

# 3-Day inLIFE Reformer Course Agenda

**Location:** TBD

**Start time:** 11am

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## Day 1

### Introduction

1. **Welcome & Icebreaker**
  - Hand out Reformer Manual, Workbook, and Logbook.
2. **Course Overview**
  - Online modules, videos, Logbook, Prac Hours, Observations.
  - Assessment details: 15-minute sets, 45-minute written class plan, online quizzes.
  - Follow-up workshops at 3 and 6 months.
3. **inLIFE Wellness & Core Values**
4. **Reformer Machine Basics**
  - Safety considerations, spring/pulley system, getting on/off safely.

### Anatomy

5. Common Anatomical Terms.
6. Planes of Movement.
7. Posture Types & Alignment.
  - Hands-on corrections, neutral vs. imprinted spine.
  - Practical exercises in pairs for starting positions.

### Pilates

8. History of Reformer Pilates & Current Trends.
9. Contemporary Group Reformer Classes.
10. Pilates Principles (Traditional & Contemporary).
11. Breathing & Core Activation.
  - Practical: Finding core activation, cueing in pairs.
12. Spine Mobility & Segmental Control.
13. Benefits of Pilates.

### Anatomy Part 2

14. Muscle Contractions (Concentric, Eccentric, Isometric).

15. Major Muscle Groups:

- Upper body (Chest, Back, Arms, Shoulders).
- Abs, Legs (Quads, Glutes, Hamstrings, Hip Flexors, Calves).

16. Functional Movements: Push, Pull, Squat, Lunge, Hinge, Rotation, Gait.

17. Foundation Reformer Exercises.

18. Adjusting Spring Load for Muscle Targeting.

- Practical: Knee Stretch, Lunges, Standing Side Splits.

19. Reformer Foundation Exercises:

- Squats, Supine Leg Press, Hip Rolls, Glute Bridge, Lunges, Scooter, Plank, Side Splits, Seated Arm Exercises, Rows, Back Extensions.
- *Homework:* Review Reformer Syllabus Manual.

20. **5-Minute Sets & Fusion Classes**

- Practical: Create a 5-minute set in pairs for major muscle groups.

**Finish:** 4pm

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## Day 2

1. **Studio Setup & Class Preparation**

- Reading the room, anticipating needs, demonstrating technique.

2. **Teaching Strategies**

- Types of learners, effective cueing, eliminating conversational cues.

3. **Cueing Formula & Layering**

- Foundation, intermediate, challenge options.

4. **Flow & Transitions**

- Quarter turns, seamless transitions, baby development style.
- Practical: Create a flowing set in pairs.

5. **Class Planning**

- Light and Shade, performance energy, 5-phase class plan.
- Options for beginners to advanced, pregnancy modifications.

6. **Injuries & Modifications**

- Common injuries, referral pathways, pregnancy/postpartum adjustments.

7. **Props Integration**

- Balls, bands, circles—enhancing exercises with props.
- Practical: Brainstorm prop uses in pairs.

8. **Spine Mobility & Stretching**

- Dynamic vs. static stretching, foam roller benefits.

9. **Recap: Traits of a Great Instructor**

- Homework: Plan 15-minute assessment set.

**Finish:** 4pm

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## Day 3

1. **Welcome & Group Discussion**
  - Review learnings, Q&A.
2. **Jumpboard Practical**
  - Syllabus and safety.
3. **Class Programming Inspiration**
  - Themes, online resources, social media, attending classes.
4. **Writing a Class Plan**
  - Basic structure: Exercise name, focus, spring load.
5. **Design Your Class Plan**
  - Full-body workout with peaks/recoveries, beginner to advanced options.
  - Include pregnancy modifications.
6. **Assessment Preparation**
  - Practice time.

**Finish:** 4pm