



**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>
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

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](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 2-3 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:** \_\_\_\_\_

**POLESTAR EDUCATION LOG BOOK - Reformer**

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

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section IV: Observation (25)**

<b>Hours</b>	<b>Studio Name, City, State &amp; Phone</b>	<b>Class Type/Level or Name of Video</b>	<b>Polestar Educator or Approved Practitioner</b>	<b>Signature</b>	<b>Date</b>
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section V: Practice Hours (Exercise Self Mastery) (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					



**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section V: Practice Hours (Exercise Self Mastery) (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VI: Apprentice Teaching (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VI: Apprentice Teaching cont. (50)**

Classes	Studio Name, City, State & Phone	Class Type / Level	Polestar Educator or Approved Practitioner	Signature	Date
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VII: Self Mastery**

PF/PR	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Hundred</i>			
2	<i>Dead Bug &amp; 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-Plate Exercises (Principles)

**Notes:**

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VII: 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 Arms</i>			
5	<i>Quadruped</i>			
6	<i>Reverse Abdominals</i>			
7	<i>Long Box - Overhead</i>			
8	<i>Kneeling Arms - Facing Front</i>			
9	<i>Kneeling Arms - Facing Back</i>			
10	<i>Roll Down Series</i>			
11	<i>Mermaid</i>			
12	<i>Scooter</i>			
13	<i>Standing Hip Stretch</i>			
14	<i>Standing Series/Side Splits</i>			

Level 1 Reformer Workout

**Notes:**

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VII: Self Mastery -Cont-**

Ref-2	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Semi Circle</i>			
2	<i>Supine Abdominals &amp; Overhead</i>			
3	<i>Short Spine</i>			
4	<i>Long Spine</i>			
5	<i>Long Box Series - Pulling Straps</i>			
6	<i>Knee Stretches</i>			
7	<i>Long Stretch Series</i>			
8	<i>Seated Leg Press</i>			
9	<i>Stomach Massage</i>			
10	<i>Kneeling Arms - Facing Side</i>			
11	<i>Supine Reverse Abdominals</i>			
12	<i>Short Box Series</i>			
13	<i>Standing Series Front and Back Split</i>			
14	<i>Standing Series Forward Bend</i>			

Level 2 Reformer Workout

Notes:

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VI: Self Mastery -Cont-**

Ref-3	Name of Exercise	Demonstration Skills	Teaching Skills	Polestar Educator or Mentor
1	<i>Jumping</i>			
2	<i>Knee Stretches - Knees Off</i>			
3	<i>Long Stretch - Downstretch, Arabesque</i>			
4	<i>Rowing 1 - Round Back</i>			
5	<i>Rowing 2 - Flat Back</i>			
6	<i>Rowing 3 - Sitting Tall</i>			
7	<i>Rowing 4 - Bending Down</i>			
8	<i>Short Box - Side, Around the World</i>			
9	<i>Gymnast &amp; Tendon Stretch</i>			
10	<i>Long Box - Backstroke</i>			
11	<i>Long Box - Teaser</i>			
12	<i>Star</i>			
13	<i>Long Stretch - Control Front</i>			
14	<i>The Snake &amp; Twist</i>			
15	<i>Russian &amp; Front Splits</i>			

Level 3 Reformer Workout

**Notes:**

**POLESTAR EDUCATION LOG BOOK - Reformer**

**Section VIII: Final Check Off**

Each section must be complete and signed off by a Polestar Educator to be eligible to sit for the Polestar Reformer Exam.

*For Internal Use.*

<i>Final Check off</i>	<i>Date</i>	<i>Polestar 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 - Observation</i>		
<i>Section V - Self Practice</i>		
<i>Section VI - Apprentice Teaching</i>		
<i>Section VII - Exercise Mastery</i>		