



Reformer 1

Use this chart to build from the Essentials into the primary Pilates exercises

Pilates is a skill-based training method. As you build confidence and competence in learning and teaching these physical skills you begin training strength, endurance, and flexibility. Motor learning is embedded within the pre-Pilates essential skills, which are practiced in all planes of motion while varying the body's relationships to gravity and tension. These foundational skills then evolve into the primary Pilates exercises. This progressive teaching is what differentiates Pilates from other forms of movement and exercise training. Use the grids below to explore and apply skill-building principles to each of the primary Pilates exercises.

pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	Reformer Exercise
				Footwork
				Bridging/Pelvic Lift
				Feet in Straps
				Supine Arms
				Hundred
				Kneeling Abdominals Front/Back
				Knee Stretch - Single Leg
				Knee Stretch Knees On - Round Back/Flat Back

pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	Reformer Exercise
				Arm Work - Facing Straps
				Roll Downs
				Arm Work - Facing Footbar
				Short Box Abdominals - Round and Flat Back
				Long Box - Overhead Press/ Swan
				Long Box - Pulling Straps
				Elephant
				Long Stretch
				Up Stretch
				Standing Splits
				Lunges
				Mermaid/Cleopatra



CLASS DESIGN using Movement Arcs

Each of the four quadrants below represent a **Movement Arc**. Together, they create a well-rounded class experience. Individually, they offer a movement opportunity that is organized, has flow, and teaches functional movement skills. Each of these 'movement arcs' are one part of the overall cadence and organization of a class.

The ARCS include the warm-up – Setting the Foundation; the initial challenge – Building the Skills; a peak challenge(s) in both movement complexity and effort – Challenging the System; and finally a cool-down – Bring It Home.

Think about flow as you organize each Movement Arc, incorporating the programming sequences you have been practicing with pre-Pilates Essentials building blocks leading into the primary Pilates exercises.

Setting the Foundation

*Beginning of your class,
primary skills and warm up.*

Building the Skills

*Where are we going, what skills do
I need to start developing?*

Challenging the System

*Lead to your most challenging progression or
peak experience(s) here.*

Bring it Home

*Cool down and bring the
workout to an end.*