

The Pilates Reformer

Part I - The Traditional Exercises

Reiner Grootenhuis

assisted by

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Foreword by Kathy Corey

Contributions by

Clare Dunphy Hemani and I.C. Rapoport

Praise for *The Pilates Reformer Part I*

In my opinion Reiner's Reformer Manual, like his other Manuals, is supremely informative, easily understandable with clear photos of everything from the most basic fundamental part of an exercise through every step to its more advanced completion, of every single exercise! That's a LOT of pics.

He describes everything from the set up and goals, contraindications, the variations & modifications for issues and injuries, where to build the strength for readiness, and what to look for in the common mistakes.

I seriously don't know how he always makes the history seem fresh, it reads like a novel because it draws you in, but the words are not all his, he quotes and researches from every available resource out there including science, and arranges it all in such a way that it's an art form to present the information so that it's fascinating and not tedious. That's his gift.

It's not a 'Reiner's way' manual. He just compiles the mountain of info and sorts it out in a meaningful and easy to grasp way.

He guides you as a teacher in a way that you find your teaching voice without becoming a parrot because you understand the WHY's, not just because you were taught this or that way.

Reiner doesn't discriminate, he covers traditional as well as modern exercises, and how to handle different brands of apparatus.

He has also included this really fascinating part in the beginning where he explains some Weng Chun Kung Fu concepts and how they relate to learning and teaching Pilates, simple and brilliant, really.

If I was teaching a certification program, Reiner's Manuals would be the required reading/study guides for my program, detail oriented and very welcoming, drawing you in to learn more.

Sunni Almond
Studio S Pilates Pilates Instructor/owner &
founder of the forum and resource guide "Going More Joe"

Praise for *The Pilates Reformer Part I*

For those who are in-need of a comprehensive Reformer manual, Reiner Grootenhius has facilitated a classical Pilates manual with some additional details. The exercise layout is multi-facetted and in the most challenging order. Images are numbered, allowing the reader to follow the movement sequence. Photographs are a combination of distance and close-up work to facilitate the observation of the position for the "student" while in motion. The page layout with the exercise information is clear and concise.

The information is geared towards those who have a working knowledge of the material and can benefit from additional details. I particularly enjoyed seeing side by side Joseph Pilates original name next to Carola Tier's vs the current name option. In addition, sprinkled throughout the book are historical or teaching details which give insight into the Joseph Pilates technique.

Reiner has provided the Pilates community a manual that shows the Joseph Pilates broad spectrum of movement. This collection of exercises is as of great value for those learning the work as it is for those who are well versed but may need a reminder of how some of the less taught exercises are executed. This is a valuable resource both for its accurate photographic collection and its detailed written description of each of the exercises. Reiner's Reformer compilation is a must have in your Pilates reference library.

Nora Gomez-Dears
Owner Atelier Pilates LLC, Naples Florida
Teacher Trainer for The Pilates Standard® and Buff Bones®

I have known Reiner for many years now and I have always been impressed with his thirst for knowledge, dedication to the industry and strong work ethic. These qualities of his are reflected in his writing and documentation of the Pilates Universal Reformer.

What Reiner has generated is extremely thorough and well organized. I am impressed with the level of detail given, all while having an impartiality to it, which can appeal to the diverse backgrounds of trainings and beliefs in the Pilates community. It is a responsible body of work. I feel that what Reiner has presented has been well triangulated by use of research, peer review as well as comparing and contrasting various teachings to help form a general consensus.

There is a level of care that has been invested into this body of work that is immense.

Brett Howard
Director of Education, United States Pilates Association® LLC
Director of Education, Classic Pilates Institute South Korea
Director, The Pilates Haus
PMA® – CPT

Praise for *The Pilates Reformer Part I*

I am proud to call Reiner my friend and colleague. His dedication to high-quality Pilates is an inspiration to many thousands of people.

This comprehensive Reformer manual is the latest example of the brilliant and tireless work he and his coauthors put into their writing. There are more than 100 exercises, each with clear written instructions and beautiful photographs to facilitate a deeper understanding of the movement.

The talent, intelligence and effort to produce this outstanding manual cannot be overly admired. That is why I think this Reformer manual is a must for any serious Pilates student; it will provide wisdom and clarity with each new reading for years to come.

I thank Reiner and his coauthors for this valuable contribution to the Pilates world.

Brett Miller
Pilates Instructor &
founder of the Online Pilates magazine Pilates Intel

Reiner Grootenhuis' Reformer manual is well organised, exhaustive, and rich in detail. The manual is user friendly, and helps aspiring teachers and more seasoned ones as well orient themselves in each exercise.

The Pilates Reformer provides abundant photos of every exercise, and the photos make the already clear verbal descriptions really come to life.

At the end of the manual, Reiner includes an excerpt from I.C. Rapoport's account of his day with Joe Pilates.

The account illuminates a frequently ignored benefit of Pilates that has renewed meaning and urgency in our world today. Pilates is not just for strengthening and stretching the physical body, it's also for detoxifying the body and enhancing immune function. It's about refreshment at the most profound level.

Reiner understands this important facet of the work. Embodying this understanding is what Reiner and his coauthors do. It's what gives them their vitality and enthusiasm for the method.

This manual is the best Reformer manual I have come across, and I highly recommend it.

Kirk James Smith
Owner, Classical Pilates Centre
Macclesfield, UK

Praise for *The Pilates Reformer Part I*

Having known Reiner for many years and having had the pleasure to purchase many of his equipment manuals, this Reformer manual is an absolute treasure to add to my collection.

As an instructor of new Pilates instructors and having been in the Pilates industry for over 27 years, this is one of the best Reformer manuals I have seen. From the Introduction, discussion of Pilates concepts, the detail of the Reformer components (and the mentioning of different Reformers available) the history of the Reformer, the safety aspects, the exercise set up and execution, to the wonderfully detailed pictures, this is a complete and thorough manual. Enjoyed the addition of the Kung Fu concepts (you need to read the manual to understand the mention of the Kung Fu concepts here).

The extreme detail and care with which Reiner described the Reformer exercises, traditional and variations, was wonderful. It was great to see the inclusion of sequencing from Traditional Basic to Traditional Super Advanced, as well as Joseph Pilates' names of exercises compared to Pilates Elder Carola Trier's names for the same exercises or her variations.

There is even an inclusion of the history of his cover photo shot by I.C. Rapoport toward the end. Reiner is a true avid teacher and ongoing student of Contrology, and his manuals are all a deep reflection of his continuing study and portrayal of Pilates work.

This is a must-read for anyone studying the work of Joe Pilates and will be a highly suggested read for all the Pilates instructors that I train as a supplemental read.

Patricia Massey Welter
Balanced Body Pilates Master Instructor &
Owner of Suncoast Pilates

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