



TRAINING PILATES REFORMER



Dynamic | Cardio + Jumpboard

(Express Training)

Express Training – 14 hours

Training Overview

The goal: to develop your skills and enrich your sessions, while preserving the fundamentals of the traditional Reformer.

A natural evolution of Pilates Reformer that allows you to retain the basis of classical work, introduce small equipment (Jumpboard, hoop, wooden stick, etc.) and bring a new energy to your sessions by incorporating more rhythm, coordination and intensity.

Who is it for?

- Pilates instructors
- Sports coaches and fitness coaches
- Yoga teachers
- Dancers & movement professionals
- Pilates coaches wishing to deepen their expertise
- Individuals & discerning enthusiasts

Certification

Certification is obtained through **interactive MCQs** at the end of the training.

Format

Training **100% e-learning** – 14h

Access to the digital link for life, 24/7

Programme

Throughout this training, participants will learn:

Jumpboard (Trampoline)

Learning about and integrating the Jumpboard to energise sequences and stimulate cardiovascular work during your classes.

Small Equipment

Using small equipment (ring, wooden stick, etc.) to enhance stability, mobility and creativity in your classes.

Class Plans

Creating varied class plans while respecting the logic of the Reformer and its body language.

Adaptation to Different Audiences

Adapting your classes to different audiences, from those seeking toning to more athletic profiles.

Training Benefits

By the end of the training, the instructor will be able to:



Structure and programme a complete Reformer Dynamic class

Create coherent and effective sessions by integrating the Jumpboard and small equipment while respecting the fundamentals of the traditional Reformer.

Adapt and energise classes for different audiences

Adjust intensity, pace and exercises to meet the needs of varied participants: toning, muscular conditioning or a more athletic approach.

Teach with precision and safety on the Reformer

Master machine settings, teaching cues and postural adjustments in order to guide students with effectiveness and confidence.

- ☐ An express, practical and inspiring training to go further in mastering the Reformer, without losing its essence.

Training Kit — What's Included

The **FORMATION PILATES REFORMER Dynamic | Cardio + Jumpboard** training

includes:



Lifetime Digital Access

24/7 lifetime access to all the training content.



Access to the FB Group

Join the private community of coaches on Facebook.



Expert Certification Included

Obtain your expert certification included in the training.

21 Teaching Videos

Detailed videos to master every aspect of Reformer Dynamic.

3 Masterclass Videos

In-depth masterclasses (Conditioning and Jumpboard) for a complete practice.

87 Exercise Videos + 1 Manual

A complete library of exercises and a reference manual included.

Description of the Training Areas

Revision areas

1

History and Principles of the Pilates Method

Objectives : Discover the history of the Pilates method and understand the fundamental principles developed by Joseph Pilates: concentration, breathing, centring and control of movement.

2

Anatomy, Posture and Pilates

Objectives : Learn the anatomical basics related to the core and understand the principles of postural awareness in order to improve alignment, control and precision of movement.

3

Breathing and Control of Movement

Objectives : Understand and practise Pilates breathing so that you can teach it clearly and effectively while improving the quality of exercise execution.

4

Mastery of the Reformer: Adjustments, Safety and Posture

Objectives : Learn how to use the Reformer machine correctly, master the essential adjustments, ensure safe practice and apply postural corrections for optimal alignment.

5

Pilates Expertise

Objectives : Learn the 6 Principles of Postural Awareness to apply to all Pilates exercises in order to increase the level of mastery, concentration and execution technique.

Description of Training Areas

Learning Areas

1

Programming a Reformer Dynamic Class

Objectives: Understand the structure of a Reformer Dynamic class, practise the masterclasses (Conditioning and Jumpboard), and learn the exercise chart as well as the organisation of a session.

2

Technique and Demonstration

Objectives: Practise the demonstration exercises required for certification and learn how to present the movements with precision, safety and teaching skill.

3

Coaching and Teaching

Objectives: Learn how to coach a Reformer Dynamic class, adapt the exercises according to participants' level, correct postures and structure a muscle-strengthening routine.

Complete Training Pathway

STEP 1 – Fundamentals & Safety

Review the basics of the Pilates method

Learn expert machine handling and the essential safety settings for a calm and secure practice.

STEP 3 – Programming & Cardio

Experience the "Dynamic" approach through the Conditioning and Jumpboard masterclasses.

Learn to structure rhythmical sessions by incorporating the trampoline and small equipment.

STEP 2 – Posture & Breathing

Master the 6 principles of postural awareness applied to the Reformer.

Learn to ensure ideal alignment and breathing to optimise technique and sensations.

STEP 4 – Coaching & Certification

Develop your teaching skills with two levels of coaching to adapt intensity to every audience.

Validate your pathway with interactive MCQs to obtain your expertise certification.

A minimum of **70% correct answers** is required to validate each zone.

Customer Support and Assistance

Sales Service

Lisa, our sales advisor, is here to support you in preparing your project.

Telephone: 06 73 42 20 10



Help Choosing

We guide you towards the Reformer best suited to your practice and specific needs.



Comprehensive Support

We support you from preparing the quotation through to receiving and installing your machine.



Studio Layout

We help you optimise the layout of your space for the ideal installation of your equipment.

Customer Service

We are committed to providing you with a response within a maximum of **24 working hours**.

Telephone: 07 68 90 61 69

contact@aura-pilates-france.fr

Customer service hours:

- Monday to Friday:
9:00 am – 6:00 pm
- Closed on Saturday and Sunday



Aura Pilate France



Formation Pilates Reformer France

Coaching individuel inclus pour valider vos techniques et connaissances

Customer Support and Assistance

Axel, our sales adviser, is here to support you in preparing your project. We are committed to providing you with a response within a maximum of **24 working hours**.



Help Choosing

We guide you towards the Reformer best suited to your practice and your specific needs.



Full Support

We support you from preparing the quotation right through to the delivery and installation of your machine.



Studio Layout

We help you optimise the layout of your space for the ideal installation of your equipment.

Telephone: [+44 \(0\) 7 520 693 489](tel:+44(0)7520693489)

hello@aura-pilates-uk.com

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 Aura Pilate UK



Pilates Reformer Training

Includes individual coaching to validate your techniques and knowledge