PILATES PORTFOLIO

EDUCATE. INSPIRE. TEACH.

FREE CLASS PLAN

Foundation Flow

A ready-to-teach 50-minute Level 1 Reformer class

Includes timing, springs, transitions, teaching focus and cueing.

Use this sample to experience the Pilates Portfolio format before you buy.

ABOUT THIS FREE SAMPLE

Foundation Flow is intentionally simple. It is a basic example of the Pilates Portfolio format - not the full depth of the paid collections.
The complete library includes much more variety, sequencing depth, cueing, progressions, creative combinations and ready-to-use class inspiration.

Plan less. Teach prepared.

Professional-use disclaimer applies. Pilates instruction is individualized; adapt, modify, omit or stop exercises as appropriate for each client.

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Class 1: Foundation Flow

Level: Level 1

Intention: Build neutral alignment, breath-to-core connection and whole-body control without overcomplicating the choreography.

Equipment: Reformer, mat, light ball optional

Target finish: ~48–49 minutes + final roll-down

Time	Sequence / Springs	Teaching focus & cueing
0–10	2 red + 1 blue (or comparable moderate/heavy setup). 10 variations, ~45–60 sec each: parallel heels • parallel toes • small Pilates V • wide heels • wide toes • calf raises • prances • heel lowers/lifts • small-range presses • full-range presses	Keep pelvis quiet and ribs heavy. Ask members to feel equal pressure through both feet; knees track in line with second/third toes.
10–14	Hundreds / core wake-up — carriage stable; legs tabletop or supported; arms bilateral.	Exhale to narrow the waist without flattening aggressively. Shoulder blades stay wide; neck can remain down as needed.
14–19	Bridging — minimum 2 springs; headrest down. Add adductor squeeze or marching prep without lifting a foot.	Articulate through the spine and keep knees reaching forward. Hamstrings and glutes share the load; avoid rib flare at the top.
19–26	Seated bilateral arm series facing straps: low row • chest expansion • biceps curl • triceps press.	Shoulder blades glide without excessive pinching. Arms move from a stable ribcage; keep both sides working evenly.
26–33	Standing scooter/skater with hands on footbar, R/L. Bodyweight emphasis; controlled carriage travel.	Standing hip stays stacked over heel. Moving leg presses from the glute rather than twisting the pelvis.
33–39	Mat side-lying series: clam • leg lift • small circles, R/L.	Lengthen through the top waist. Keep pelvis stacked; movement comes from the hip, not from rolling backward.
39–47.5	Feet in straps: frogs • circles • lower/lift • hamstring stretch. Bilateral.	Move from the hip socket and keep sacrum heavy. Range ends before the pelvis changes.
47.5–48.5	Transition to standing; breath reset.	Slow the room down. Encourage tall posture and relaxed jaw/shoulders before the final roll-down.

Final reset (~1 minute): Standing roll-down/reset: inhale arms up, dive over, let head/arms hang heavy, gently release neck and shoulders, articulate to standing, shoulder roll, final inhale and reset.

Professional-use disclaimer: Pilates instruction is highly individualized. Instructors must use professional judgment and adapt, modify, omit, or stop exercises for each client's body, condition, limitations, experience, and needs. Instructors remain responsible for safe exercise selection, cueing, supervision, and modifications. Educational material only; not a substitute for individualized assessment, medical advice, or applicable studio safety requirements.

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