

Platinum Pilates Academy

Teacher Training Weekend Agenda



Module 4

Advanced Reformer, Spine Corrector & Ladder Barrel

July 25–26, 2026

Training Time: 10:00 – 16:00

Break: 13:00 – 13:30

Saturday – July 25

00:00 – 00:30

Classical Mat Order Warm-Up

We will begin the day with the full classical mat sequence to prepare the body and reinforce the traditional order of exercises.

Classical Order:

The Hundred, Roll Up, Roll Over, Single Leg Circle, Rolling Like a Ball, Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss Cross, Spine Stretch Forward, Open Leg Rocker, Corkscrew, Saw, Swan, Single Leg Kick, Double Leg Kick, Thigh Stretch, Neck Pull, High Scissors, High Bicycle, Shoulder Bridge, Spine Twist, Jackknife, Side Leg Kicks, Teaser, Hip Circles, Swimming, Leg Pull, Leg Pull Front, Kneeling Side Kicks, Side Bend, Boomerang, Seal, Crab, Rocking, Control Balance, Push Ups.

The mat sequence helps reconnect with the classical order while warming up the body and nervous system for advanced apparatus work.

00:30 – 03:00

Advanced Reformer Work

During this portion of the training we will explore advanced Reformer exercises across several body orientations:

Supine / Prone / Seated / Quadruped / Standing

Focus areas include:

- advanced mechanics and transitions
- spring selection and equipment setup
- safe entry and exit strategies
- control, rhythm, and flow within advanced exercises
- teaching considerations for advanced clients

You should be prepared to **observe carefully, take notes, and participate when invited to move.**

03:00 – 03:30

Break

03:30 – 06:00

Teaching Lab – Practice Teaching

The afternoon portion of the training day functions as a **Teaching Lab**, where you begin applying the exercises learned in the morning through guided practice teaching.

The purpose of the Teaching Lab is to help you transition from **performing exercises** to **teaching them effectively**. During this time you will practice explaining exercises clearly, observing movement patterns, and offering helpful corrections.

You will work in **groups of three** and rotate through the following roles:

Teacher
Mover (client)
Observer

Each rotation lasts approximately **10–12 minutes**, allowing every student to experience each role multiple times.

At the beginning of the Teaching Lab we will remember:

“Your goal is not to be perfect. Your goal is to practice teaching.”

Role of the Junior Master Trainer

The Teaching Lab is facilitated by the **Junior Master Trainer under the direction and structure of the Senior Master Trainer.**

During this time the Junior Master Trainer will:

- circulate between groups
- observe student teaching
- provide short coaching and corrections
- answer questions
- provide **language clarification in English and German when needed**

Because our academy includes both **English- and German-speaking students**, the Junior Master Trainer will assist with **language support so that all students can fully participate and understand the teaching process.**

The goal of this session is **active learning**, meaning you will spend most of the time **teaching, moving, and observing.**

Teaching Lab Schedule

03:30 – 03:40

Group Setup

You organize into groups of three and prepare your stations.

Teaching Lab Rotation Example

Rotation	Teacher	Mover	Observer
1	Student A	Student B	Student C
2	Student B	Student C	Student A
3	Student C	Student A	Student B

03:40 – 04:15

Round 1 – Exercise Clarity

Focus: **Clear instructions and safe setup**

You should focus on:

- equipment setup
- spring selection
- guiding the starting position
- clearly explaining the movement

Goal: The mover clearly understands **how to set up and get into the exercise safely.**

04:15 – 04:25

Transition

04:25 – 05:00

Round 2 – Movement Observation

Focus: **Watching the body and offering corrections**

Teachers should observe:

- rib cage position
- pelvic stability
- shoulder tension
- spinal alignment

Goal: Develop the ability to **see movement patterns and provide helpful cues.**

05:00 – 05:10

Transition

05:10 – 05:45

Mini Teaching Flow

Focus: **Connecting exercises and teaching with rhythm**

In this final round, each teacher will guide their mover through a **short sequence of 2–3 exercises** on either the Ladder Barrel or Spine Corrector.

The goal is to begin practicing **how exercises connect together**, rather than teaching each movement in isolation.

Teachers should focus on:

- clear transitions between exercises
- confident pacing and voice
- efficient setup for the next movement
- maintaining flow while still observing the mover

Examples on the reformer may include:

- Backstroke
- Teaser
- Breaststroke

The goal of this round is not perfection, but to begin developing the ability to **guide a client through multiple exercises smoothly and confidently**.

You are encouraged to keep cues **simple and clear**, focusing on maintaining the rhythm of the sequence.

The Junior Master Trainer will continue circulating between groups, offering short coaching suggestions and **supporting language clarification when needed** so that all students can participate comfortably.

05:45 – 06:00

Closing Reflection

Sunday – July 26

00:00 – 00:30

Mat Warm Up Integrated with Spine Corrector

Integration of classical mat exercises on the spine corrector to "Discover how the Spine Corrector prepares the body for the Pilates system. Through a progressive warm-up, students will improve spinal mobility, postural organization, and core connection while experiencing how this apparatus enhances movement efficiency before transitioning to Classical Mat and apparatus work."

00:30 – 03:00

Ladder Barrel & Spine Corrector

During this session we will explore the purpose, history, set up and exercises of the **Ladder Barrel and Spine Corrector**.

You will alternate between:

- Ladder Barrel
- Spine Corrector

Focus areas include:

- correct setup and body positioning
- spinal articulation and extension work
- stability and control
- teaching considerations for barrel exercises

You should expect to **rotate between apparatus so everyone experiences both pieces of equipment**.

03:00 – 03:30

Break

03:30 – 06:00

Teaching Lab – Ladder Barrel & Spine Corrector

You will continue the Teaching Lab structure from Saturday, practicing teaching exercises from both the **Ladder Barrel and Spine Corrector**.

Sunday Teaching Lab Rotation

03:30 – 03:40

Group Setup

Round 1 (03:40 – 04:15)

Station	Group
Ladder Barrel 1	Group 1
Ladder Barrel 2	Group 2
Spine Corrector	Group 3
Spine Corrector	Group 4

Transition (04:15 – 04:25)

Round 2 (04:25 – 05:00)

Station	Group
Ladder Barrel 1	Group 3
Ladder Barrel 2	Group 4
Spine Corrector	Group 1
Spine Corrector	Group 2

Transition (05:00 – 05:10)

Round 3 (05:10 – 05:45)

Mini Teaching Flow

Focus: **Connecting exercises and teaching with rhythm**

In this final round, each teacher will guide their mover through a **short sequence of 2–3 exercises** on either the Ladder Barrel or Spine Corrector.

The goal is to begin practicing **how exercises connect together**, rather than teaching each movement in isolation.

Teachers should focus on:

- clear transitions between exercises
- confident pacing and voice
- efficient setup for the next movement
- maintaining flow while still observing the mover

Examples may include:

Spine Corrector

- Dart
- Swan Prep/Swan Dive
- Ballet Stretches

Ladder Barrel

- C Curve
- Bridging
- Corkscrew

The goal of this round is not perfection, but to begin developing the ability to **guide a client through multiple exercises smoothly and confidently**.

You are encouraged to keep cues **simple and clear**, focusing on maintaining the rhythm of the sequence.

The Junior Master Trainer will continue circulating between groups, offering short coaching suggestions and **supporting language clarification when needed** so that all students can participate comfortably.

05:45 – 06:00

Closing Reflection

Students share one takeaway from the weekend before concluding the training.

The Classical Reformer Order

The classical order is not simply a list of exercises, but a progression designed to organize the body and build strength intelligently. Each exercise prepares the body for the next, moving from simpler patterns to more complex full-body integration. Understanding this progression helps instructors teach with greater clarity and respect for the integrity of the Pilates method.

Die klassische Reihenfolge ist nicht einfach eine Liste von Übungen, sondern eine Progression, die darauf ausgelegt ist, den Körper zu organisieren und Kraft auf intelligente Weise aufzubauen. Jede Übung bereitet den Körper auf die nächste vor und bewegt sich von einfacheren Mustern zu komplexerer Ganzkörperintegration. Das Verständnis dieser Progression hilft Instruktoren, mit größerer Klarheit zu unterrichten und die Integrität der Pilates-Methode zu respektieren.

The Logic of the Order

- 1 Warm the body (Footwork)
- 2 Activate the powerhouse (Hundred)
- 3 Mobilize hips & spine (Frog / Circles / Short Spine)
- 4 Connect upper body (Rowing + Long Box)
- 5 Add rotation & lateral work (Short Box)
- 6 Full-body integration (Long Stretch Series)
- 7 Deep core challenge (Stomach Massage / Knee Stretch)
- 8 Standing strength & balance (Splits)

💡 A teaching tip Jay Grimes often emphasizes:

“The order is designed so the body is always prepared for the next exercise.”

The Reformer Workout in Chapters

(Joseph Pilates → Jay Grimes → Lesley Logan lineage)

Chapter 1 – Warm the Body

Prepare the legs and circulation

Footwork Series

Toes
Arches
Heels
Tendon Stretch

Purpose:

- warm the lower body
 - establish alignment
 - connect legs to the powerhouse
 - begin rhythm of the workout
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Chapter 2 – Activate the Powerhouse

Connect the core

The Hundred
Frog
Leg Circles
Short Spine Massage
Coordination

Purpose:

- activate the abdominals
 - connect legs to center
 - introduce spinal articulation
 - warm the hips
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Chapter 3 – Upper Body Connection

Arms, shoulders, and posture

Rowing Series

Rowing 1 – From the Chest (Round back Version)

Rowing 2 – From the Hips “Flat Back”

Rowing 3 – Shaving

Rowing 4 – Hug

Purpose:

- strengthen upper body
 - improve posture
 - integrate arms with the core
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Chapter 4 – Back Body Strength

Posterior chain

Long Box Series

Pulling Straps 1

Pulling Straps 2

T-Straps

Backstroke

Teaser

Purpose:

- strengthen back muscles
 - integrate arms and core
 - prepare body for extension work
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Chapter 5 – Spinal Mobility & Rotation

Full spine movement

Short Box Series

Round Back

Flat Back

Side to Side

Twist

Tree

Purpose:

- spinal articulation
 - lateral flexion
 - rotation
 - hamstring mobility
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Chapter 6 – Full Body Integration

Strength and control

Long Stretch Series

Long Stretch

Down Stretch

Up Stretch

Elephant

Purpose:

- integrate arms, legs, and core
 - develop plank strength
 - challenge coordination
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Chapter 7 – Deep Core Challenge

Abdominal strength

Stomach Massage Series

Round Back
Hands Back
Reach Up
Twist

Purpose:

- deep abdominal control
 - spinal lift
 - hip mobility
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Chapter 8 – Dynamic Core Work

Tendon Stretch

Knee Stretch Series

Round Back
Arched Back
Knees Off

Purpose:

- dynamic powerhouse work
 - speed and control
 - coordination
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Chapter 9 – Cool Down & Leg Work

Running
Pelvic Lift

Purpose:

- lengthen legs
 - decompress spine
 - reset nervous system
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Chapter 10 – Standing Integration

Front Splits
Side Splits

Purpose:

- balance
 - stability
 - integration of the entire body
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Chapter 11 – Advanced Reformer (When Appropriate)

Snake & Twist
Star
Semi Circle
Thigh Stretch
Russian Splits

Purpose:

- advanced control
- deep spinal work
- full body integration