



TEACHER TRAINING WEEKEND AGENDA

Module 4 | Advanced Reformer, Spine Corrector & Ladder Barrel

Duration: 6 hours per day | **Lunch:** 3:00–3:30 | Times shown as elapsed time from the start of each day.

DAY 1 | ADVANCED REFORMER

0:00–0:30 | Classical Mat Order Warm-Up

Reconnect with the classical Mat sequence, spinal organization and the Pilates system before advanced apparatus work.

Mat order (38 exercises): 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.

0:30–0:40 | Transition

Move to the Reformers, organize stations and prepare for advanced work.

0:40–3:00 | Advanced Reformer Work & System Integration

Opening discussion: Why advanced exercises matter; greater coordination, spinal organization, control and transitions; how the classical Reformer order develops progressively. The discussion is integrated into the practical work rather than scheduled as a separate block.

Movement exploration: Supine, prone, seated, quadruped and standing work. Focus on spring decisions, movement quality, safe entries and exits, rhythm, pacing and advanced-client readiness.

Classical Reformer order: The complete exercise sequence is provided on page 2.

3:00–3:30 | Lunch Break

3:30–6:00 | Teaching Lab – Advanced Reformer

Move from performing to teaching. In groups of three, rotate through Teacher, Mover (client) and Observer. Each student practices clear setup, observation, cueing and linking exercises.

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

Teaching support: The Senior Master Trainer directs the educational goals, demonstrations and feedback. The Junior Master Trainer circulates between groups, coaches in real time, helps refine cues and provides English/German clarification.

3:30–3:40 Group setup | **3:40–4:15** Round 1 – Exercise Clarity

4:15–4:25 Transition | **4:25–5:00** Round 2 – Movement Observation

5:00–5:10 Transition | **5:10–5:45** Round 3 – Mini Teaching Flow (2–3 connected exercises)

5:45–6:00 Closing reflection

CLASSICAL REFORMER ORDER

Opening & Rowing

Footwork; Hundred; Overhead; Coordination; Rowing 1 through 6 (Into the Sternum, 90 Degrees, From the Chest, From the Hips, Shave, Hug).

First Long Box

Swan; Pull Straps; T Pull; Backstroke; Teaser; Breaststroke; Hamstring Curls; Horseback.

Long Stretch & Stomach Massage

Long Stretch; Down Stretch; Up Stretch; Elephant; Single Leg Elephant; Long Back Stretch; Stomach Massage Series; Tendon Stretch; Single Leg Tendon Stretch.

Short Box & Inversions

Short Box Series (Round, Tall, Side to Side, Twist and Reach); Tree; Side Sit Ups; Short Spine; Headstands (Facing Down, Facing Up); Semi Circle.

Advanced Integration

Chest Expansion; Thigh Stretch; Backbends; Arm Circles; Snake and Twist; Headstands with Straps; Corkscrew; Tic Toc; Control Balance Off.

Second Long Box & Finish

Grasshopper; Swimming; Rocking; Long Spine Massage; Frogs and Circles; High Bridge; Mermaid; Knee Stretches (Round, Flat, Knees Off); Running; Pelvic Lift.

Final Advanced Work

Control Balance Push Ups (Front, Back); Star; Side Splits; Front Splits; Russian Splits; Russian Squat.

DAY 2 | LADDER BARREL & SPINE CORRECTOR

0:00–0:30 | Classical Mat or Spine Corrector Flow

Choose the warm-up that best prepares the group for the barrel work ahead.

0:30–1:00 | History, Purpose & System Integration

Spine Corrector: Curved support for spinal articulation, extension, chest and hip opening, postural awareness and control.

Ladder Barrel: A supported surface and ladder for controlled spinal movement, flexibility, strength and full-body integration.

Teaching discussion: When is a client ready? How do we distinguish controlled range from collapse, and when should an exercise be modified or deferred?

1:00–3:00 | Ladder Barrel & Spine Corrector Work

Rotate between apparatus. Explore positioning, spinal articulation and extension, stable versus mobile segments, breath, balance, exercise progressions and safety. Observe how each apparatus provides different feedback and support.

3:00–3:30 | Lunch Break

3:30–6:00 | Teaching Lab – Barrel Integration

Use the same Teacher / Mover / Observer rotation as Day 1, applying the three-round structure to the Ladder Barrel and Spine Corrector. The Senior Master Trainer guides the objectives; the Junior Master Trainer provides individual coaching and English/German support.

3:30–3:40 Group setup | **3:40–4:15** Round 1 – Exercise Clarity: safe placement, support and instructions.

4:15–4:25 Transition | **4:25–5:00** Round 2 – Movement Observation: spinal organization, compensation and control.

5:00–5:10 Transition | **5:10–5:45** Round 3 – Mini Teaching Flow: connect 2–3 exercises smoothly.

5:45–6:00 Closing reflection and takeaways.

Mini-flow ideas: Spine Corrector – Dart, Swan Prep / Swan Dive, Ballet Stretches. Ladder Barrel – C Curve, Bridging, Corkscrew. Select appropriate variations for the mover.

Advanced Pilates is not about performing impressive exercises. It is about maintaining organization, precision and control as the challenge increases.