

## Worksheet

# The Gems of Classical Pilates: Order, Repetition and Consistency with Andrea Maida

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Question 1. **Andrea, please share your Pilates story. How did you start practicing Pilates and how (why) you became a teacher?**

5 inspiring facts to learn from Andrea Maida:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
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Question 2. **How are you trying to influence the Pilates community through your online presence?**

How blogging can deepen your personal practice and make you a better teacher

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**Question 3. Andrea, what is your personal definition of Pilates?**

Notes: \_\_\_\_\_  
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**Task:** Give your personal definition of Pilates to a potential client.

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\_\_\_\_\_  
\_\_\_\_\_  
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**Question 4. How do you structure the first session with a new client? What is your focus for this session and how do you "test" his/her body?**

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Question 5. What Pilates exercises are "must-haves" of any Pilates session for you (any level)?**

1. Short Box \_\_\_\_\_

\_\_\_\_\_

2. Stomach Massage \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Question 6. What in your opinion is the genius of Joe's order of the exercises on the mat/Reformer?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

**Joseph Pilates' order warms up the body, and then works part of it and then goes to the other part of it, and then puts everything together combining it with a big free movement, and then focuses on specific muscles groups.**

Question 7. Which exercises do you usually put into your Reformer workout?

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Extra Notes: Take a look at Andrea's Reformer Order and her explanation of the order of the mat exercises. How does it differ from your teaching style?

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Question 8. **What is the importance of repetition in Pilates?**

Pilates as a martial art

Repetition is the barometer of things

Question 9. **What are good "check-in" exercises that make the clients realize what they should be working towards?**

Add the explanation for each exercise

**1. Pull-Up on a Wunda Chair**

**2. Teaser on Cadillac**

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### 3. Short Spine Massage

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Question 10. What are your tricks for keeping your clients engaged and excited about their next session?

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Question 11. How do you encourage and instruct your clients to take Pilates from the studio to their real life?

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Question 12. What Pilates exercise do you believe most teachers and students get wrong?

#### 1. Side Kick Series

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## 2. Single Leg Circles

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Additional reading from Andrea:

1. Pilates Mat Exercise #25: Side Kick Series <http://www.pilatesandrea.com/pilates-mat-exercise-25-side-kick-series/>
2. 3 New Thoughts on an Old Favorite: The One Leg Circle <http://www.pilatesandrea.com/3-new-thoughts-on-an-old-favorite-the-one-leg-circle/>

**Task:** What are your personal revelations about Sidekick Series and One Leg Circles? Think about the best cues to use to engage the core and to keep clients focused on the stomach and not the leg.

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**Question 13.** How do you guide a brand new client to find his/her "center" and to establish that essential Pilates core connection?

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**Question 14.** Is there a particular piece of advice that you would like to share with other novice or seasoned Pilates instructors to enhance their teaching style?

1. Get to the source

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2. Educate yourself

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3. Experience Pilates in your body

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4. "Walk the walk"

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### Connect with Shari Berkowitz:

1. <http://www.pilatesandrea.com/blog/> - follow Andrea on her blog.
2. <https://www.youtube.com/user/pilatesandrea/featured> - subscribe to Andrea's Youtube channel
3. <https://www.facebook.com/pilatesandrea> - get in touch with Andrea on Facebook.
4. <http://www.pinterest.com/PilatesAndrea/> -check out Andrea's pins on Pinterest

