

the Hatchery

by BLUE SPARROW PILATES

For every exercise, state the following four items:

1. Exercise Name
2. Adjust Springs & Equipment
3. Simple description of the Start Position
4. Cue the basic movement

✂..... Cut these out cards below and rotate through them with each repetition✂

Cue the Exercise Goal (Essence of Exercise)	Cue muscular emphasis
Cue the Pelvic Alignment	Give One Student a Personalize Correction
Cue a Basic Principle	Tell one student or tell them what they are doing well 😊