

Vertical/Quadruped Reformer Workshop

Pilates Heritage Conference

Sunday May 7, 2017, 1:30 pm - 3:30 pm

with Jillian Hessel

I. Introduction

Why do vertical (both seated & standing) and/or quadruped exercises on the Reformer? Who needs them? What are the benefits/dangers for yourself, or your client? How to make the exercises more difficult or easier.

II. Quadruped on Reformer/Box

- A. Kneeling Cat (facing backwards): simple & oblique
- B. Kneeling Tricep Extension: plain & contralateral
- C. Kneeling Bicep Curl: plain & contralateral
- D. KSG's kneeling in arabesque on long box
- E. Knee Stretches: 4 ways double, single leg
- F. Up Stretch/Elephant/Arabesque
- G. Quadruped Jump Board

III. Kneeling on Reformer

- A. Kneeling facing back: chest expansion, chariot pull, thigh sit/stretch (may also be done seated on Reformer, or Reformer box)
- B. Kneeling facing front: scoops (plain and circles), hug a tree, salute

C. Kneeling facing sideways: drawing the word, shaving the ear, port de bras, side bending

VI. Upright Reformer Exercises

A. Facing Front: lunges & splits front

B. Facing side: narrow, wide, pick the flowers

C. Facing Back: lunges & splits

D. Long Box: Horseback front & back,

E. Short Box: stomach control, stomach massage, Fletcher back arm press

F. Russian Stretch