



# Balanced Body Reformer 3

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Balanced Body Education



# Inspiration from Joseph Pilates



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

-Joseph Pilates



# Learning Objectives

<p>Knowledge of Exercises/Theory</p>	<p>Memorize the correct <b>setup</b>, <b>movement sequence</b>, and <b>execution</b> for the Reformer 3 Exercises.</p>	<p>Gain a basic understanding of anatomical alignment and body placement when practicing and observing Reformer 3 Exercises.</p>	<p>Teach <b>2 - 3 Pre-Pilates Essentials</b> Exercises that lead into a Reformer 3 Exercise.</p>
<p>Personal Practice</p>	<p>Increase awareness of your body's strengths and areas for improvement through the Reformer 3 Pilates Exercises.</p>	<p>Develop a consistent personal Pilates practice and be able to independently guide yourself through a intermediate/advanced workout, performing the exercises to the best of your personal ability and utilizing modifications as needed.</p>	<p><b>Embody the Reformer 3 Exercises and their related Pre-Pilates</b> Sequences and identify where to focus personal practice.</p>
<p>Cuing, Coaching and Teaching</p>	<p>Confidently teach and cue the exercise name, equipment setup, and movement sequence for all Reformer 3 exercises before progressing to the next level or preparing for your test out.</p>	<p>Focus on delivering cues that are tailored to individual needs, using <b>fewer words</b> for <b>greater impact</b>.</p>	<p>Take time to <b>observe common patterns</b> that tend to repeat themselves in group and private training environments. Find ways to <b>utilize impactful cues</b> that aim to <b>refine movement patterns</b>.</p> <p>Resist the urge to over correct or over cue.</p>
<p>Programming, Safety, and Special Populations</p>	<p>Cue another individual to the best of <b>THEIR</b> ability and movement tolerance.</p>	<p>Understand exercise <b>contraindications</b> and <b>safety procedures</b> for <b>advanced exercises</b> and <b>progressions</b>.</p>	<p>Work on developing <b>programming for private training</b> clients or case studies to help progress adjusting programs for specific client goals.</p>



# Reformer 3 Student Responsibilities

Student Responsibilities
<b>Attend</b> and <b>Complete</b> 16-Hour Reformer 3 Course
Respectfully <b>Engage</b> in the course by actively participating and collaborating with fellow attendees.
<b>Understand</b> and <b>Practice</b> exercise setup, starting body position, movement sequence, safety protocols, as well as exercise progressions and regressions.
Watch <b>Movement Principles Video: Part 5 - Mobility and Restoration</b> take quiz with a score of 70% or higher.
Take course quiz with a score of 70% or higher.

Recommended Practice and Teaching Expectations prior to Reformer 3 or Apparatus 1		
Minimum of 10-hours of <b>personal practice</b>	Minimum of 10-hours of <b>observation hours</b>	Minimum of 30-hours of <b>teaching hours</b>
<ul style="list-style-type: none"> <li>• <i>Personal Practice</i> consists of you practicing on your own or in group class or private training session.</li> <li>• Up to 50% of your <i>observation hours</i> may be taken on-line, with a preference of a Balanced Body Teacher.</li> <li>• <i>Teaching Hours</i> may be through teaching friends or family or may be a paid position through a studio or gym.</li> </ul>		
<p><b>Lesson Planning</b> – work on developing intermediate-advanced level Reformer classes with regressions and progressions that incorporates some the advanced repertoire.</p> <p>Practice Lesson Planning for Private Training Client Sessions. Work with case-studies, or personal clients to address modifications, regressions and progressions.</p>		

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



# Educator and Company Responsibilities

✓	Course Objectives - Educator Responsibility
	To complete all course material as outlined in the <b>Hour by Hour</b> within the time frame of the course.
	To provide students with learning and integration opportunities including breakouts and <b>teach backs</b> throughout the course.
	To integrate the Pre-Pilates essentials language into the Mat 2 course materials and teach how to <b>develop the skills</b> necessary to learn and teach Mat 2 exercises
	To teach movement sequence, <b>safety protocols</b> , body position options, progressions and regressions; precautions and contraindications, and application for each exercise
	To teach 1 Essentials and Mat 1 and Mat 2 based <b>movement classes/progressions and 1 Mat with Props Class</b> to model cueing and coaching and integration of the essentials
	To <b>assess student participation</b> . Mat 3 assessment includes: understanding of movement sequence, body position, safe positioning, recommended progressions and regressions as needed. Manual may be used.

✓	Course Objectives - Balanced Body Responsibility
	To provide you with timely and respectful service
	To answer questions and provide opportunity and suggestions for future growth
	To continually update and supply you with exceptional resources that are designed to amplify your learning process
	To adhere to our values of respect, accessibility, empowerment, courage and connection as we offer our education products, train Educators and support your personal Pilates journey
	To provide you with ongoing professional development opportunities



# Balanced Body Education



Accessibility

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Empowerment

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Passion

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Courage

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Respect

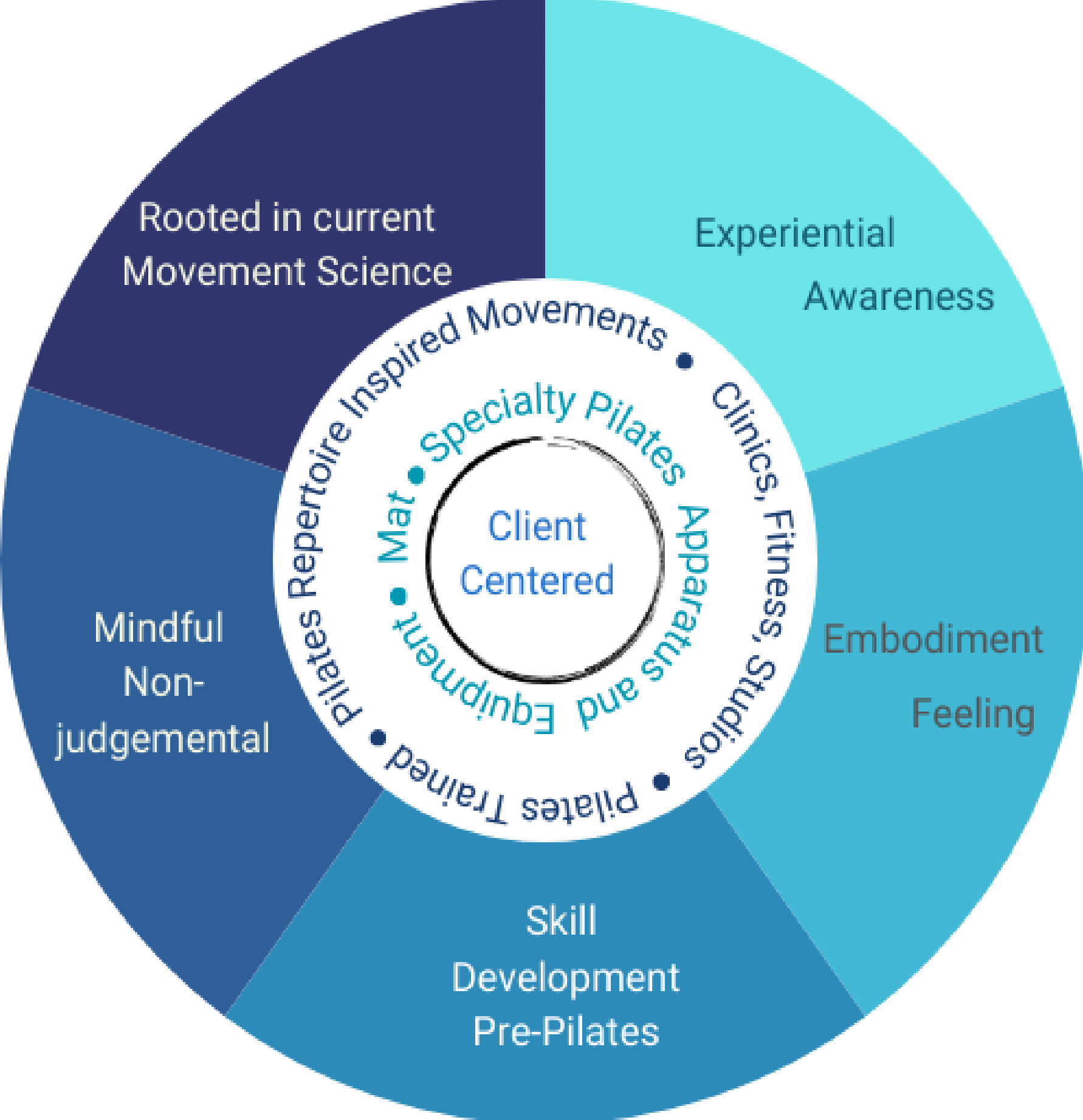
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Connection

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# A Pilates Paradigm from the Inside Out



Pilates is a **Client Centered** Approach

Led by certified, **Qualified Instructors**

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

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

**Inspired** by Contrology

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

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

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



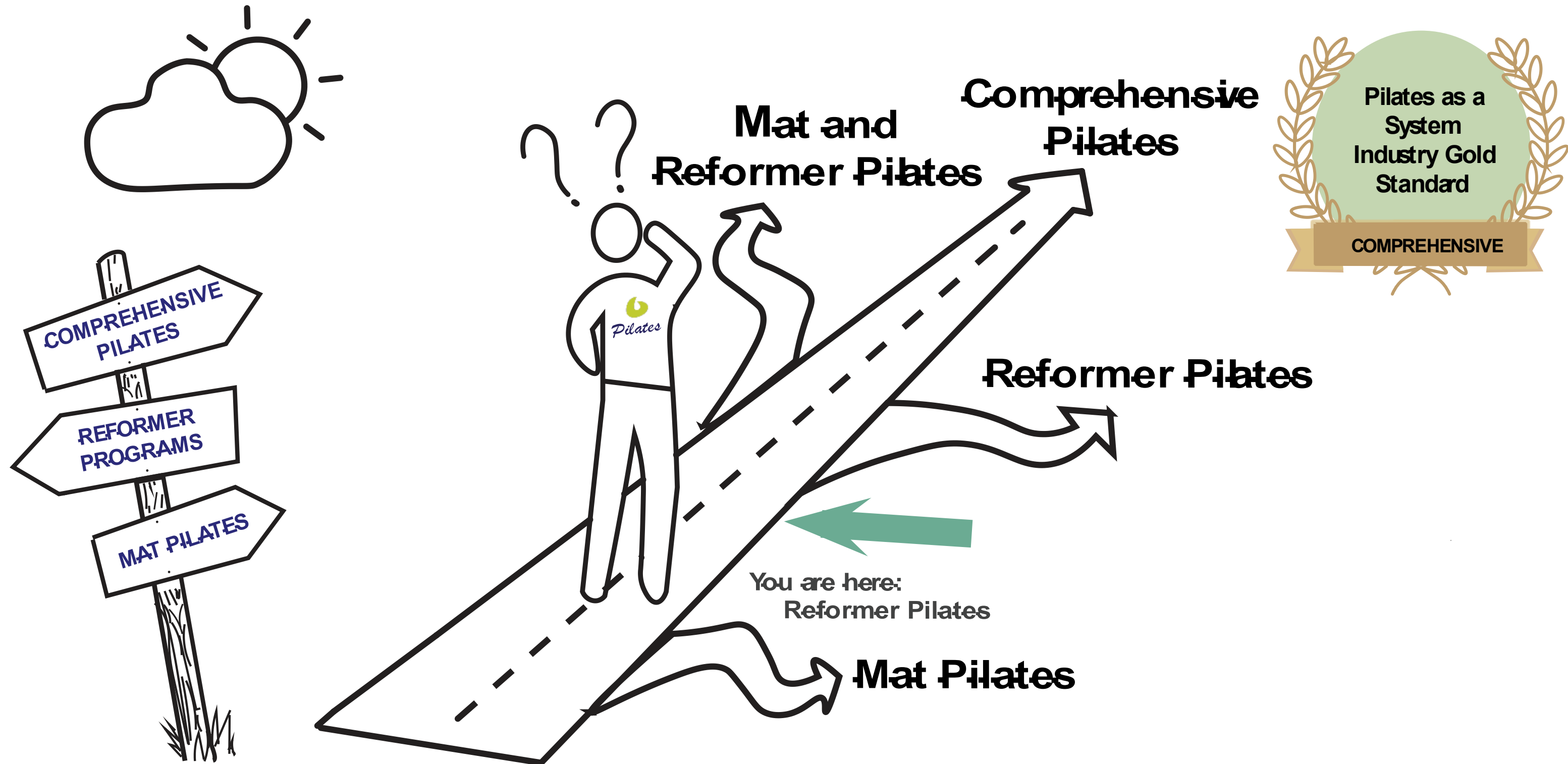
# Balanced Body Pilates

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## Teacher Training Program



# Balanced Body Instructor Path



# Balanced Body Pilates Instructor Training Program Organization

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



# Comprehensive Training

## Completion of all Course Work

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

## Practice hours

Personal Sessions: 20 Mat, 30 Reformer, 45 Apparatus

Observation: 15 Mat, 30 Reformer, 20 Apparatus

Teaching Hours: 35 Mat, 90 Reformer, 85 Apparatus

## Total Hours: 520

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

## Balanced Body Comprehensive Pilates Instructor\*

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



# Mat and Reformer Training

## Completion of all Mat and Reformer Course Work

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

## Practice hours

Personal Sessions: 20 Mat, 30 Reformer

Observation: 15 Mat, 30 Reformer

Teaching Hours: 35 Mat, 90 Reformer

## Total Hours: 332

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

**Balanced Body Mat and Reformer Pilates Instructor**



# Reformer Training

## Completion of all Reformer Course Work

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

## Practice hours

Personal Sessions: 30 Reformer

Observation: 30 Reformer

Teaching Hours: 90 Reformer

## Total Hours: 214

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

**Balanced Body Reformer Pilates Instructor**



# Mat Training

## Completion of all Mat Course Work

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

## Practice hours

Personal Sessions: 20 Mat

Observation: 15 Mat

Teaching Hours: 35 Mat

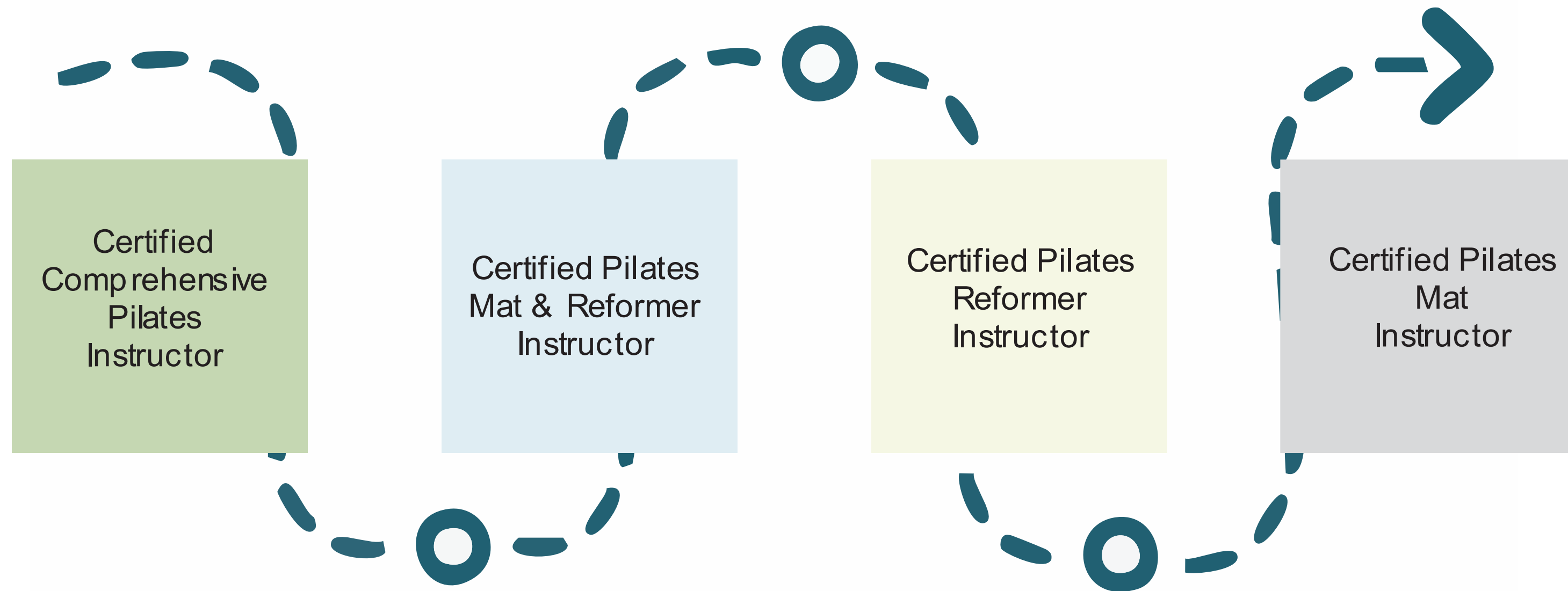
## Total Hours: 134

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

**Balanced Body Mat Pilates Instructor**



# Balanced Body Pilates Instructor Pathways





Clara Pilates  
The quiet strength behind  
the method

# CLARA

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## Your New Student Resource





Groups



Ai3D Educators



Educator Training Su...



MOTR Educators



Pilates Educators

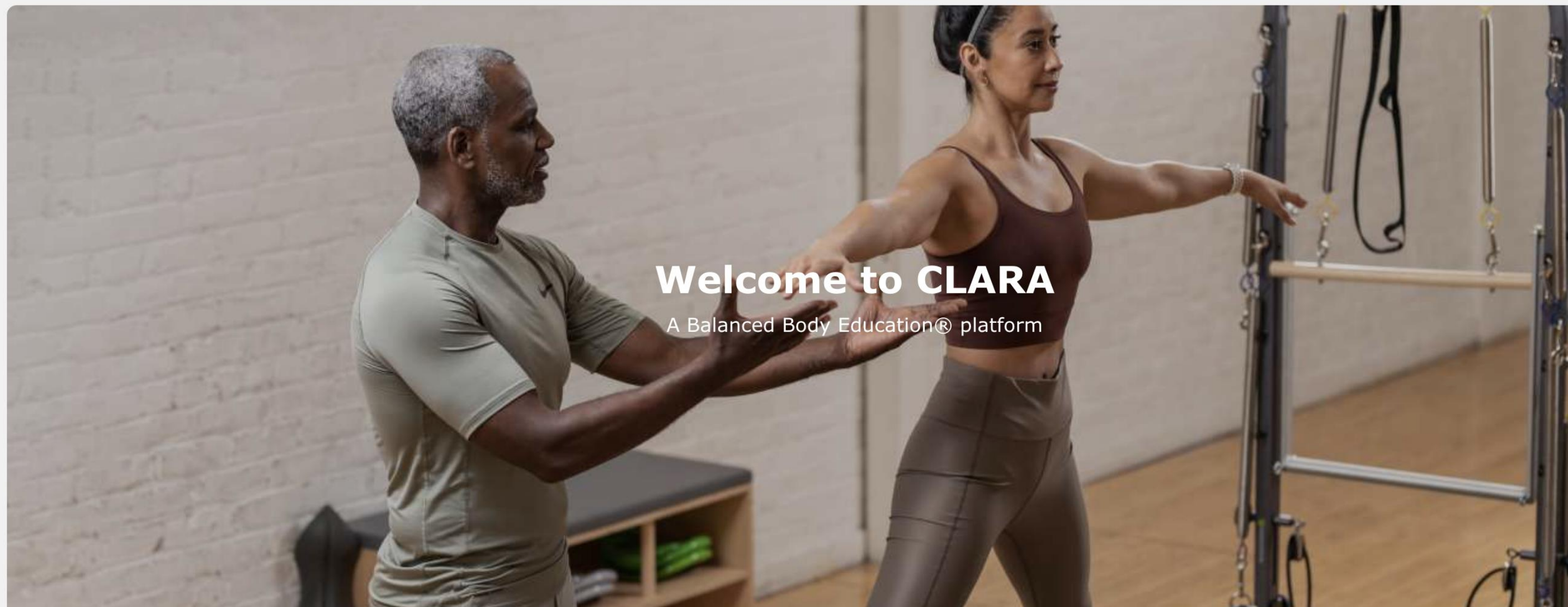


CoreAlign Educators

Courses



Pilates Reformer 1

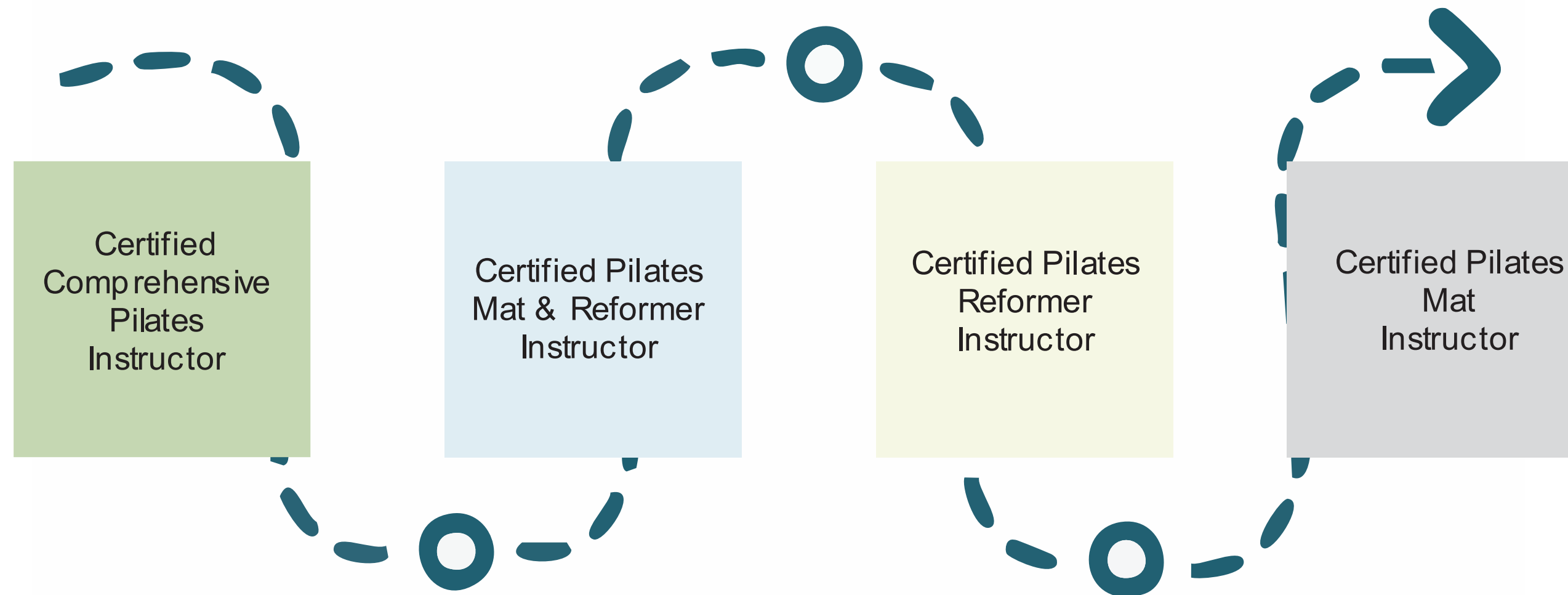


This platform is named after Clara Pilates. Her profound contributions to the lasting legacy of Joseph H. Pilates' method of Contrology is respected and understood as the cornerstone for what has grown into the thriving world-wide exercise medium collectively known as Pilates.

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



# Balanced Body Pilates Instructor Pathways





Clara Pilates  
The quiet strength behind  
the method

# CLARA

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## Your New Student Resource





Groups



AI3D Educators



Educator Training Su...



MOTR Educators



Pilates Educators

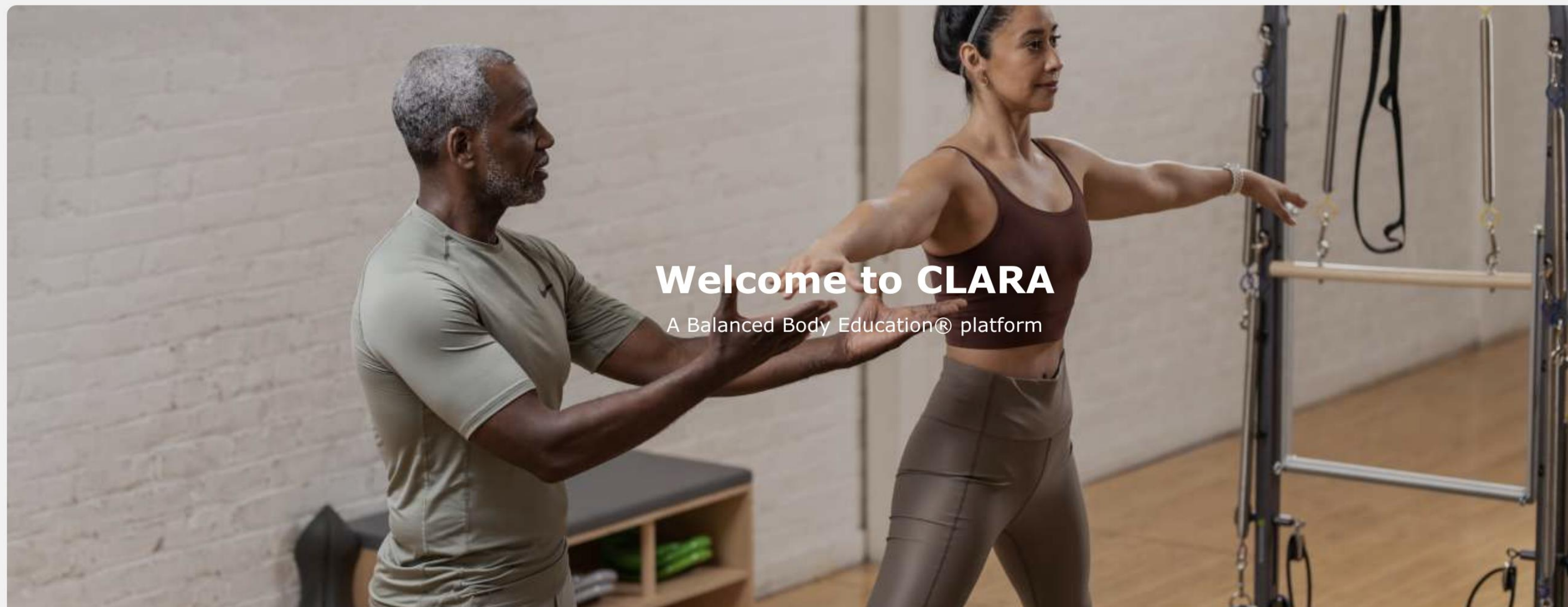


CoreAlign Educators

Courses



Pilates Reformer 1



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# Balanced Body Reformer 2

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## Pre-Pilates Exercises, the Essentials



# Reformer Safety

## Balance

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

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

## Coordination

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

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

## Control

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

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

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

Set it

Check it

Go!





## Progressing to the Advanced Repertoire

Integration of foundational movements into skill progression.

Coordination and Control in multiple planes of motion.

Consistency in Practice for Advancing Strength, Endurance, and Flexibility

Continued Embodiment of the Pilates Essentials



# Balanced Body Reformer 3

## Advanced Exercise Progressions

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Group 1: Reverse Abdominals, Long  
Spine Massage, Jackknife, Long Back  
Slide, Tendon Stretch



# Exercise Group 1



Reverse Abdominals



Long Spine Massage



Long Back Slide



Jackknife



Tendon Stretch



# Reverse Abdominals

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Roll Up	Supine Arms
Femur Folds/Leg Slides	Roll Over	Hundred/Coordination
Abdominal Curl/Oblique Curl	The Hundred	Kneeling Arms Back
	Series of Five	Roll Backs/Short Box Abdominals
		Elephant/Knee Stretch Series/Up Stretch



## Variations

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



# Long Spine Massage

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Rolling Like a Ball	Supine Arms
Femur Folds/Leg Slides	The Hundred/ Series of Five	Hundred/Coordination
Arm Rotations	Roll Over/Jackknife	Bridge/Pelvic Lift
Bridge Progressions	Leg Pull Up	Feet in Straps/Short Spine Massage
Back Plank Progressions		Long Box Backstroke/Breaststroke
		<b>Jackknife/Control Back/Long Back Slide</b>



## Variations

- Leg Circles
- Airplane



# Jackknife

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Rolling Like a Ball	Supine Arms
Femur Folds/Leg Slides	The Hundred/ Series of Five	Hundred/Coordination
Arm Rotations	Roll Over/Jackknife	Bridge/Pelvic Lift
Bridge Progressions	Leg Pull Up	Feet in Straps/Short Spine Massage/Long Spine Massage
Back Plank Progressions		Long Box Breast Stroke
		<b>Control Back/Tendon Stretch/Long Back Slide</b>



# Long Back Stretch (Slide)

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Rolling Like a Ball	Supine Arms
Femur Folds/Leg Slides	The Hundred/ Series of Five	Hundred/Coordination
Arm Rotations	Roll Over/Jackknife	Bridge/Pelvic Lift
Bridge Progressions	Leg Pull Up	Feet in Straps/Short Spine Massage/Long Spine Massage
Back Plank Progressions	Shoulder Bridge	Elephant/Long Stretch/Up Stretch
		<b>Control Back/Tendon Stretch</b>



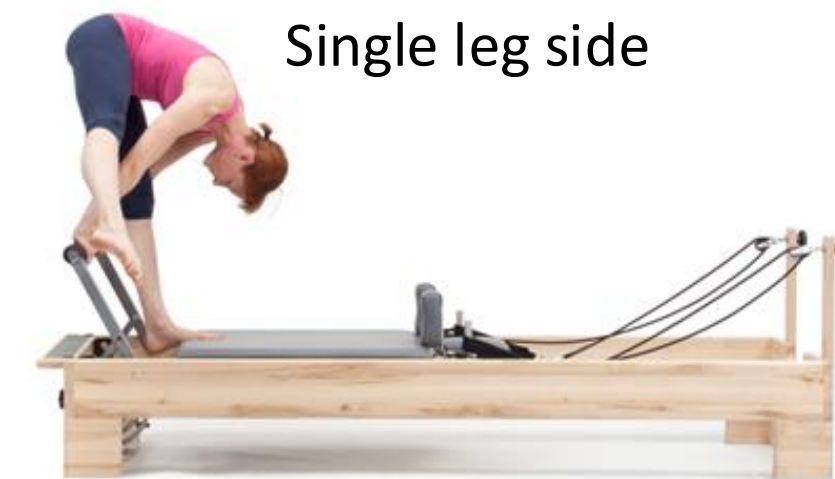
## Variations

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

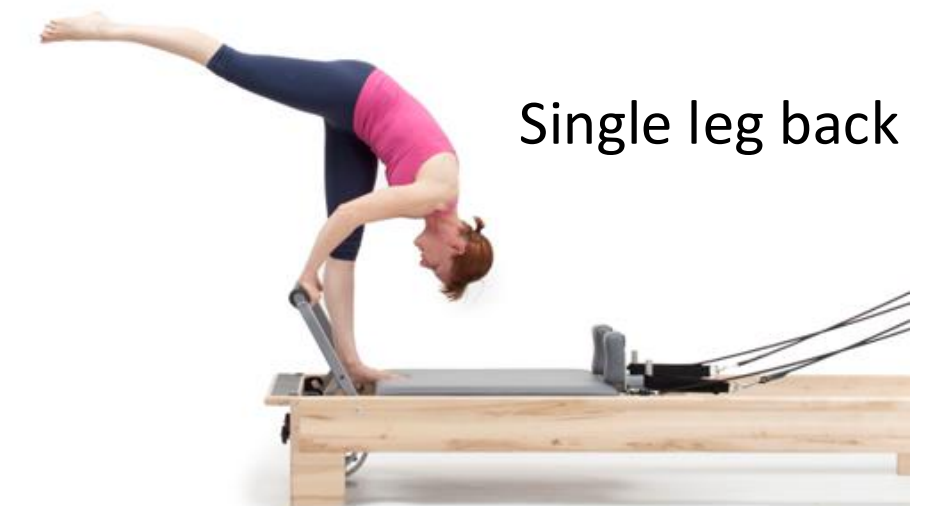


# Tendon Stretch

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Roll Up/ Rolling Like a Ball	Supine Arms/Hundred/Coordinati on
Femur Folds/Leg Slides	The Hundred/ Series of Five	Bridge/Pelvic Lift
Arm Rotations	Roll Over/Jackknife	Rowing Front
Bridge Progressions	Leg Pull Up	Feet in Straps/Short Spine Massage/Long Spine Massage
Back Plank Progressions	Shoulder Bridge	Elephant/Long Stretch/Up Stretch
		<b>Control Back/Long Back Slide</b>



Single leg side



Single leg back



# Balanced Body Reformer 3

## Advanced Exercise Progressions

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Group 2: Long Box: Horseback, Teaser,  
Swan, Grasshopper, Double Leg Kick  
Thigh Stretch



# Exercise Group 2



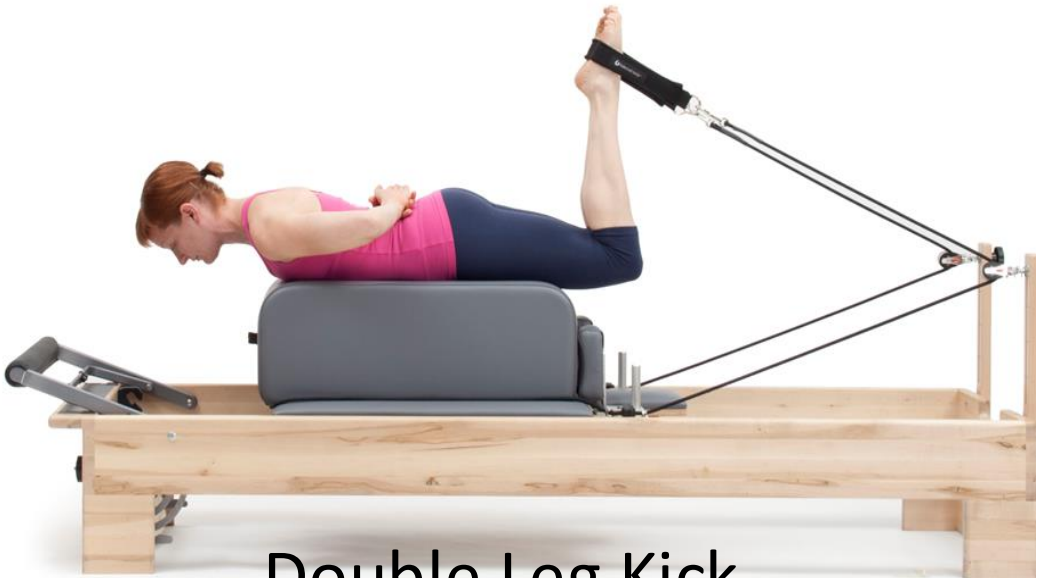
Horseback



Long Box Swan



Grasshopper



Double Leg Kick



Tendon Stretch



Thigh Stretch



# Horseback

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Roll Up/ Rolling Like a Ball	Supine Arms/Hundred/Coordinati on
Femur Folds/Leg Slides	The Hundred/ Series of Five	Roll Back/Short Box Abdominals/Long Box Backstroke/Long BoxTeaser
Arm Rotations	Roll Over/Jackknife	Rowing Front
Bridge Progressions		Feet in Straps/Short Spine Massage/Long Spine Massage
		Elephant/Long Stretch/Up Stretch
		Standing Side Splits



## Variations:

- Arm swings
- Arm circles



# Long Box Teaser

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Roll Up/ Rolling Like a Ball	Supine Arms/Hundred/Coordinati on
Femur Folds/Leg Slides	Spine Stretch Forward	Roll Back/Short Box Abdominals-Climb a Tree
Arm Rotations	The Hundred/ Series of Five	Rowing Front
Abdominal Curl	Roll Over	Feet in Straps/Short Spine Massage/Long Spine Massage
	Open Leg Rocker	Elephant/Long Stretch/Up Stretch
	Boomerang	Stomach Massage/Long Box Backstroke/Horseback



## Variations

- No box
- Bent knees
- Arm Swings
- Leg Lowers
- Torso Lowers
- Teaser 3: torso & leg lowers



# Long Box Swan

Pre-Pilates	Mat	Reformer
Prone Pelvic Clock/Head/Thoracic Wheel	Swan/Swan Dive/Rocking	Overhead Press/Swan
Arm Rotations	Swimming	Pulling Straps
Rockets/Swan Prep/Swimming Prep	Single Leg/Double Leg Kick	Chest Expansion/Thigh Stretch
Bridge	Shoulder Bridge	Down Stretch
		Long Box Breaststroke
		Semicircle



## Variations

- Arms down
- Arms wide
- Arms overhead



# Long Box: Grasshopper

Pre-Pilates	Mat	Reformer
Prone Pelvic Clock/Head/Thoracic Wheel	Swan/Swan Dive/Rocking	Overhead Press/Swan
Arm Rotations	Swimming	Pulling Straps
Rockets/Swan Prep/Swimming Prep	Single Leg/Double Leg Kick	Chest Expansion/Thigh Stretch
Bridge	Shoulder Bridge	Down Stretch/Long Stretch
		Long Box Breaststroke
		Long Box Swan



## Variations

- Push ups



# Long Box: Double Leg Kick

Pre-Pilates	Mat	Reformer
Prone Pelvic Clock/Head/Thoracic Wheel	Swan/Swan Dive	Overhead Press/Swan
Arm Rotations	Swimming	Pulling Straps
Rockets/Swan Prep/Swimming Prep	Single Leg/Double Leg Kick	Chest Expansion/Thigh Stretch
Bridge	Shoulder Bridge	Down Stretch/Long Stretch
		Long Box Breaststroke
		Long Box Swan/Grasshopper



## Variations

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



# Long Box: Rocking

Pre-Pilates	Mat	Reformer
Prone Pelvic Clock/Head/Thoracic Wheel	Swan/Swan Dive/Rocking	Overhead Press/Swan
Arm Rotations	Swimming	Pulling Straps
Rockets/Swan Prep/Swimming Prep	Single Leg/Double Leg Kick	Chest Expansion/Thigh Stretch
Bridge	Shoulder Bridge	Down Stretch/Long Stretch
		Long Box Breaststroke
		Long Box Swan/Grasshopper/ Double Leg Kick



# Thigh Stretch

Pre-Pilates	Mat	Reformer
Prone Pelvic Clock/Head/Thoracic Wheel	Swan/Swan Dive/Rocking	Supine Arms
Arm Rotations	Swimming	Arm Work Facing Back
Rockets/Swan Prep/Swimming Prep	Single Leg/Double Leg Kick	Overhead Press/Swan Pulling Straps
Bridge	Shoulder Bridge	Long Box Breast Stroke
Sacral Imprint	Scissors/Bicycle	<b>Semicircle</b>



## Variations

- Neutral spine
- Arched back



# Balanced Body Reformer 3

## Advanced Exercise Progressions

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Group 3: Control Front Facing Carriage,  
Control Front Facing Ceiling,  
Rowing I and II



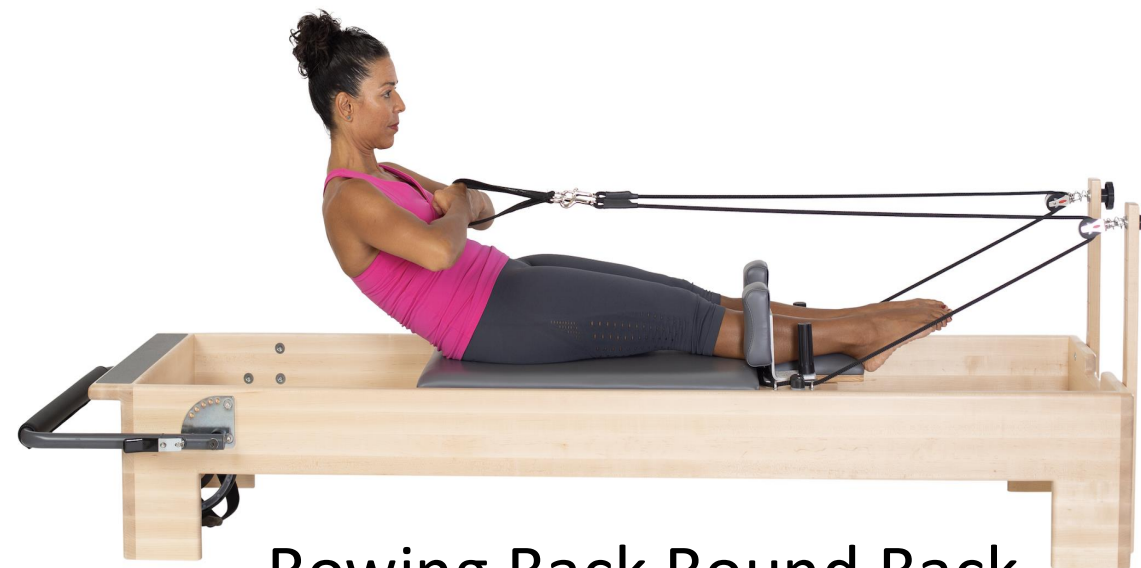
# Exercise Group 3



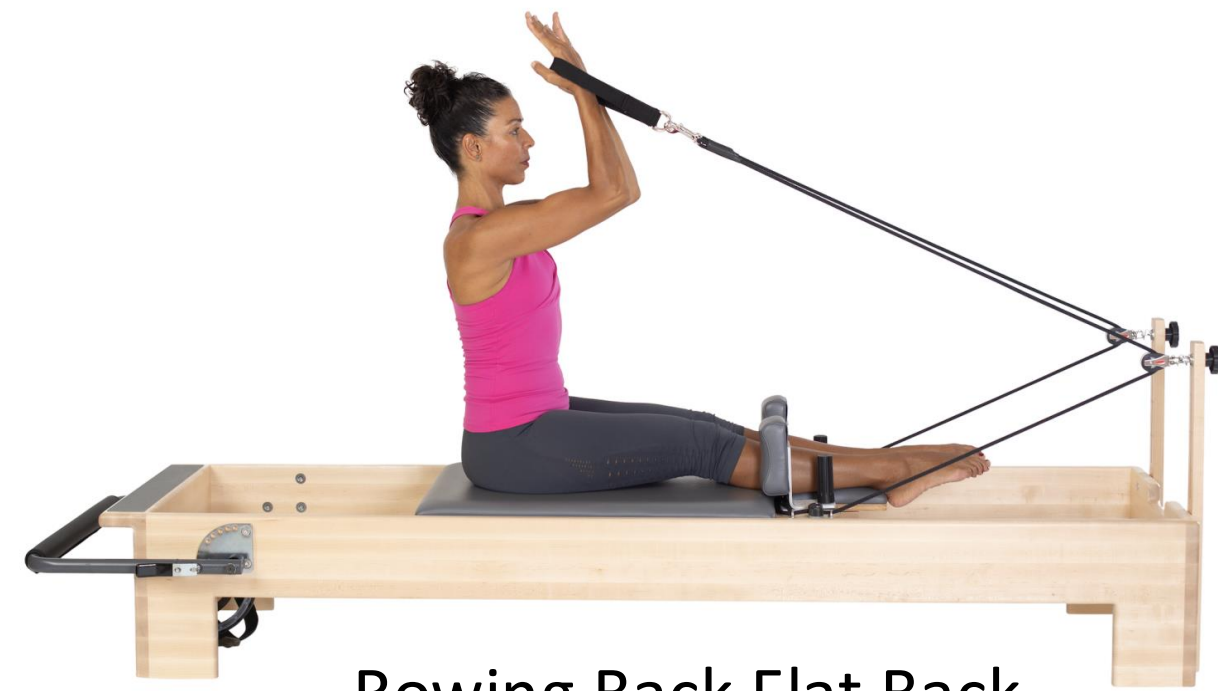
Control Front Facing  
Carriage



Control Back Facing  
Ceiling



Rowing Back Round Back



Rowing Back Flat Back



# Control Front – Facing Carriage

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



## Variations

- No leg lift
- Leg Lift



# Control Back – Facing Ceiling

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Rolling Like a Ball	Supine Arms
Femur Folds/Leg Slides	The Hundred/ Series of Five	Hundred/Coordination
Arm Rotations	Roll Over/Jackknife	Bridge/Pelvic Lift/Semicircle
Bridge Progressions	Leg Pull Up	Feet in Straps/Short Spine Massage/Long Spine Massage
Back Plank Progressions		Long Box Backstroke/Breaststroke
		Jackknife/Long Back Slide



## Variations

- No leg lift
- Leg Lift



# Rowing Back I – Round Back

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel Pelvic Imprint	Roll Up	Supine Arms
Arm Rotations	Roll Over	Hundred/Coordination
Abdominal Curl	The Hundred	Seated Arms Facing Back
Femur Folds/Leg Slides	Series of Five	Roll Backs
Axial Elongation	Spine Stretch Forward	Chest Expansion



# Rowing Back II – Flat Back

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel Sacral Imprint	Roll Up	Supine Arms
Arm Rotations	Roll Over	Hundred/Coordination
Abdominal Curl	The Hundred	Seated Arms Facing Back
Femur Folds/Leg Slides	Series of Five	Roll Backs
Axial Elongation	Spine Stretch Forward	Chest Expansion



# Balanced Body Reformer 3

## Advanced Exercise Progressions

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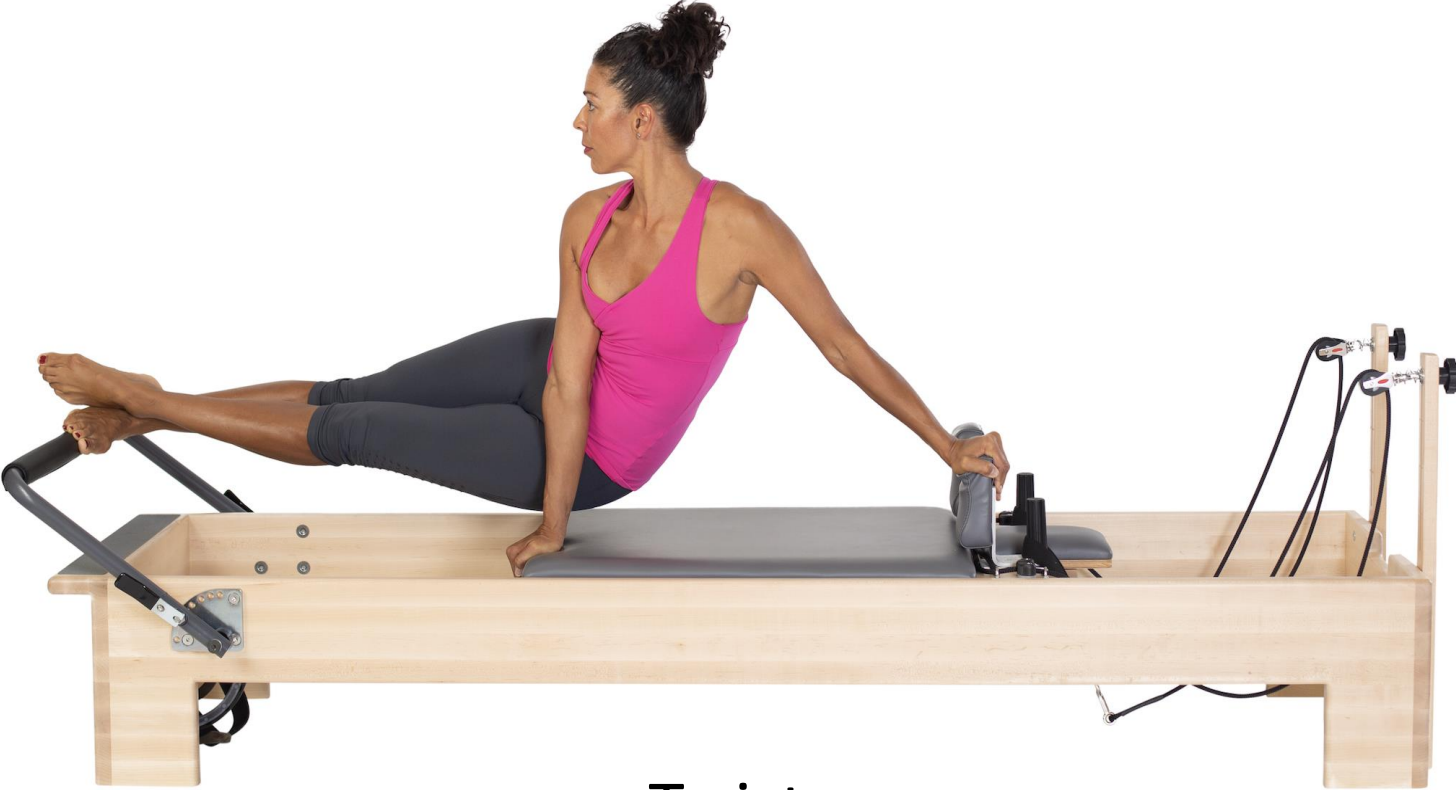
Group 4: Snake, Twist, Side  
Support/Star, Splits



# Exercise Group 4



Snake



Twist



Splits



# Snake

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Swan/Swan Dive/Rocking	Kneeling Abdominals: Front/Back
Finger Tip Abdominals/ All Fours Abdominals	Swimming	Knee Stretch Series
Arm Rotations	Single Leg/Double Leg Kick	Long Stretch/Up Stretch/Elephant/Down Stretch
Rockets/Swan Prep/Swimming Prep	Push Up	Short Box Abdominals: Obliques/Spear a Fish/Mermaid
All Fours Opposite Arm/Leg Reach	Leg Pull Down	Short Spine Massage/ Long Spine Massage
Angles in Snow/Telescope Arms/ Pinwheel		
Plank Prep	Seated Twist	Tendon Stretch/ Control Front



# Twist

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel	Swan/Swan Dive/Rocking	Kneeling Abdominals: Front/Back
Finger Tip Abdominals/ All Fours Abdominals	Swimming	Knee Stretch Series
Arm Rotations	Single Leg/Double Leg Kick	Long Stretch/Up Stretch/Elephant/Down Stretch
Rockets/Swan Prep/Swimming Prep	Push Up	Short Box Abdominals: Obliques/Spear a Fish/Mermaid
All Fours Opposite Arm/Leg Reach	Leg Pull Down	Short Spine Massage/ Long Spine Massage
Angles in Snow/Telescope Arms/ Pinwheel		
Plank Prep	Seated Twist	Tendon Stretch/ Control Front



# Star

Pre-Pilates	Mat	Reformer
Head/Thoracic/ Pelvic Wheel Alignment	Cleopatra	Long Stretch/Up Stretch/Elephant/Down Stretch
Finger Tip Abdominals/ All Fours Abdominals	Mermaid	Short Box Abdominals: Obliques/Spear a Fish/Mermaid
Arm Rotations, Rib Cage Arms	Side Bend Twist	Control Front and Control Back
Angles in Snow/Telescope Arms/ Pinwheel	Seated Twist	Side Support
Side Plank Prep	Kneeling Side Kicks	Star



# Splits

Hands on Foot Bar



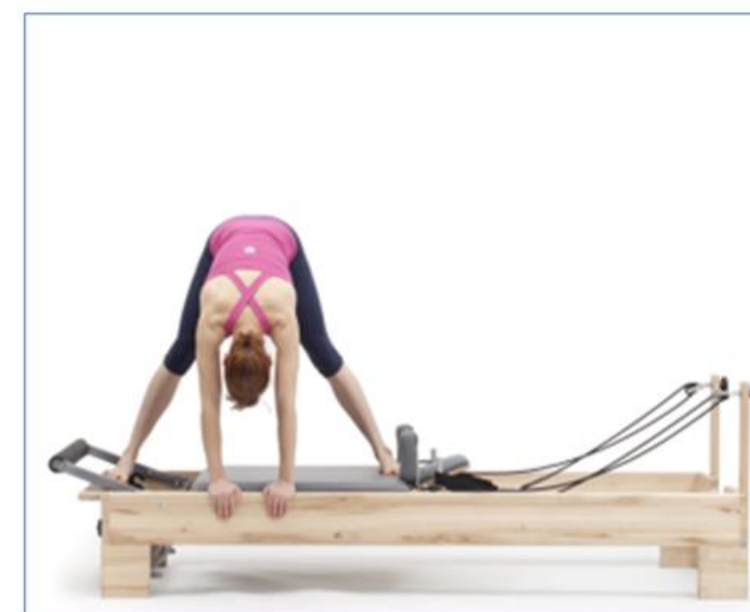
Upright - no hands



Russian - Back



Side Splits



# The Importance of Mobility and Restoration

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## How Pilates can Help



# Mobility and Restoration

## The Value of Rest and Recovery

CLARA

Whole Body  
Module 5

### Physical Restoration

- Rest allows muscles to repair and grow, reducing the risk of injury and overtraining

### Mental Rejuvenation

- Recovery reduces stress, enhances focus, and boosts mental clarity

### Performance Improvement

- Proper rest improves strength, endurance, and overall physical performance

### Injury Prevention

- Recovery time helps avoid burnout, chronic pain, and repetitive stress injuries

### Nervous System Reset

- Rest balances the autonomic nervous system, aiding in better sleep, digestion, and overall well-being



# Mobility and Restoration

## Self Care for Recovery and Restoration

- Rest is key for our body to have the ability to repair itself, eliminate waste, and build strength and resiliency.

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- Awareness through breath work, self-massage, and embodied movement can play an active role in self-care and recovery.

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- Embodiment work through education and movement exploration builds interoception skills, supports well-being, and can enhance performance.

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# Mobility and Restoration

## The Autonomic Nervous System

The Sympathetic Nervous System

Fight or Flight

Responds to Stimuli from our External Environment

Our Sympathetic Nervous System the “Ready to Go and Do Things” System

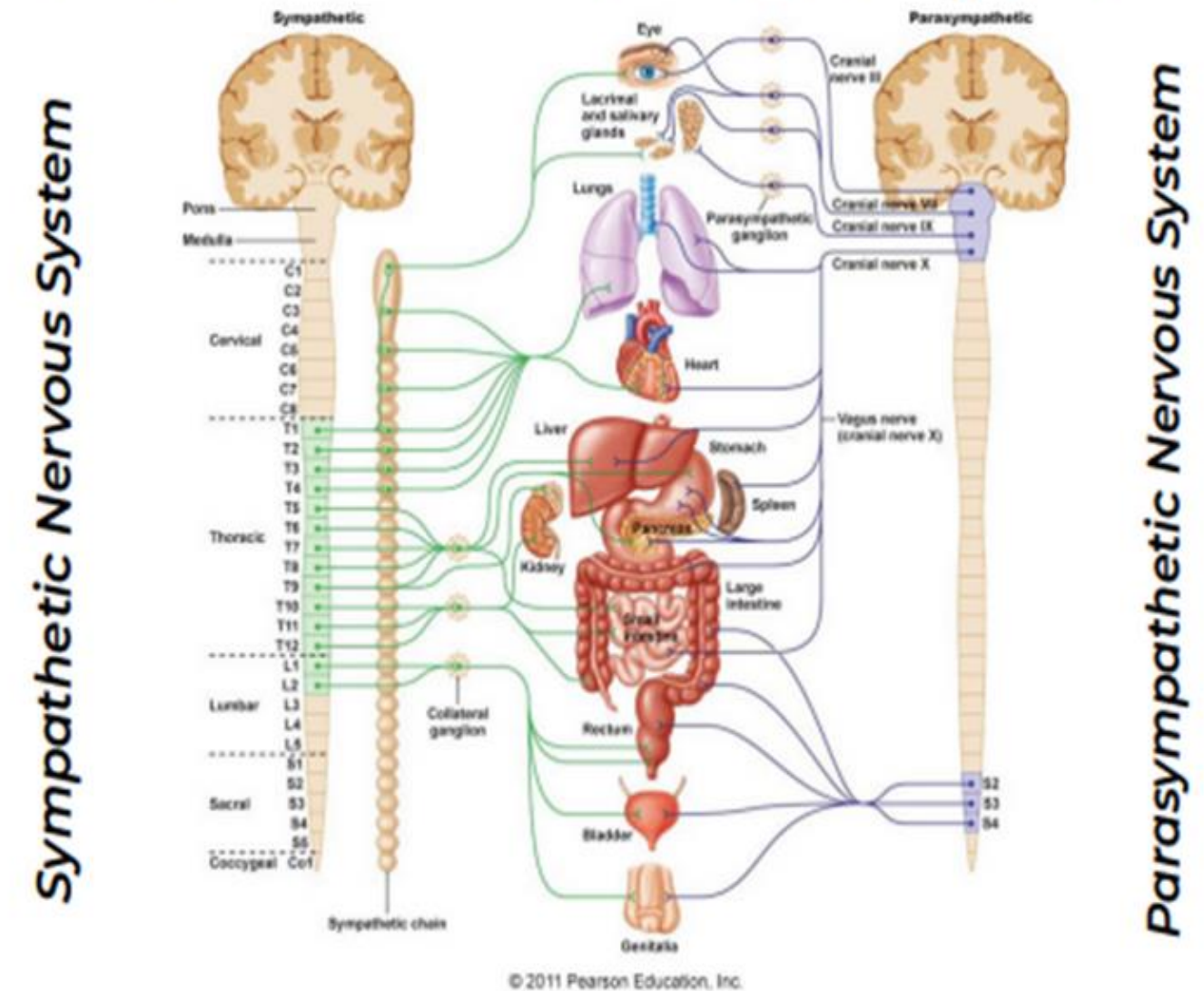
The Parasympathetic Nervous System

Rest and Digest System

Monitors our internal system through interoceptive stimulus

The parasympathetic system regulates the sympathetic system: when stress and trauma are too high sympathetic tone becomes hyperactive

## Autonomic Nervous System



# Mobility and Restoration

## Recovery Tools

### Proprioception

- Where you are in space and how fast you are moving.

### Stretch Reflex

- Protects the joints from extreme ranges of motion.

### Reciprocal Inhibition

- Limitations in range of motion on one side of a joint leads to decreased activation on the opposite side of the joint.



Stretching activates sensors in muscles and tendons that send information about muscle length and tension to the brain and spinal cord.

The nervous system then adjusts muscle tone to either relax or activate the muscles as needed.

The stretch reflex and reciprocal inhibition are key processes that control how muscles work and move. Golgi tendon organs (GTOs), found near where muscles and tendons meet, also play a role in this process.



# Mobility and Restoration

## Recovery Tools & Stretching Concepts

### Mobility

Static Stretching

Dynamic Stretching

Prop/Assisted Stretching

### Recovery

Breath Work

Restorative Movement

Myofascial Release

Static Stretching

Holding and Sustaining a Stretch Position

Contract/Relax

Actively contracting a muscle then relaxing it for a deeper stretch

Dynamic Stretching

Actively Moving through a Full Range of Motion

Active/Isolated

Actively contracting the muscle opposite the one you are intending to stretch



# Mobility and Restoration

## How Pilates Supports Rest and Recovery



### Low-Impact Movement

- Pilates provides gentle, controlled exercises that strengthen without overtaxing the body

### Improved Flexibility and Mobility

- Helps release tension and restore optimal movement patterns

### Core Strengthening

- Protects the spine and enhances postural alignment, reducing strain during recovery periods.

### Mind-Body Connection

- Breathwork and mindful movement calm the nervous system, promoting relaxation and stress relief.

### Adaptability

- Exercises can be modified to suit energy levels, injury status, or recovery needs.

### Focus on Joint Health

- Encourages safe, full-range motion to maintain joint integrity without overloading.

### Supports Active Recovery

- Engages muscles lightly, promoting circulation for faster healing and reduced soreness.



Thank you for attending  
Balanced Body Reformer 3



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