



**POLESTAR<sup>®</sup>**

**Studio Log Book**





Student Name:
Address:
Phone:

**POLESTAR PILATES EDUCATION WORKBOOK - Studio**

**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	Type of Session
<i>Example</i>	<i>Polestar Pilates Center, FL 305-740-6001</i>	<i>Mary Sue</i>	<i>Polestar Education</i>	<i>Mary Sue</i>	<i>12/20/2006</i>	<i>Private Studio Session</i>
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ANATOMY Study	Location	Instructor	Phone Number	Hours	Date



## **POLESTAR PILATES EDUCATION WORKBOOK - *Studio***

### **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](http://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 hours of Pilates practice and 10-15 hours of Pilates teaching per week, and complete 80 hours of continuing education every five years to be eligible for re-qualification.

**Student Signature:** \_\_\_\_\_

**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section III: Didactic Education**

<b>P-F: Polestar Pilates Fitness Principles</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>S-1: Polestar Pilates Studio, Level I</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>S-2: Polestar Pilates Studio, Level II</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>S-3: Polestar Pilates Studio, Level III</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>S-4: Polestar Pilates Studio, Level IV</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>S-5: Polestar Pilates Studio, Level V</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>
<b>S-6: Polestar Pilates Studio, Level VI</b>					
		<i>Course Location (Site Name, City, State)</i>	<i>Polestar Educator</i>	<i>Signature of Educator</i>	<i>Date</i>

**Section IV: Reading Assignments**

Assignment	Assigned	Topic	Due Date	Assignment Completed - ✓	Educator Signature
1	PF		S-1		
2	S-1		S-2		
3	S-2		S-3		
4	S-3		S-4		
5	S-4		S-5		
6	S-5		S-6		

**Comments:**

**Section V: Writing Assignments**

Assignment	Assigned	Topic	Due Date	Assignment Completed - ✓	Educator Signature
1	PF		S-1		
2	S-1		S-2		
3	S-2		S-3		
4	S-3		S-4		
5	S-4		S-5		
6	S-5		S-6		

**Comments:**

**Section VI: Screenings and Case Studies**

Assignment	Assigned	Educator Comments	Due Date	Assignment Completed - ✓	Educator Signature
1	PF		S-1		
2	PF		S-1		
3	PF		S-1		
4	PF		S-1		
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11	S-3		S-4		
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13	S-4		S-5		
14	S-5		S-6		
15	S-5		S-6		

**Comments:**

**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section VII: Observation 40 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section VIII: Practice Hours (Exercise Self Mastery) 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section VIII: Practice Hours (Exercise Self Mastery) 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section VIII: Practice Hours (Exercise Self Mastery) 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section IX: Apprentice Teaching 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section IX: Apprentice Teaching 100 hours**

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**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section IX: Apprentice Teaching 100 hours**

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**Section X: Exercise Self Mastery PF Pre-Pilates & Pilates Mat Exercises**

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

Exercises

**Demonstration will be graded utilizing the Polestar Principles and on exercise knowledge**

Breathing; Head, Neck and Shoulder Alignment; Core Control and Axial Elongation; Limb Alignment and Movement Integration

**Notes:**

**Section X: Exercise Self Mastery S-1 Lab 1**

Lab 1	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	MAT	<i>Chest Lift</i>			
2	MAT	<i>Sidelying Preparation</i>			
3	MAT	<i>Bent-knee Fallout</i>			
4	MAT	<i>Adductor Squeeze</i>			
5	MAT	<i>Pre-swimming</i>			
6	MAT	<i>Pelvic Clock</i>			
7	MAT	<i>Side to Side</i>			
8	MAT	<i>Side Lift</i>			

Exercises

**Section X: Exercise Self Mastery S-1 Lab 2**

Lab 2	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Footwork</i>			
2	REF	<i>Feet in Straps</i>			
3	TRAP	<i>Roll Down Series</i>			
4	TRAP	<i>Footwork with Tower Bar</i>			
5	CHAIR	<i>Double Leg Pump</i>			
6	BARREL	<i>Supine Stretch</i>			
7	SPINE COR	<i>Supine Stretch</i>			
8	MAT	<i>Roll Up</i>			
9	MAT	<i>Dart</i>			

Exercises

**Notes:**

**Section X: Exercise Self Mastery S-2 Lab 3**

Lab 3	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Bridging</i>			
2	REF	<i>Supine Arm Series</i>			
3	REF	<i>Supine Abdominal Series</i>			
4	TRAP	<i>Supine Scapular Series</i>			
5	TRAP	<i>Seated Push Through</i>			
6	CHAIR	<i>Prone Scapular Series</i>			
7	CHAIR	<i>Swan</i>			
8	BARREL	<i>Back to Forward Bend</i>			
9	SPINE COR	<i>Roll Down/Reach</i>			
10	MAT	<i>Single Leg Stretch</i>			
11	MAT	<i>Double Leg Stretch</i>			

Exercises

**Section X: Exercise Self Mastery S-2 Lab 4**

Lab 4	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Mermaid</i>			
2	REF	<i>Cleopatra</i>			
3	REF	<i>Scooter</i>			
4	REF	<i>Standing Hip Stretch</i>			
5	TRAP	<i>Leg Spring Series - Supine</i>			
6	TRAP	<i>Leg Spring Series - Sidelying</i>			
7	TRAP	<i>Breathing</i>			
8	CHAIR	<i>Lateral Flexion</i>			
9	CHAIR	<i>Mermaid - Seated and Kneeling</i>			
10	BARREL	<i>Bridging</i>			
11	MAT	<i>Spine Stretch</i>			
12	MAT	<i>Scarecrow</i>			

Exercises

Notes:

**Section X: Exercise Self Mastery S-3 Lab 5**

Lab 5	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Quadruped</i>			
2	REF	<i>Reverse Abdominals</i>			
3	REF	<i>Short Box Series</i>			
4	TRAP	<i>Teaser</i>			
5	TRAP	<i>Thigh Stretch</i>			
6	CHAIR	<i>Standing Leg Pump</i>			
7	CHAIR	<i>Achilles Stretch</i>			
8	BARREL	<i>Roll Up/Short Box Series</i>			
9	MAT	<i>Leg Pull</i>			
10	MAT	<i>Leg Pull Front</i>			

Exercises

**Section X: Exercise Self Mastery S-3 Lab 6**

Lab 6	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Kneeling Arm Series - Facing Front</i>			
2	REF	<i>Kneeling Arm Series - Facing Side</i>			
3	REF	<i>Kneeling Arm Series - Facing Back</i>			
4	REF	<i>Short Spine Massage</i>			
5	REF	<i>Long Spine Massage</i>			
6	TRAP	<i>Swan</i>			
7	TRAP	<i>Pelvic Press</i>			
8	CHAIR	<i>Swan from Floor</i>			
9	CHAIR	<i>Seated Triceps/Frog Facing Out</i>			
10	SPINE COR	<i>Swan</i>			
11	MAT	<i>Swan II</i>			
12	MAT	<i>Rollover</i>			

Exercises

Teaching skills will be graded on the following:

Accuracy; Cueing - Verbal and Tactile; Voice Quality; Use of Equipment; Safety

Notes:

**Section X: Exercise Self Mastery S-4 Lab 7**

Lab 7	Lab 1	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Long Stretches: Elephant, Inverted V, Long Stretch</i>			
2	REF	<i>Long Box - Pulling Straps</i>			
3	REF	<i>Long Box - Swan</i>			
4	TRAP	<i>Kneeling Cat</i>			
5	TRAP	<i>Parakeet</i>			
6	CHAIR	<i>Hamstring I</i>			
7	CHAIR	<i>Kneeling Cat &amp; Hamstring II</i>			
8	SPINE COR	<i>Leg Series</i>			
9	MAT	<i>Spine Twist</i>			
10	MAT	<i>Saw</i>			

Exercises

**Section X: Exercise Self Mastery S-4 Lab 8**

Lab 8	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Roll Down Series</i>			
2	REF	<i>Standing Series: Side Splits</i>			
3	TRAP	<i>Monkey</i>			
4	TRAP	<i>Hip Opener</i>			
5	TRAP	<i>Hip Extension with Tower Bar</i>			
6	CHAIR	<i>Reverse Swan &amp; Teaser</i>			
7	CHAIR	<i>Frog Lying Flat &amp; Single Leg Pump Supine</i>			
8	BARREL	<i>Swimming &amp; Grasshopper</i>			
9	SPINE COR	<i>Swimming &amp; Grasshopper</i>			
10	MAT	<i>Single Leg Kick</i>			
11	MAT	<i>Swimming</i>			

Exercises

**Notes:**

**Section X: Exercise Self Mastery S-5 Lab 9**

Lab 19	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Knee Stretches</i>			
2	REF	<i>Stomach Massage</i>			
3	TRAP	<i>Assisted Squats</i>			
4	TRAP	<i>Tower</i>			
5	CHAIR	<i>Hamstring III</i>			
6	CHAIR	<i>Side Pull Up/Leg Extension</i>			
7	BARREL	<i>Side Sit Up</i>			
8	SPINE COR	<i>Side Sit Up</i>			
9	MAT	<i>Side Kick</i>			
10	MAT	<i>Rolling/Seal</i>			

Exercises

**Section X: Exercise Self Mastery S-5 Lab 10**

Lab 10	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Russian Split &amp; Front Split</i>			
2	REF	<i>Jumping</i>			
3	TRAP	<i>Standing Arm Series Facing In</i>			
4	TRAP	<i>Standing Arm Series Facing Out I</i>			
5	TRAP	<i>Standing Arm Series Facing Out II</i>			
6	CHAIR	<i>Forward Lunge &amp; Backward Stepdown</i>			
7	CHAIR	<i>Side Lunge &amp; Sideward Stepdown</i>			
8	BARREL	<i>Leg Stretch Series</i>			
9	MAT	<i>Criss Cross</i>			
10	MAT	<i>Corkscrew</i>			

Exercises

**Notes:**

**Section X: Exercise Self Mastery S-6 Lab 11**

Lab 11	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Semi Circle</i>			
2	REF	<i>Long Box Series - Backstroke</i>			
3	REF	<i>Long Box Series - Teaser</i>			
4	TRAP	<i>Hanging Up/Half &amp; Full Hanging</i>			
5	TRAP	<i>Flying Eagle</i>			
6	TRAP	<i>Spread Eagle</i>			
7	CHAIR	<i>Teaser From Floor</i>			
8	CHAIR	<i>Press Up with Handles</i>			
9	BARREL	<i>Horseback</i>			
10	MAT	<i>Leg Circles</i>			
11	MAT	<i>Double Leg Kick</i>			

Exercises

**Section X: Exercise Self Mastery S-6 Lab 12**

Lab 11	Equip	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	REF	<i>Rowing Back I (Round Back)</i>			
2	REF	<i>Rowing Back II (Flat Back)</i>			
3	REF	<i>Rowing Front III (Sitting Tall)</i>			
4	REF	<i>Rowing Front IV (Bending Down)</i>			
5	REF	<i>Long Stretches: Up, Down, Jackrabbit, Arabesque</i>			
6	TRAP	<i>Magician</i>			
7	TRAP	<i>Short Spine</i>			
8	TRAP	<i>Dolphin</i>			
9	CHAIR	<i>Side Arm Twist</i>			
10	CHAIR	<i>Tendon Stretch</i>			
11	BARREL	<i>Shoulder Stand/Roll Over</i>			
12	MAT	<i>Push Up</i>			
13	MAT	<i>Twist</i>			

Exercises

Notes:

**POLESTAR PILATES EDUCATION WORKBOOK - Studio**



**Section XI: Final Check Off**

*For Internal Use. Final Check off Completed by Polestar Educator Prior to Final Diploma*

<i>Final Check off</i>	<i>Date Completed</i>	<i>Educator Signature</i>
<i>Section I - Pre Curriculum and Anatomy</i>		
<i>Section II - Student Status Sheet</i>		
<i>Section III - Didactic Education</i>		
<i>Section IV - Reading Assignments</i>		
<i>Section V - Writing Assignments</i>		
<i>Section VI - Screenings and Case Studies</i>		
<i>Section VII - Observation</i>		
<i>Section VIII - Practice Hours</i>		
<i>Section IX - Apprentice Teaching</i>		
<i>Section X - Exercise Mastery</i>		