



Pilates

Reformer Manual



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Introduction

Pilates exercise has been practiced since the early 1900's. The inventor, Joseph Humbertus Pilates, taught his method to a relatively small group of people in his New York studio, located within the dance community. This original group of people has come to be known as Pilates' disciples, or the first generation of Pilates teachers: Romana Kyranowska, Kathy Grant, Ron Fletcher, Eve Gentry, Carola Trier, Mary Bowen, and Bruce King. Fortunately, Pilates' work has been passed on through the dedication of this first generation of Pilates teachers. Some of which have continued practicing, teaching students and/or developing other teachers.

Originally a dancers' workout, it has gained significant popularity over the last decade, as can be witnessed by hundreds of books, videos, DVD's, and training programs being offered in mainstream society. It is being offered at large and small health clubs, community centers, park and recreational facilities, chiropractor offices, physical therapy clinics, and within sports training programs.

The recent surge of interest in Pilates has placed a great demand on the fitness professional, as well as their certifying body. As fitness professionals, we want to deliver what is best for our participants. Pilates has helped a lot of people gain strength, flexibility, and mobility without pain. We've seen, heard or personally experienced dramatic results from following a well structured Pilates program. But, we have also seen, heard or personally experienced not so desirable results from doing too much too soon. The goal of this program is to develop Pilates instructors who focus on safety and realistic expectations when designing their classes.

NETA's formal Pilates training program is designed to educate fitness professionals on the specifics of Pilates exercise techniques. The focus of this course is on the education of the Pilates principles and basic reformer exercises. Because of the spinal emphasis placed on most exercises, it is beneficial for Pilates' instructor trainees to already have a basic knowledge of anatomy and kinesiology. While some basic information is provided in the Pilates Reformer Manual, students may find it necessary to obtain further education on the human body in order to fully understand its methodology.

Additionally, a well trained instructor has also practiced effective teaching techniques. This clinic teaches how to communicate all of the course material in ways that can be readily understood and utilized by the participant. Clinic attendees will walk away from the training with an understanding of what it takes to teach Pilates and a game plan of how to do it.

The first section provides insight to Joseph Pilates, the man behind the method. His background and upbringing is of significance in his development as a pioneer of health. His passion is what made him excel at what he did. The many benefits of doing Pilates are discussed in this section as well as further descriptions of what Pilates exercises are.

Section two explains the Pilates principles. They are defined with the **A, B, C' S: Alignment, Breath, Concentration on Core Strength, Control, and Stability**. There are varying "principles" attested to by many different individuals, authors, and certifying bodies. Upon close inspection