




Pilanat
STUDIO

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Supporting healthy range of movement for life.
Anywhere. Anytime.

MOTIONCARE PILATES

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Introducing

MOTIONCARE PILATES

Motioncare Pilates has quickly become a leading innovator in health, fitness, and rehabilitation equipment since its establishment in 2017. With a strong domestic and international presence, we are proud to offer 10 global showrooms, with more under development.

Our mission is to create positive change in the world by providing equipment that promotes wellness and joy. We achieve this through constant research, prototype development, rigorous testing, vigilant raw-material selection, and seeking detailed feedback from medical and fitness professionals.

Our dedicated team of over 70 local and international staff operate out of our 16,000sqm global headquarters in Gimpo City, South Korea. We offer a one-stop service responsible for each and every step of our process, ensuring that our products are of the highest quality.

We take great pride in our Pilates equipment, offering exceptional quality, performance, and value at every stage of the process. Whether you're a studio or gym owner, a physical therapist, a Pilates instructor, a fitness enthusiast, or someone who wants to stay healthy and active, our range of Pilates & rehabilitation equipment is designed to meet your needs.



In-house integration

ONE-STOP SERVICE

We're passionate about creating premium Pilates equipment that inspires and empowers people to achieve their wellness, fitness and rehabilitation goals.

Our one-stop service is designed to provide you with the support you need to bring your vision to life, from consultation to arrival.



Eco-Friendly MATERIALS

100% Birch – The Ultimate Plywood

At the heart of Motioncare Pilates are the exceptional qualities of elegant Birch, renowned as "the ultimate plywood" for its incredible strength, durability, and toughness.

It boasts some of the most attractive, intricate, and subtle grain patterns, offering a natural resistance to dents and scratches.

Plush-Core Upholstery

Our deluxe upholstery provide luxurious comfort as standard across all equipment.

Anti-bacterial, water-resistant and easy-clean so you'll feel supported and relaxed throughout your training.

SERIES

Choosing the right equipment for your needs is easy with our colour-coded system. Whether you're outfitting a commercial space or setting up a home studio, simply follow the flags to find your perfect fit.

 **NEO Series:** Professional-grade commercial equipment designed for daily studio or therapeutic use.

 **ECO Series:** High-performance equipment for light commercial or experienced home-users.

 **HOME Series:** Compact equipment designed for those with limited space.

OUR LEGACY

...so far.

12,000+

HOME USERS SINCE 2020

2,000+

PILATES STUDIOS SUPPLIED

400+

HOSPITALS & SCHOOLS SUPPLIED

20+

COUNTRIES EXPORTED

10+

GLOBAL SHOWROOMS

2

PRODUCTION CENTERS

Customise

COLOUR SELECTION

Personalise your equipment with options for every palette and setting. Get creative with wood and upholstery colours that match your dream look.

Standard Upholstery



Ivory



Gray



Dark Brown



Chocolate Brown



Black

Custom Upholstery



Please check website for full colour options.

Wood Options

Natural or customise.



Space Saver

Home Folding Reformer



Carriage Stoppers

Dual stoppers for added shock absorption and carriage control.



Store & Protect

Secure stopper storage. Added spring safeguard when folded.



Easy Fold

Start training in seconds.



Carriage Lock & Storage

Secure ballpin storage during use. Dual locking plates when folded.



Transportable

Wheels for quick repositioning or storage.



Steel Footbar

Comfort grip with 5-positions.



Plush-Core Padding

Luxurious upholstery with easy-clean, water-resistant cover.



Foot Plate

Wider base for added stability. Remove to insert Jumping Board.



Spring System

Higher-resistance springs.

Pilates Equipment

REFORMER



Home Folding Reformer 🚩

In-Use: 2100mm(L) * 540mm(W) * 240mm(H)

Folded: 460mm(L) * 540mm(W) * 1080mm(H)



Eco Reformer 🟢

2200mm(L) * 625mm(W) * 375mm(H)



Home Compact Reformer 🚩

1920mm(L) * 540mm(W) * 300mm(H)



Home Reformer 🟡

2100mm(L) * 600mm(W) * 350mm(H)



Neo Reformer 🟦

2300mm(L) * 650mm(W) * 380mm(H)

Pilates Equipment

COMBI REFORMER



Home Combi Reformer ■

2100mm(L) * 600mm(W) * 1835mm(H)



Neo Combi Reformer ■

2300mm(L) * 650mm(W) * 1945mm(H)

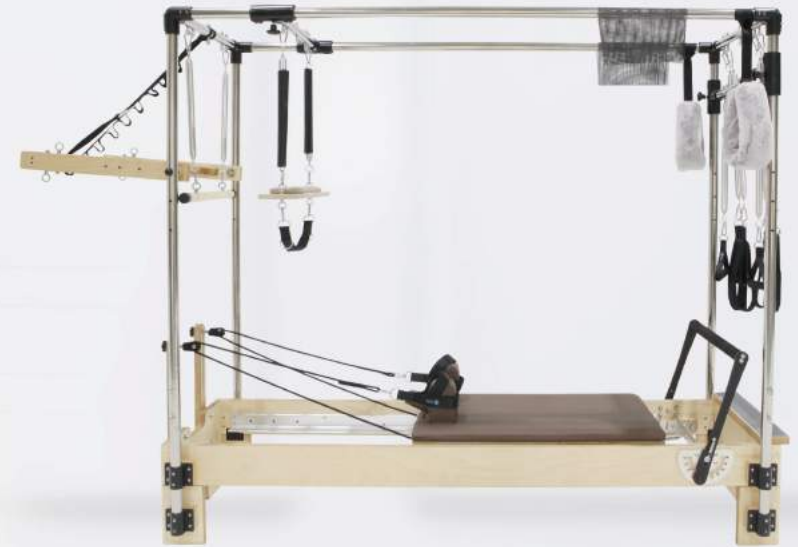


Eco Combi Reformer ■

2200mm(L) * 620mm(W) * 1920mm(H)

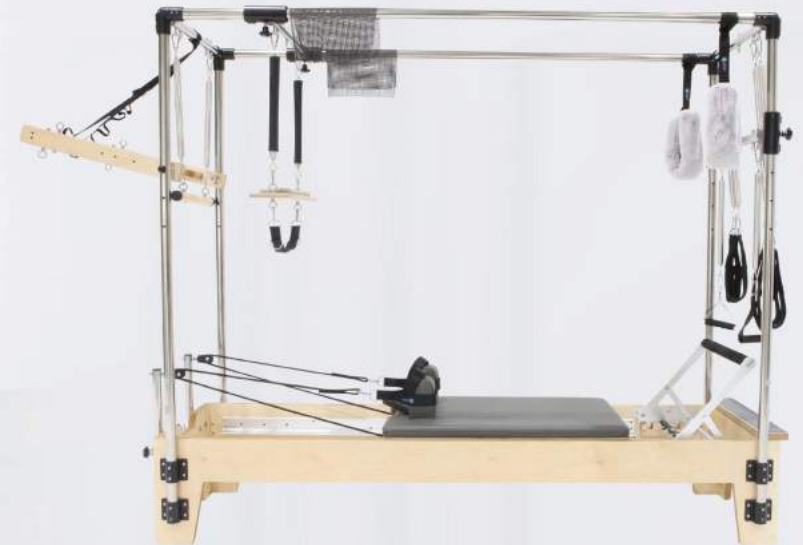
Pilates Equipment

CAFORMER



Eco Caformer ■

2200mm(L) * 625mm(W) * 1920mm(H)



Neo Caformer ■

2300mm(L) * 650mm(W) * 1945mm(H)

Pilates Equipment

CADILLAC



Neo Cadillac

OPTION 1 Standard Bed + Long Leg
2205mm(L) * 780mm(W) * 2170mm(H)
Bed Width: 780mm



OPTION 2 Standard Bed + Short Leg
2205mm(L) * 780mm(W) * 1970mm(H)



OPTION 3 Headrest Bed + Long Leg
2290mm(L) * 780mm(W) * 2170mm(H)



OPTION 4 Headrest Bed + Short Leg
2290mm(L) * 780mm(W) * 1970mm(H)



Modern Cadillac

2360mm(L) * 885mm(W) * 2180mm(H)
Bed Width: 700mm

Specification & Inclusions Summary

Reformer, Combi Reformer, Caformer, Cadillac

MODEL	BODY						CARRIAGE				
	Height		Spring Gear Bar	Reformer Springs	Carriage Rail	Foot-Bar Type	Foot-Bar Positions	Headrest Positions	Shoulder Rest	Pulley-Riser	Rope System
Home Folding Reformer	Bed	26cm/10.2"	Fixed	Blue x2 Yellow x2	Wood	Stainless Steel	External 5		Fixed		Easy-Lock
	Highest	63cm/24.8"									
Home Compact Reformer	Bed	33cm / 13"	Fixed	Blue x2 Yellow x2	Wood	Stainless Steel	External 5		Fixed		Easy-Lock
	Highest	70cm / 27.6"									
Home Reformer	Bed	40.5cm / 15.9"	Single-level 3-gear Adjustable	Red x1 Blue x2 Yellow x1	Aluminum	Steel	External 10	3	Removable	Wood Adjustable	Quick-clamp
	Highest	71cm / 28"									
Eco Reformer	Bed	43cm / 16.9"	Single-level 3-gear Adjustable	Red x1 Blue x2 Yellow x1	Aluminum	Steel	External 10	3	Removable	Wood Adjustable	Quick-clamp
	Highest	73cm / 28.7"									
Neo Reformer	Bed	46cm / 18.1"	Double-level 3-gear Adjustable	Red x1 Blue x2 Yellow x1	Aluminum	Aluminum Steel	Internal 6	3	Removable	Stainless Steel Adjustable	One-Touch Auto- Retracting
	Highest	81.5cm / 32.1"									

*All Reformers, Combi Reformers, Caformers and Cadillacs include Y-strap (2) and Footstrap (1).



MODEL	BODY			BODY	
	Height		Reformer Base	Tower Springs	Components
Home Combi Reformer	Bed	40.5cm / 15.9"	Home	Green x2 Orange x2 Blue x2 Yellow x2	Single Strap x2 Double Strap x2 Handle Strap x2 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1
	Highest	183.5cm / 72.2"			
Eco Combi Reformer	Bed	43cm / 16.9"	Eco	Green x2 Orange x2 Blue x2 Yellow x2	Single Strap x2 Double Strap x2 Handle Strap x2 Fleece Strap x2 Trapeze x1 Trapeze Foot Strap x1 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1 Buckle Strap x1 Non-Slip Pads x2
	Highest	192cm / 75.6"			
Neo Combi Reformer	Bed	46cm / 18.1"	Neo	Green x2 Orange x2 Blue x2 Yellow x2 Purple x2	Single Strap x2 Double Strap x2 Handle Strap x2 Fleece Strap x2 Trapeze x1 Trapeze Foot Strap x1 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1 Buckle Strap x1 Non-Slip Pads x2
	Highest	194cm / 76.4"			
Eco Caformer	Bed	43cm / 16.9"	Eco	Green x2 Orange x2 Blue x2 Yellow x2 Purple x2	Single Strap x2 Double Strap x2 Handle Strap x2 Fleece Strap x2 Trapeze x1 Trapeze Foot Strap x1 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1 Buckle Strap x1 Non-Slip Pads x2
	Highest	192cm / 75.6"			
Neo Caformer	Bed	46cm / 18.1"	Neo	Green x2 Orange x2 Blue x2 Yellow x2 Purple x2	Single Strap x2 Double Strap x2 Handle Strap x2 Fleece Strap x2 Trapeze x1 Trapeze Foot Strap x1 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1 Buckle Strap x1 Non-Slip Pads x2
	Highest	194cm / 76.4"			
Modern Cadillac	Bed	26cm/10.2"	N/A	Full Bed	Single Strap x2 Double Strap x2 Handle Strap x2 Fleece Strap x2 Trapeze x1 Trapeze Foot Strap x1 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1 Buckle Strap x1 Non-Slip Pads x2
	Highest	63cm/24.8"			
Neo Cadillac	Bed	26cm/10.2"	N/A	Full Bed	Single Strap x2 Double Strap x2 Handle Strap x2 Fleece Strap x2 Trapeze x1 Trapeze Foot Strap x1 Safety Strap x1 Rollback Bar x1 Push-Through Bar x1 Buckle Strap x1 Non-Slip Pads x2
	Highest	63cm/24.8"			

**See website for full specs. All dimensions and inclusions are subject to change without notice.

SPRING RESISTANCE		
REFORMER		
	Yellow x1	Light
	Blue x3	Medium
	Red x1	Heavy
TOWER		
	Orange x2	Light
	Yellow x2	Light-Medium
	Green x2	Medium
	Blue x2	Medium-Heavy
	Purple x2	Heavy



Space Saver

Dual Chair and Barrel

Standard & Pro version

1220-1460mm(L) * 640mm(W) * 1050mm(H)

Solid 6-Rung Ladder

Made from elegant Birch with FSC certification.

Springs & Straps

Versatile 2-spring and handle strap for added training options.

**Pro version.*



Dip Bar
4 height setting. Quick release, removable, lockable.

Plush-Core Padding

Ultra-comfort support and water-resistant upholstery.

Hand-Grips

Improved stability during exercises.

Barrel Plate

Slide or remove to suit user body and exercise type. Added comfort and support.

Step/Seat

Added accessibility/training options.
**Pro version.*

Back Support

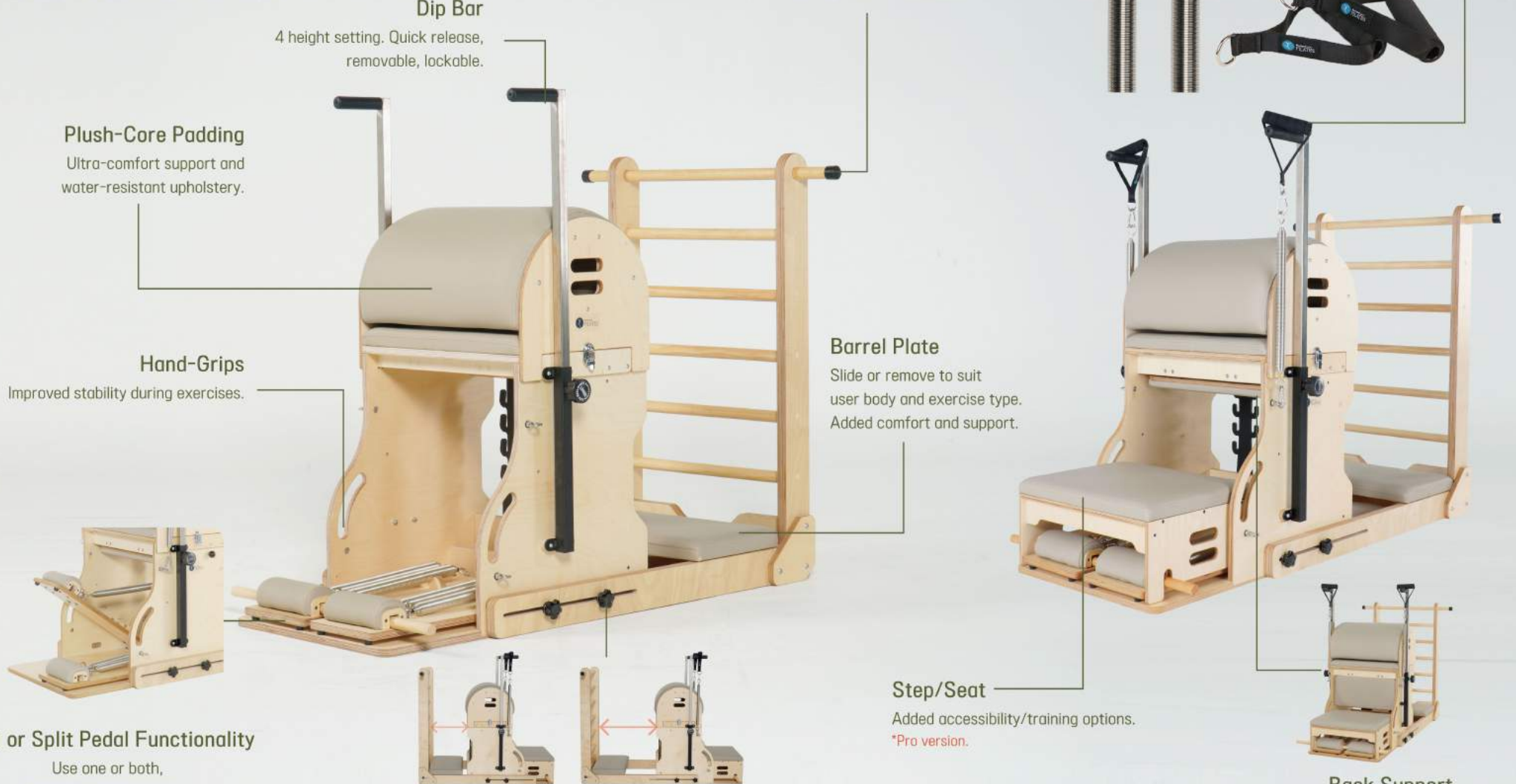
Secured under chair with quick-release, lower for added support when using step.
**Pro version.*

Ladder Extension

Smooth ladder base extension to suit user height and training type.

Dual or Split Pedal Functionality

Use one or both, together or separately.



Pilates Equipment

LADDER BARREL



Eco Ladder Barrel ■

1050~1130mm(L) * 590mm(W) * 1050mm(H)



Home Ladder Barrel ■

1050~1130mm(L) * 500mm(W) * 1050mm(H)



Neo Ladder Barrel ■

1060~1170mm(L) * 590mm(W) * 1050mm(H)

Pilates Equipment

COMBI CHAIR



Eco Combi Chair ■

820mm(L) * 540mm(W) * 610mm(H)

Neo Combi Chair ■

820mm(L) * 540mm(W) * 620mm(H)



Ladder Barrel

Home



- ❶ **Solid 6-Ring Ladder**
Elegant Birch w/ FSC certification.
- ❷ **Plush-Core Padding**
Ultra-comfort support w/ water-resistant upholstery.
- ❸ **Smooth Extension**
W/ quad-lock to secure base.
- ❹ **Bonus Barrel Plate**
Slide or remove to suit user w/ added comfort & support.
- ❺ **Easy-Roll Wheels**
Quick repositioning or storage.

Eco

All Home Barrel features, PLUS:

- ❶ **Reinforced Supports**
Triangular corner supports on both sides for added support, balance and stability.
- ❷ **Added Rear Barrel Handle**
Under barrel handle supports for wider range of movement and greater stability during exercise.



Neo

All Home & Eco Barrel features, PLUS:

- ❶ **One-Touch Adjust**
Quick-release, smooth base extension to suit user body and exercise type.
- ❷ **Added Side Barrel Hand-Grips**
Hand-grips on both sides for added contact points and stability.



Combi Chair

Eco

- ❶ **Solid Chair Base**
Elegant Birch w/ FSC certification.
- ❷ **Plush-Core Padding**
Ultra-comfort support w/ water-resistant upholstery.
- ❸ **Dual or Split Pedal Functionality**
Pedals can be used one at a time, together or separately with hands or feet.
- ❹ **4-2-4 Spring Gear System**
4 springs, 2 spring strengths and 4 gear levels ensuring a wide range of resistance settings.
- ❺ **Adjustable L-Handle**
Quick-release and re-locking system with 4 height settings. Remove for unobstructed chair use.
- ❻ **Easy-Roll Wheels**
Quick repositioning or storage.



Neo

All Eco Combi Chair features, PLUS:

- ❶ **Rotatable Triangle Handle**
Quick-release and re-locking system with 4 height settings. Rotate at 90° to target different muscle groups. Remove for unobstructed chair use.
- ❷ **Added Stability Handles**
Posture stability and training versatility for more varied movements.
- ❸ **Added Eyelets for Spring Integration**
Multiple spring and strap combinations can be attached to further challenge and increase exercise potential. Springs and straps sold separately.



Pilates Equipment

SPINE CORRECTOR



Wood Spine Corrector

730mm(L) * 500mm(W) * 280mm(H)



Spine Corrector

730mm(L) * 500mm(W) * 280m(H)



Arc Barrel

560mm(L) * 510mm(W) * 170mm(H)

Accessories & Holders

Reformer Box

Basic: 720mm(L) * 420mm(W) * 280mm(H)
Slim: 620mm(L) * 420mm(W) * 230mm(H)



Jumping Board

454mm(L) * 600mm(H)

Balance Stick

900mm(L)



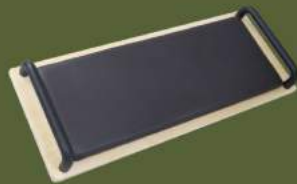
Barrel Plate

Home: 220mm(L) * 500mm(W)
Neo/Eco: 250mm(L) * 540mm(W)
Dual: 250mm(L) * 592mm(W)



Grip Plate

Compact: 265mm(L) * 536mm(W)
Home: 265mm(L) * 600mm(W)
Eco: 265mm(L) * 624mm(W)
Neo: 265mm(L) * 650mm(W)



Reformer Plate

Compact: 250mm(L) * 536mm(W)
Home: 250mm(L) * 600mm(W)
Eco: 250mm(L) * 624mm(W)
Neo: 250mm(L) * 645mm(W)



Pilates Ring Holder

Small: 300mm(L) * 300mm(W) * 890mm(H)
Large: 300mm(L) * 300mm(W) * 1825mm(H)

Foam Roller Holder

Small: 400mm(L) * 230mm(W) * 1120mm(H)
Large: 400mm(L) * 190mm(W) * 2240mm(H)



Simple Holder

Small: 300mm(L) * 220mm(W) * 750mm(H)
Large: 300mm(L) * 220mm(W) * 1600mm(H)



All-In-One Holder

515mm(L) * 232mm(W) * 658mm(H)



Foam Roller Organizer

907mm(L) * 230mm(W) * 500mm(H)



Carriage Plate Holder

390mm(L) * 285mm(W) * 80mm(H)



Yoga Mat

Basic: 1830mm(L) * 610mm(W)
Wide: 1830mm(L) * 800mm(W)



Cork Foam Roller

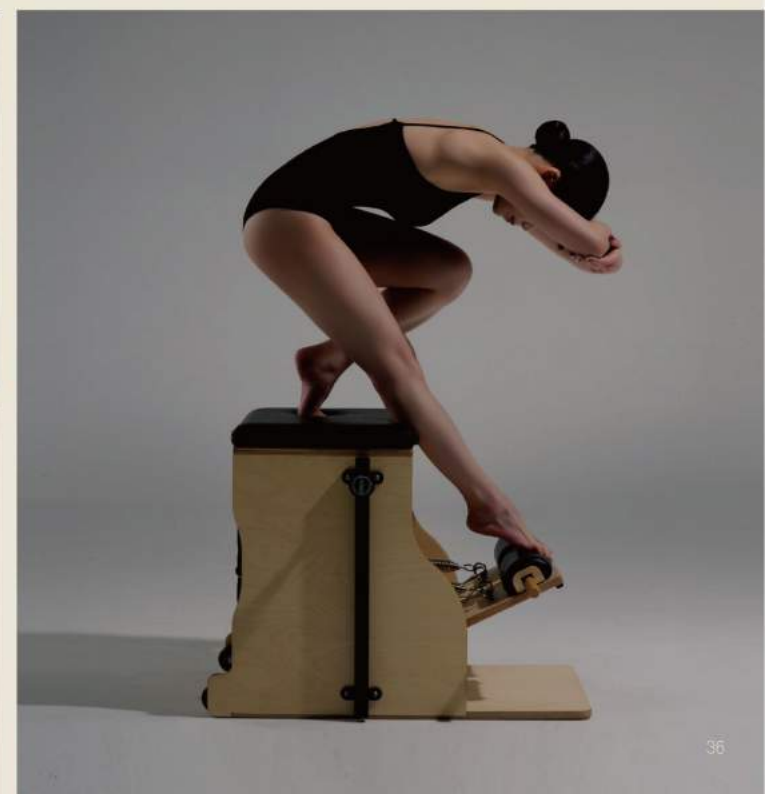
100mm(L) * 300mm(W)



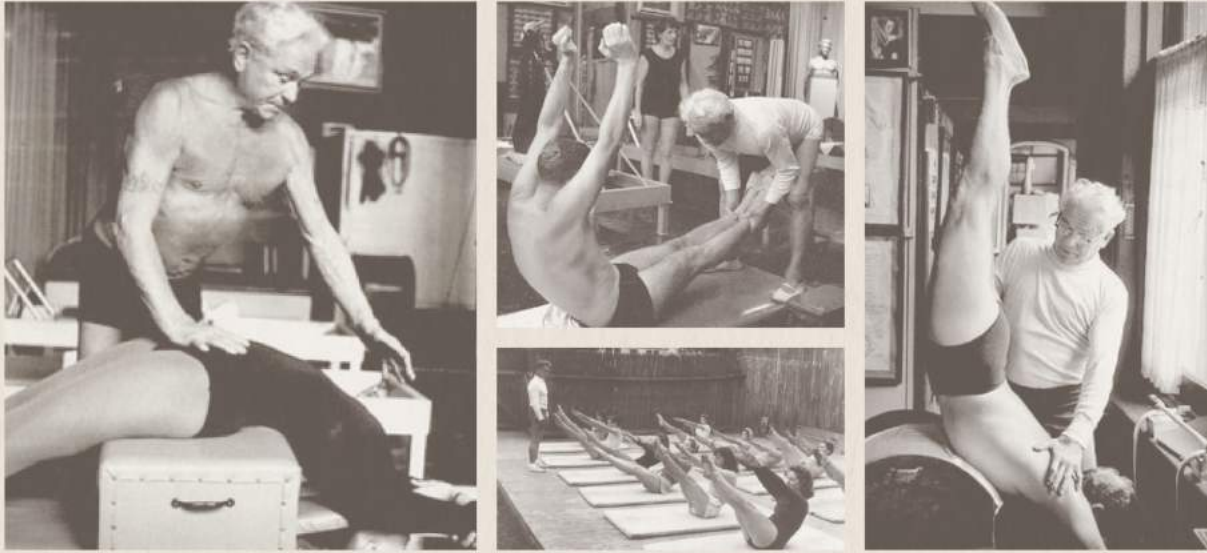
Balance Board

775mm(L) * 275mm(W)

Gallery
Pilanat STUDIO®



Classic Pilates



Wunda Chair

788mm(L) * 534mm(W) * 355mm(H)



*includes reformer box and jumping board

Classic Reformer*

2158mm(L) * 636mm(W) * 355mm(H)



MotionFlexa

Rest and Return Your Balance

When the body is balanced we are able to efficiently recover and relax. Through proper muscle contraction and relaxation we experience a calm abiding. MotionFlexa starts with proper muscle contraction and relaxation through light stretching. A novel approach for assisted stretching that includes high-intensity muscle exercises.

Light Stretching

Reduce pain and improve quality of life through proper daily contraction and relaxation of tight and/or knotted muscles.

Rehabilitation

Exercise to increase flexibility, blood flow and improve muscle endurance, relieving pain in joints and muscles.

High-Intensity Muscle Exercise

Various movements for injury prevention and muscle response through high-intensity exercises.

Full-Body, Targeted Therapy

6 unique apparatus compliment and expand treatment options for allied health professionals. Personalise and target specific musculoskeletal therapies ensuring best outcomes for your patients.



Glute Stretcher

A sliding comfort pad assists users to stimulate the glutes and surrounding muscle groups. With adjustable height, you have multiple position options to suit your patients individual needs.

Dimensions (mm): 1600(L) * 920(W) * 1210(H)



Adjust Sliding Height

Quick-release ball-pin.
Target a variety of muscles.
Easy transition to alternate positions.



Smooth Rail

Controlled, smooth slide.
Maintains tension on target areas.
Easy-clean, comfort padding.



Multiple Stability Points

Added handles on top and bottom.
Wide range of choice for Therapists.
Added stability points for users.

Advanced Split

Slide to increase flexibility through multiple split options.
Springs add additional resistance options.
Adjust intensity of exercises to suit your patient.



Dimensions (mm): 2000(L) * 700(W) * 510(H)



Adjust Intensity

Bilateral springs can be attached at the rear, middle and front. More spring tension for greater intensity.



Multi Step Indicator

Assists Therapist to monitor progress.
Assists patient to focus on their goals.



Multiple Stability Points

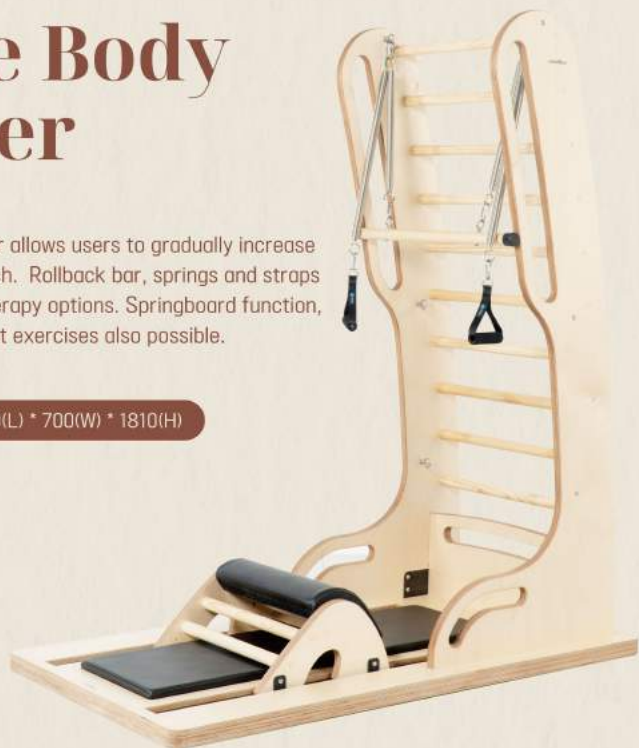
Added handles on top, side and bottom.
Wide range of choice for Therapists.
Added stability points for users.



Whole Body Relaxer

11-step stretching tower allows users to gradually increase the depth of their stretch. Rollback bar, springs and straps add various dynamic therapy options. Springboard function, Schroth method and mat exercises also possible.

Dimensions (mm): 1500(L) * 700(W) * 1810(H)



Rollback Bar / Straps
Additional spring resistance exercises. Use separate or incorporate with stretching. Adds a wider range of movement.



11-Step Stretching Tower
Suitable for all heights. Long, easy-grip handles for stability. Step-by-step stretching to suit user



Added Mat Exercises
Removable base and handles allow additional mat exercises and stretching from the base.

Multi-Stretching Bed

Multi-purpose stretching bed can be utilised in a variety of positions to target specific areas. Added spring resistance to vary intensity.



Dimensions (mm):
Folded: 1390(L) * 930(W) * 520(H)
In-Used: 1710(L) * 930(W) * 520(H)



Central Support Cushion
Helps to stabilise or secure body position. Stores internally when not in use. Effortless, stable support.



Adjustable Headrest
Accommodate for each patient. Move to suit each individual exercise. Adjust the correct angle in 3 positions.



Foldable Bed
Rear bed can be folded up or down. Suit each program or modify existing exercises. Save space with simple operation.



Barrel and Quads

Rotating cylinder with adjustable height and a mini ladder with adjustable distance. Removable mini barrel combines barrel stretching and quad stretching exercises.

Dimensions (mm): 1520(L) * 840(W) * 1165(H)



Mini Ladder

(length-adjustable)

Adjust mini ladder length to suit user height and therapy type with smooth motion



Rotary Cylinder

(height-adjustable)

5-position height adjustment of central cylinder. Helps target specific areas, suit user height and achieve best body positioning.



Mini Barrel

(removable)

Mini Barrel is detachable and can be used in multiple positions. Easy store with included holder.



Advanced Spine-Corrector

Spine relaxation and alignment exercise equipment with whole body stretch. Cushion treatment reduces impact while maximising comfort and effectiveness.



Dimensions (mm): 1900(L) * 710(W) * 730(H)



High-Density Padding

Using the same type of luxurious padding as high-end furniture provides greater support and comfort, while reducing impact to the spine.



Spine Corrector Exercise

Over 30 prototypes developed to ensure the perfect angle for supported spine curvature.



Utilization of Ladder

Allows users to perform full body stretching along the numerous ladder bars by securing the arms and/or legs in various positions.



Motioncare Academy



MOTIONCARE ACADEMY
movement for life

Movement for Life

Welcome to Motioncare Academy® (MCA), where our team of Physical Therapists specializes in Pilates instructor training and professional rehabilitation education. Our instructors bring extensive expertise in Pilates, rehabilitation, and supporting clients with disabilities and chronic conditions.

Our comprehensive programs are crafted to equip individuals with the knowledge and skills necessary to excel in these dynamic fields. At MCA, we don't just teach the 'how' of Pilates; we delve deep into the 'why,' providing our students with a profound understanding of the method's principles and applications. This depth of knowledge sets our graduates apart, empowering them to confidently address diverse scenarios and customize programs to meet their clients' individual needs.

Our programs cater to a diverse range of goals, from foundational courses to specialized programs. Additionally, we provide Mentor Programs, Intensive Camp Programs, Workshops, Speciality Programs, and the flexibility to tailor programming for specific niches.

Whatever your aspirations may be in the realm of Pilates and rehabilitation, MCA is dedicated to supporting your journey towards expertise and excellence, in the service of others.



Teachers' Biographies

Yong Jin Ji

CEO, Motioncare Company

Korean Sports Assoc. for the Disabled | Medical Subcommittee Member
Rehabilitation Specialist

Doctor of Philosophy in IT Sports Convergence | Sung-sil University
Master of Science in Special Physical Education | Yong-in University
Bachelor of Science in Physical Therapy | Yong-in University

- 2017 Motioncare Company (Motioncare Pilates) | Founder & CEO
- 2015 Rehabilitation Clinic | Owner & Lead Physiotherapist
- 2014 Sochi Olympics | National Team Trainer
Sochi Paralympics | National Team Trainer
Taejeon Medical Research Institute | Head of R&D
- 2010 Bucheon Hyundai Hospital | Physiotherapy Team Leader
- 2008 Beijing Paralympics | National Team Trainer
- 2002 KTF Professional Basketball | Team Trainer
- 2001 Korean National Youth Football | Team Trainer



Boram Kim

Director, Motioncare Academy

Bachelor of Science in Physical Therapy | Yong-in University
International Pilates Instructor / International Modern Pilates
Ashtanga, Hata Yoga Instructor RYP 500 / Rishikesh, Mysore, India

- 2022-2019 Shanghai, China, K one Pilates / Pilates director & instructor
- 2018 Queen's Pilates / Pilates Instructor
- 2016 Care Pilates / Pilates Instructor
- 2014 International Schroth Scoliosis Therapy (ISST) / Korea Kaltenborn Association
- 2014 Gangnam Balance Clinic/Body Correction
- 2013 Himchan Hospital / Acute post-operative rehabilitation treatment
- 2013-2011 PERU Sports Association, special children's school /
athlete rehabilitation treatment, special children's rehabilitation treatment
- 2010 Bobath Introduction Lecture / Korea Bobath Association
- 2009 HU&U Rehabilitation Hospital / Rehabilitation treatment for patients
with nervous system damage
- 2009 Obtained physical therapist license / Ministry of Health,
Welfare and Family Affairs, Republic of Korea



MOTIONCARE ACADEMY

movement for life



Teacher Training Courses

COURSE LEVEL	THEORY	PRACTICAL	TOTAL
Pre-course	Anatomy, Exercise Principles and Introduction	Online	18H
Level 1	Mat Props Reformer Programming Theory 69H	Observation 24H Teaching 30H Practice 27H Practical 81H	150H
Level 2	Cadillac Barrel + Chair Body type analysis Exercise program by body type. Theory 60H	Observation 24H Teaching 30H Practice 30H Practical 84H	144H
Level 3	Small lectures by disease type 60H Teaching skills 60H Theory 120H	Practical 60H	180H
Level 4	Physiology, pathology, nutrition, first aid, leadership, marketing, studio management.	Custom	Custom



MOTIONCARE ACADEMY
movement for life

Pre-course

This is an online course before Level 1, where you will learn about anatomy, movement principles and an introduction to Pilates.

Level 1

This is the first step on your journey to becoming an instructor in person. You will learn about mats, props, reformers, and programming. It also includes observation, teaching and movement exercises. After completing the Level 1 course, you will be able to teach groups.

Level 2

This consists of Cadillac, Barrel, Chair and body type analysis with exercise programming for each body type. After completing this course, you will be able to analyse each body type and teach private lessons accordingly.

Level 3

This course is designed for more professional rehabilitation Pilates classes and instructor training. At level 3, you will learn in-depth about the different musculoskeletal conditions you may encounter in your classes and how to approach exercises accordingly.

Level 4

This is the final stage of the instructor course, where you will become a master instructor and manage the training and development of instructors by completing a number of broader classes such as physiology, pathology, nutrition, first aid, leadership and marketing.

Motioncare Academy (MCA)

Special Courses

Workshops

Short-term course (1-3 days), for general or specific theory and practice for each topic.

Open to all students, but prior MCA graduates preferred. Online options coming soon.

Speciality

Dive deeper and develop key specialities. Focused targets include pre-/post-natal, golf and other sports, children to teenager development, chronic conditions, living with disabilities, malalignment, pre-/post-surgery.

Open to all students, but prior MCA graduates preferred.

Mentor Program

Small team working together on teaching skills including leadership, programming, verbal cues, and demonstrations with feedback and comparison.

Max. 6 people. Open to all Level 2 graduates.

Intensive Camp Program

Intensive program combining lectures and exercises with a 'camp stay' for approx. 2 weeks in Korea.

Meet other students from around the world to share experiences and techniques, while learning together.

Location flexible.

Customise

Contact our Global Team to discuss a tailored program for your group. Location flexible, minimum attendees apply.

