



# Reformer 2

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

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

pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	pre-Pilates or Pilates Mat or Reformer Exercise	Reformer Exercise
				Single Leg Footwork
				Footwork on Footplate/Jumping
				Coordination
				Short Spine Massage
				Stomach Massage
				Long Box Back Stroke
				Long Box Breast Stroke
				Long Box Swimming

<b>pre-Pilates or Pilates Mat or Reformer Exercise</b>	<b>pre-Pilates or Pilates Mat or Reformer Exercise</b>	<b>pre-Pilates or Pilates Mat or Reformer Exercise</b>	<b>pre-Pilates or Pilates Mat or Reformer Exercise</b>	<b>Reformer Exercise</b>
				<b>Short Box Oblique Abdominals</b>
				<b>Short Box Advanced Abdominals</b>
				<b>Short Box Climb a Tree</b>
				<b>Short Box Mermaid</b>
				<b>Knee Stretch - Kees Off/ Jackrabbit</b>
				<b>Arabesque and Single Leg Elephant</b>
				<b>Down Stretch</b>
				<b>Semi Circle</b>
				<b>Chest Expansion</b>
				<b>Kneeling Side Arms</b>
				<b>Rowing Front I &amp; II</b>
				<b>Corkscrew</b>

