



# Reformer Workshops with Shan

## Symmetry in Motion: Unilateral Reformer Exercises for Improved Strength and Balance

- **Explore the Theory of Unilateral Training:** Delve into the theories and principles behind unilateral training in Pilates, including Bilateral Deficit and Cross Educational Theory. Gain a comprehensive understanding of how unilateral exercises can enhance muscle balance, correct imbalances, and improve overall body stability and coordination.
- **Amplify Core Engagement and Stability:** Learn effective techniques to activate and strengthen core muscles by integrating unilateral exercises on the Reformer. Discover how these movements challenge stability and proprioception, helping your clients achieve a more balanced, resilient body. Explore which planes of movement are most advantageous for unilateral training.
- **Injury Prevention and Rehabilitation:** Discover the significant role of unilateral training in preventing injuries and facilitating rehabilitation. Acquire valuable skills to support your clients on their recovery journey, helping them regain strength and function safely.
- **Creative Solutions for Imbalances:** Gain unique insights and practical solutions to address muscle imbalances in your clients. Develop strategies to heighten awareness of imbalances and implement targeted exercises that promote a balanced body.



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## The Art of Progression: Advancing from Intermediate to Advanced Reformer

Unlock the secrets of seamless transitions from intermediate to advanced Pilates Reformer work! This hands-on workshop explores how to apply principles of exercise progression and regression to safely and effectively challenge your clients.

Learn how to adapt and elevate your teaching using the six key variables that influence progression intensity, range of motion, elevation, tempo, stability, and body position. Discover creative ways to modify and advance classic Reformer exercises while preserving the integrity of the Pilates method.

Through guided demonstrations, mat warm-ups, and Reformer sequences, you'll gain practical tools to:

- Develop stronger connections and confidence in your clients.
- Design intelligent, progressive programs for all levels.
- Keep classes engaging, safe, and motivating.

Perfect for teachers ready to refine their cueing, enhance progression strategies, and take their Reformer teaching to the next level. Let's tackle Overhead, Swan, Teaser, Snake, Tendon Stretch, Control Balance, Star, Front Splits, and Russian Splits.



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## Applying Plyometric Training to the Reformer Jumpboard

Discover how to bring the science of plyometric training—used by elite athletes for power, agility, and speed—into your Pilates Jumpboard practice. This innovative workshop explores how explosive, controlled jumping movements can enhance strength, coordination, and cardiovascular fitness while maintaining Pilates precision and safety.

- Apply plyometric principles (eccentric, amortization, and concentric phases) to Jumpboard programming.
- Adjust intensity, volume, and recovery to create safe, effective, and progressive routines.
- Integrate lower- and upper-body plyometric concepts to improve power, agility, and bone density.
- Identify contraindications and modifications for various populations.
- Ideal for Pilates teachers who want to expand their Jumpboard repertoire and deliver classes that are dynamic, athletic, and evidence-based.



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## Pilates Arc on the Reformer

- Explore the design of the Pilates Arc/Spine Corrector on the Reformer and learn the most efficient positions to use the Arc on the Reformer. Discover how to design creative and engaging exercise sequences with minimal position changes.
- Understanding the Anatomy of the Pilates Arc: Dive deep into the structure and design of the Pilates Arc and gain a comprehensive understanding of its purpose and benefits.
- Benefits and Contraindications: Discover the wide range of benefits the Pilates Arc offers to clients, from improved core strength and flexibility to enhanced posture and body awareness.
- Exercises for Beginner to Advanced Clients: Expand your repertoire with a diverse range of exercises specifically designed for clients of all levels.
- Exercise Progression and Modifications: Gain insights into effective exercise progressions and modifications that cater to clients with varying abilities and limitations.
- Creative Exercise Sequencing for Maximum Class Flow: Discover how to design creative and engaging exercise sequences using the Pilates Arc. Learn how to seamlessly transition between exercises.



# Reformer Workshops with Shan

## Athletic Reformer: Applying Cardiovascular Training Principles

- Explore how to integrate cardiovascular training science into Pilates Reformer practice to create an athletic, full-body flow that enhances heart health and endurance without compromising classical precision.
- Apply ACSM and AHA cardiovascular principles, including heart rate monitoring and intensity calculation.
- Incorporate interval training and resistance training concepts using body weight, resistance bands, and Pilates equipment.
- Design Reformer-based sequences that elevate heart rate through continuous movement, large muscle group engagement, and rhythmic flow.
- Explore the difference between Classical Flow and Athletic Flow, and how to build effective cardio-infused Pilates circuits using intervals and dynamic transitions.
- The workshop concludes with the Athletic Flow Series — a progressive Reformer workout combining traditional series with modern variations such as unilateral exercises, flying lunges, and standing lunges — designed to deliver strength, endurance, and cardiovascular conditioning within the Pilates framework.