

Student Name: _____

Starting Date: _____

“Getting Started” Checklist

Group Reformer Classes

The “**Getting Started**” Checklist covers basic exercise requirements and apparatus safety guidelines that student must understand and be able to do prior to entering the **Pilates 101** and **Renew 101** Group Reformer classes.

When the Student demonstrates that they can successfully fulfill the steps listed below, the instructor will initial the “I” and the student will initial the “S” column on the left.

Once the entire checklist has been completed the student will be ready to go into any Pilates 101 or Renew 101 Group Reformer class.

S	I	
		1. Able to maintain pelvic-lumbar stability <ul style="list-style-type: none">• Student must be able to bring legs to tabletop without back arching• Student must be able to stabilize trunk while moving arms and legs
		2. Able to curl head and shoulders up <ul style="list-style-type: none">• Student must be able to perform the ab curl for 5 breath cycles (100s) without neck pain, in a supported ab curl and with arms by the sides.
		3. Able to bear weight on wrists <ul style="list-style-type: none">• Student must be able to be on all fours without wrist pain
		4. Able to bear weight on knees <ul style="list-style-type: none">• Student must be able to kneel without knee pain• <i>Student must be able to follow modifications if experience knee pain</i>
		5. Able to utilize body strength effectively and safely around apparatus. <ul style="list-style-type: none">• Student must be able to lift Reformer long box properly and place it on the reformer.
		6. Able to stand on the apparatus <ul style="list-style-type: none">• Student must be able to maintain balance and control while standing on moveable surfaces (like elephant and standing side splits on the reformer)
		7. Able to maintain mental focus in class <ul style="list-style-type: none">• Student must be able to follow instructor’s directions and stay mentally alert and focused while performing the exercises

Client Signature

Date Completed

Instructor Signature

Date Completed

