

## 3 Steps to Teach Any Exercise with Ease:

The key to teaching any exercise especially if it's new to you or your clients is to break the exercise down as simply as you can.

There are three main components that I use to teach an exercise:

01. Reformer/Equipment setup
02. Start position
03. Movement

Each one of these components above should be explained to your client with **SHORT, SIMPLE CUES/INSTRUCTIONS**. Followed by a brief pause to allow your clients to complete the task.

### Reformer/Equipment Setup

What springs do they need?

What position is the footbar and headrest?

Is there extra equipment (box, strap, magic circle)?

### Start Position

Use 3-4 short cues/instructions to tell your clients their start position. I use these prompts:

- a. What posture are they in and what way are they facing?
- b. Where is their body? (Their feet, arms, hands)
- c. What shape is their spine? (Round, flat, extended, neutral)

### Movement

#### Movement of their Body

What do you want their body to do?

Bend your elbows

Straighten your knees

Lift your chest

Lower your hips

#### Movement of the Carriage

What do you want their body to do?

Push, pull

Glide, slide

Open, close

Combine all of the above into short, simple cues and instructions.

Finally, once they have the hang of the movement, you can start to slowly layer on other cues to enable your client to refine their movement.

Example:  
  
Knee Stretches

Reformer/Equipment Setup

What springs do they need?

**1 red spring**

What position is the footbar and headrest?

**Footbar up**

Is there extra equipment (box, strap, magic circle)?

**No**

Combine the above into a short one sentence cue

Bring the footbar up and put one red spring on

Start Position

a. What posture are they in and what way are they facing?

**Kneel on carriage and face the footbar**

b. Where is their body? (Their feet, arms, hands)

**Hands on footbar, feet against the shoulder pads**

c. What shape is their spine? (Round, flat, extended, neutral)

**Sit your butt to heels, round your spine**

Movement

Movement of their Body

**Keep upper body still**

**Press carriage out with your legs to find a kneeling plank**

Movement of the Carriage

**Press carriage out**

**Pull carriage in**

**Open, close**

Combine the above into a short one sentence cue

**Keep upper body still. Press the carriage out with your legs, Find a kneeling plank. Pull the carriage back into the start position.**

Write down the explanations you would use for each of these exercises.

NB: If you are following on from an exercise and the set up is the same, you do not need to Re-explain the reformer set up just skip straight to step 2.

Exercise: .....

Equipment Set Up:

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Movement Carriage:

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Start Position:

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Layered Cues:

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Movement (Body):

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Summarised Cues:

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Exercise: .....

Equipment Set Up:

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Movement Carriage:

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Start Position:

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Layered Cues:

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Movement (Body):

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Summarised Cues:

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Exercise: .....

Equipment Set Up:

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Movement Carriage:

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Start Position:

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Layered Cues:

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Movement (Body):

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Summarised Cues:

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