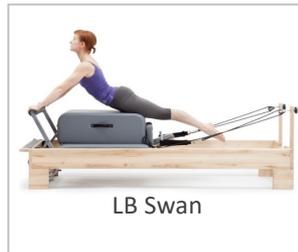
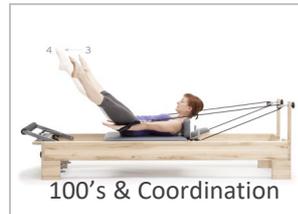
# Reformer 2 Workouts

## Intermediate 5: Cranking up the Core



# Reformer 2 Workouts

## Intermediate 6: Beautiful Arms



# Reformer 2 Workouts

## Intermediate 7: Focus on Flexibility



Footwork: 2 and 1 Leg



100's & Coordination



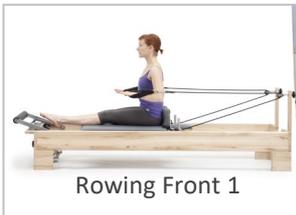
Feet Straps + Stretches



Roll Downs



SB Abdominals Round  
or Flat + Oblique +  
Mermaid



Rowing Front 1



Rowing Front 2



LB Overhead Press +  
Swan



Knee Stretch Round +  
Flat + Knees Off



Pelvic Lift



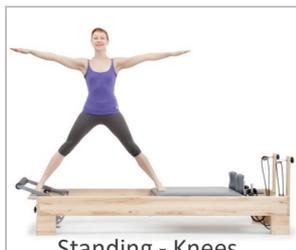
Elephant + Single Leg  
Elephant



Semi Circle



Short Spine



Standing - Knees  
Straight + Bent



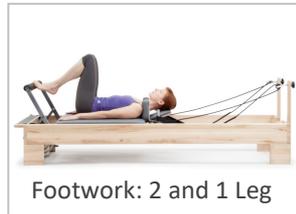
Lunge



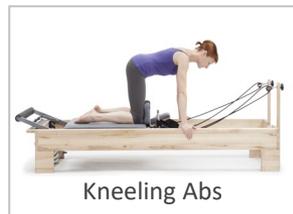
Mermaid

# Reformer 2 Workouts

## Intermediate 8: For Clients with Limited Spinal Flexion



Footwork: 2 and 1 Leg



Kneeling Abs



Feet Straps + Stretches



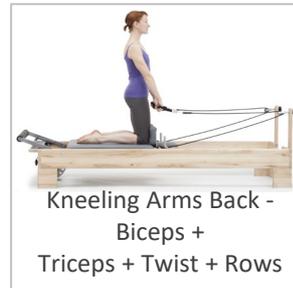
Knee Stretch  
Flat Back



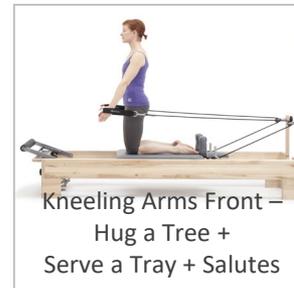
Bridging Flat Back



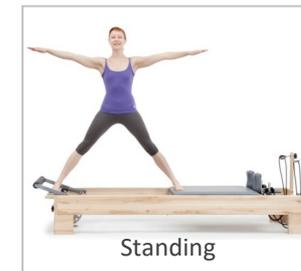
Long Stretch Series



Kneeling Arms Back -  
Biceps +  
Triceps + Twist + Rows



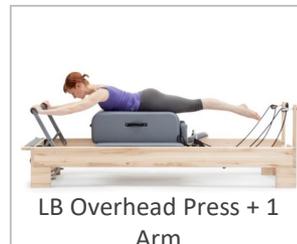
Kneeling Arms Front -  
Hug a Tree +  
Serve a Tray + Salutes



Standing



Pulling Straps 1 + 2



LB Overhead Press + 1  
Arm



LB Swan



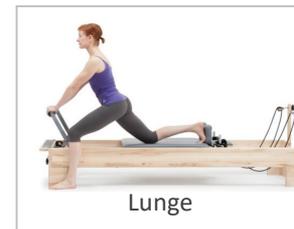
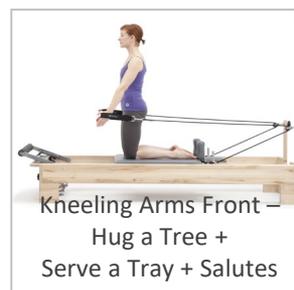
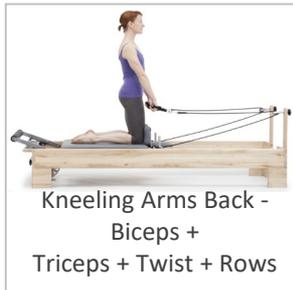
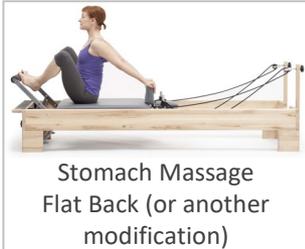
Lunge



Mermaid

# Reformer 2 Workouts

## Intermediate 9: For Pregnant Clients after 5 Months



# 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 2 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.

We look forward to seeing you in Reformer 3

Thanks for joining the Balanced Body Pilates Instructor Training Program!