



POLESTAR®

Reformer Log Book

Name: _____

Student Name:
Address:
Phone:

POLESTAR EDUCATION LOG BOOK - Reformer

Section I: Pre-Curriculum Hours and Anatomy Study

Pre-Hour	Studio Name, City, State & Phone	Class/ Session Instructor	Instructor Trained With	Signature of Instructor	Date
<i>Example</i>	<i>Balance Body Miami, Miami, FL 305-740-6001</i>	<i>Mary Sue</i>	<i>Polestar Education</i>	<i>Mary Sue</i>	<i>12/20/2009</i>
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Anatomy Study	Location	Instructor	Phone number	Date	Hours

Section II: Student Status Sheet - Definitions

Student

A student is one who is acquiring the Polestar Pilates work in their own body and beginning to apply the teaching methodologies. Students are currently attending a Polestar Pilates course. Students are encouraged to begin practice teaching, but it would be inappropriate for a student to refer to his/herself as a Pilates Instructor or to receive pay equal to that of a Certified practitioner.

Certification

Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which will standardize the quality of Pilates practice. As a result, in the United States, Polestar will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam, please visit www.pilatesmethodalliance.org.

As there is not yet a standard international certification examination, we will continue to offer certification exams for participants in non-US countries.

Polestar Education will regard Polestar US students who have completed all graduation requirements as having gained the same qualification as someone certified internationally through Polestar Education.

A Polestar Certified Practitioner/Graduate is one who passes his/her examination with 80% or higher. Polestar Practitioners are expected to maintain at least 2-3 hours each of Pilates teaching and practice per week, and complete 80 hours of continuing education every five years to be eligible for re-qualification.

Student Signature: _____

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Section III: Didactic Education

P-F: Polestar Pilates Fitness Principles				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
Ref-1: Polestar Pilates Reformer, Level I				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
Ref-2: Polestar Pilates Reformer, Level II				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
Ref-3: Polestar Pilates Reformer, Level III				
	<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>

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Section VI: Screenings/Case Studies

Number	Assigned	Educator Comments	Due Date	Assignment Completed - ✓	Signature
1	Ref 1		Ref 2		
2	Ref 1		Ref 2		
3	Ref 1		Ref 2		
4	Ref 2		Ref 3		
5	Ref 2		Ref 3		
6	Ref 2		Ref 3		

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Section V: Observation (25)

Hours	Studio Name, City, State & Phone	Class Type/Level or Name of Video	Polestar Educator or Approved Practitioner	Signature	Date
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Section VI: Practice Hours (Exercise Self Mastery) (50)

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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POLESTAR EDUCATION LOG BOOK - Reformer

Section VI: Practice Hours (Exercise Self Mastery) (50)

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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Section VII: Apprentice Teaching (50)

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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Section VII: Apprentice Teaching cont. (50)

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
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POLESTAR EDUCATION LOG BOOK - Reformer

Section VIII: Self Mastery

PF/PR	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Hundred</i>			
2	<i>Dead Bug & Femur Arcs</i>			
3	<i>Quadruped Series</i>			
4	<i>Basic Bridging</i>			
5	<i>Swan</i>			
6	<i>Mermaid</i>			
7	<i>Arm Arcs</i>			
8	<i>Prone Extension</i>			
9	<i>Assisted Roll Up</i>			
10	<i>Standing Roll Down</i>			
11	<i>Leg Pull Front</i>			
12	<i>Book Openings</i>			

Pre-Plates Exercises (Principles)

Notes:

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Section VIII: Self Mastery

Ref-1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Footwork</i>			
2	<i>Bridging</i>			
3	<i>Feet in Straps</i>			
4	<i>Supine Arm Series</i>			
5	<i>Quadruped</i>			
	<i>Long Box Series: Prone Overhead Press</i>			
6	<i>Seated Arm Series</i>			
7	<i>Roll Down Series</i>			
8	<i>Seated Leg Press</i>			
10	<i>Short Box Series: Roll Down</i>			
11	<i>Mermaid</i>			
12	<i>Standing Series</i>			

Ref-1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Footwork</i>			
2	<i>Bridging</i>			
3	<i>Feet in Straps</i>			
4	<i>Supine Arm Series</i>			
5	<i>Supine Abdominals: Hundreds Prep</i>			
6	<i>Quadruped</i>			
7	<i>Reverse Abdominals</i>			
8	<i>Long Stretch Series</i>			
9	<i>Standing Hip Stretch</i>			
10	<i>Long Box Series: Prone Extension</i>			
11	<i>Seated Arm Series</i>			
12	<i>Roll Down Series</i>			
13	<i>Seated Leg Press</i>			
14	<i>Short Box Series</i>			
15	<i>Mermaid</i>			
16	<i>Scooter</i>			
17	<i>Standing Series</i>			

Introductory Reformer Workout

Level I Reformer Workout

Notes:

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Section VIII: Self Mastery -Cont-

Ref-2	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Footwork</i>			
2	<i>Bridging</i>			
3	<i>Feet in Straps</i>			
4	<i>Supine Arm Series</i>			
5	<i>Supine Abdominals: Hundreds</i>			
6	<i>Knee Stretch: Round Back</i>			
7	<i>Long Stretch Series: Inverted V, Long Stretch</i>			
8	<i>Long Box Series: Single Arm Overhead Press</i>			
9	<i>Kneeling Arm Series</i>			
10	<i>Roll Down</i>			
11	<i>Seated Leg Press</i>			
12	<i>Stomach Massage: Round Back</i>			
13	<i>Mermaid</i>			
14	<i>Scooter</i>			
15	<i>Standing Series: Skating</i>			

Level 2 Reformer Workout

Notes:

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Section VIII: Self Mastery -Cont-

Ref-2	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Footwork</i>			
2	<i>Bridging</i>			
3	<i>Short Spine</i>			
4	<i>Supine Abdominals: Coordination</i>			
5	<i>Reverse Abdominals</i>			
6	<i>Knee Stretch: Neutral, Extension</i>			
7	<i>Long Stretch Series: Down Stretch, Jackrabbit</i>			
8	<i>Long Box Series: Pulling Straps</i>			
9	<i>Kneeling Arm Series</i>			
10	<i>Seated Leg Press</i>			
11	<i>Stomach Massage: Hands Back, Hands Off</i>			
12	<i>Short Box Series: Flat, Sidebend</i>			
13	<i>Mermaid</i>			
14	<i>Semi Circle</i>			
15	<i>Front Splits: Prep</i>			
16	<i>Standing Series: Diagonals</i>			

Level 3 Reformer Workout

Notes:

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Section VIII: Self Mastery -Cont-

Ref-3	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Jumping</i>			
2	<i>Long Spine</i>			
3	<i>Supine Abdominal Series: Overhead</i>			
4	<i>Long Box Series: Backstroke</i>			
5	<i>Short Box Series: Climb a Tree</i>			
6	<i>Knee Stretch Series: Knees Off</i>			
7	<i>Long Stretch Series: Upstretch, Arabesque</i>			
8	<i>Kneeling Arm Series: Internal & External Rot</i>			
9	<i>Star Prep</i>			
10	<i>The Snake</i>			
11	<i>Rowing I (Round Back)</i>			
12	<i>Rowing II (Flat Back)</i>			
13	<i>Supine Reverse Abdominals</i>			

Level 4 Reformer Workout

Notes:

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Section VIII: Self Mastery -Cont-

Ref-3	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Stomach Massage: Twist</i>			
2	<i>Gymnast</i>			
3	<i>Long Box Series: Teaser</i>			
4	<i>Short Box Series: Around The World</i>			
5	<i>Long Stretch Series: Balance Control Front</i>			
6	<i>Kneeling Arm Series: Side Arms I-III</i>			
7	<i>Star</i>			
8	<i>The Snake and Twist</i>			
9	<i>Rowing III (Sitting Tall)</i>			
10	<i>Rowing IV (Bending Down)</i>			
11	<i>Scooter: Running Man</i>			
12	<i>Front Split Series</i>			
13	<i>Standing Series: Side Splits</i>			

Level 5 Reformer Workout

Notes:

Section IX: Final Check Off

For Internal Use.

Final Check off	Date	Polestar Educator Signature
Section I - Pre Curriculum and Anatomy		
Section II - Student Status Sheet		
Section III - Didactic Education		
Section IV - Screenings/Case Studies		
Section V - Observation		
Section VI - Self Practice		
Section VII - Apprentice Teaching		
Section VIII - Exercise Mastery		

Recommendations: