

Student Name: _____

Date: _____

“Next Steps” Pilates Classics/Sculpt 55

Checklist

The “Next Steps” Checklist covers important guidelines that you must be able to do prior to entering the all levels group Reformer classes. It also covers apparatus safety guidelines that you must understand and follow prior to entering Pilates classics or Sculpt 55 group Reformer classes.

When you demonstrate that you can successfully fulfill each of the listed accomplishments, your instructor will initial the “I” and you initial “C” column on the left. Once the entire checklist has been completed, you will be ready for **Pilates Classics and Sculpt 55!**

C	I	
		1. Able to maintain pelvic-lumbar stability <ul style="list-style-type: none">Client must be able to move at a faster pace while stabilizing the trunk and moving arms and legs as in Straight leg lower lift, Leg Circles, CoordinationRolling like a ball
		2. Able to curl head and shoulders up <ul style="list-style-type: none">Client must be able to perform the ab curl for 10 breath cycles (100s) without neck pain, in a supported ab curl and with arms by the sides.
		3. Able to sequentially roll up and down <ul style="list-style-type: none">Client must be able to roll up as in Roll up, Teaser preps, Short Spine massage
		4. Able to bear weight on wrists while maintaining proper shoulder alignment <ul style="list-style-type: none">Client must be able to maintain the plank position while moving the cart as in Long stretch, Up Stretch, Down Stretch, Elephant
		5. Able to balance with weight on knees <ul style="list-style-type: none">Client must be able to kneel without knee painBalance in an upright kneeling position while moving the cart as in Chest expansion and kneeling arms facing front
		6. Able to modify the apparatus efficiently for exercise set ups. <ul style="list-style-type: none">Client must be able to lift Reformer box properly and place it on the reformer.Make all foot bar changes, hand and foot strap length changes
		7. Able to stand on the apparatus <ul style="list-style-type: none">Client must be able to maintain balance and control while standing on the reformer as in Side splits and front splits

Client Signature Date Completed

Instructor Signature Date Completed

