



# Reformer 3

## 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.

| <b>pre-Pilates or Pilates Mat or Reformer Exercise</b> | <b>pre-Pilates or Reformer Exercise</b> | <b>Reformer Exercise</b> | <b>Reformer Exercise</b> | <b>Reformer Exercise</b>  |
|--|---|--------------------------|--------------------------|---------------------------|
|  |   |                          |                          | <b>Reverse Abdominals</b> |
|  |   |                          |                          | <b>Long Spine Massage</b> |
|  |   |                          |                          | <b>Jackknife</b>          |
|  |   |                          |                          | <b>Long Back Stretch</b>  |
|  |   |                          |                          | <b>Tendon Stretch</b>     |
|  |   |                          |                          | <b>Horseback</b>          |
|  |   |                          |                          | <b>Teaser</b>             |
|  |   |                          |                          | <b>Long Box: Swan</b>     |

| pre-Pilates or Pilates Mat or Reformer Exercise | pre-Pilates or Reformer Exercise | Reformer Exercise | Reformer Exercise | Reformer Exercise                  |
|---|----------------------------------|-------------------|-------------------|------------------------------------|
|   |                                  |                   |                   | Long Box:<br>Grasshopper           |
|   |                                  |                   |                   | Long Box:<br>Double Leg Kick       |
|   |                                  |                   |                   | Long Box:<br>Rocking               |
|   |                                  |                   |                   | Thigh Stretch                      |
|   |                                  |                   |                   | Control Front -<br>Facing Carriage |
|   |                                  |                   |                   | Control Back -<br>Facing Ceiling   |
|   |                                  |                   |                   | Splits                             |
|   |                                  |                   |                   | Rowing Back I & II                 |
|   |                                  |                   |                   | Snake                              |
|   |                                  |                   |                   | Twist                              |
|   |                                  |                   |                   | Star/Side Support                  |

