MagicBody Details How It Built Its Rehabilitation Pilates Curriculum: 200-Plus Papers Reviewed, Seven Full Overhauls

From asking whether exercises from 100 years ago fit the bodies of people today to giving every exercise an anatomical rationale.



In a MagicBody rehabilitation Pilates regular course session, the course instructor marks the position of the scapula on a model's back while explaining it to students.

SEOUL, SOUTH KOREA, September 17, 2026 /EINPresswire.com/ -- MagicBody (International Rehabilitation Pilates Association Co., Ltd.) has laid out how it built the curriculum for its regular course in rehabilitation Pilates. It reviewed more than 200 papers to pick out the exercises and completely overhauled the curriculum seven times, the association said.

In MagicBody's view, existing Pilates instructor training courses center on teaching and testing the system of exercises Joseph Pilates set out 100 years ago. Hyeongu Cho, director of education at MagicBody, said he decided to build MagicBody's instructor course himself, starting from one question: "Is there any chance that exercises from 100 years ago, exactly as they are, would fit people today who sit for 10 hours a day?"

Cho explained that he had reviewed more than 200 papers in three fields (musculoskeletal rehabilitation, functional anatomy and exercise physiology), and had then picked out the exercises that suit the body types of people today and filtered out the ones that were not needed. He also said he "gave every single exercise an anatomical rationale."

The association named two theoretical foundations for the curriculum. One is the spine stability concept of Stuart McGill at the University of Waterloo in Canada; the other is the functional rehabilitation approach of Craig Liebenson at L.A. Sports and Spine in the United States. On

those foundations MagicBody set the order of priority among the exercises and separated them by difficulty. MagicBody added that even after building the curriculum out of the exercises it had picked out, it completely overhauled that curriculum seven times over 14 years and revised the content every year.

The regular course in operation today follows that refined curriculum as it stands. In ordering the exercises, MagicBody took spinal stabilization as the first principle. At the very front it placed exercises that hold the spine in a neutral position while withstanding outside forces. MagicBody applies the same definition to core exercises, centering exercises, neutral spine exercises and spinal stabilization exercises: exercises that keep the spine neutral.

The basic elements of instruction are speech, touch and demonstration. Instruction is delivered in two ways. The regular course teaches internal cueing, which places the focus inside the body, and external cueing, which places the focus outside it and mostly uses small props.

Students who pass an examination in the regular course receive the Pilates Instructor qualification (in Korean, □□□□□□□), a private qualification that the International Rehabilitation Pilates Association manages. Its registration number is 2017-003943, and it can be looked up in the Private Qualification Information Service operated by the Korea Research Institute for Vocational Education and Training (www.pqi.or.kr).

About MagicBody

MagicBody is a specialist rehabilitation Pilates instructor training brand operated by the International Rehabilitation Pilates Association Co., Ltd. Founded in 2012 and led by chief executive Jaemin Seo, it has trained 6,438 instructors over 14 years and has built up instructor-training records across that period. It runs an 11-week, 55-hour in-person regular course priced at 1.95 million won, excluding VAT, and issues the registered private qualification "Pilates Instructor" (registration No. 2017-003943, managed by the International Rehabilitation Pilates Association). The refund policy, completion requirements and course schedule are on the official MagicBody website (www.magicbodypilates.co.kr).

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