




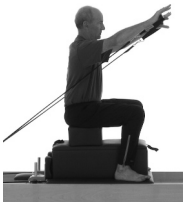



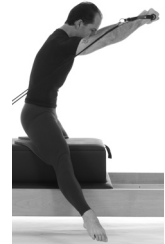


Contents

Introduction		08
Purpose		10
Acknowledgements		11
Pilates		13
Joseph and Clara Pilates		14
The Apparatus of Joseph Pilates		16
The Master Teachers		17
Movement Perspectives™		21
Pilates' Concepts		22
Pilates' Principles		
The Goals of Pilates		24
The 16 Basic Pilates' Movements		25
The Movement Perspectives™ Images		28
Peak Performance Pilates' Program Design		35
Program design		36
The process of learning		40
Gender differences		43
Anatomy of the Reformer		47
Reformer Accessories		50
Teaching The Universal Reformer Repertoire Level I - III		51
The Footwork		54
Transition		66
The Overhead Pulls		68
The Arm Circles		70
Dips		72
Triceps press and curl up		74
The Hundred		76
The Frog		82
The Short Spine Stretch		84
The Coordination		92
The Transition to the Rowings		94
The Reverse Roll Down		96
The Reverse Teaser		98
The Reverse Rolling like a ball		100
The Cross Straps		102
The Modified Rowing Back 2 (Biceps)		104
The Modified Rowing Front 1		106
The Modified Hug a Tree		108
Scooter and Scooter Stretch		110
Split Stretch		112
Pulling Straps, "T"		114
The Swimming		116

The Long Stretch		118
The Down Stretch		120
The Up Stretch		122
The Elephant		124
Arabesque		126
Stomach Massage 1 - 4		128
Short Box		136
Leg Circles		142
Modified Chest Expansion		144
Knee Stretches		146
The Running		148
The Bottom Lift		150
Jump board Jumping		152
Kneeling - Reverse, Knee Pulls		154
		
Teaching The Universal Reformer Repertoire Levels IV - VI		157
The Overhead		158
Rowing Back 1, 2		160
Rowing Front 1, 2, The Salute		164
The Swan		170
The Back Stroke		172
The Teasers		174
The Breaststroke		180
The Horsebacks		182
The Star from Arabesque		186
The Long Back Stretch		188
The Tendon Stretch		190
The Semi-Circle		192
The Thigh Stretch		194
The Twist, The Snake		196
Side Kneeling Series		198
The Corkscrew		200
The Jackknife		202
The Balance Control		204
The Grasshopper		206
The Short Box Series, Climb a tree, Side Series		208
Mermaid		216
The Long Spine Stretch		218
The Split Series - The Side Splits, The Front Splits, The Roman Splits		220
The Star (Classic)		226
The Control Front		228
The Control Back		230
The Standing Series		232
The Rocking		236
		
		
		
Levels and Sequencing		237
The Cast		250
About the Author		253
Order Form		255
