



Rotational Reformer

Pretzel Position with Side Bend and Rotation

Set Up & Springs	Light Spring Sit on Reformer in pretzel position - foot against front shoulder rest. Place hand on foot bar
	Lift Hip Lower to carriage
	Lift Hip- Press down Side stretch Lift Center
	Side Stretch- Hold Carriage out Lift and lower hip
	Place hand behind head. Twist torso Stretch out- round over Lengthen spine Pull carriage in Twist center

Crossed Leg Footwork

Set Up & Springs	Lie on carriage. Place feet on foot bar. Cross one leg over the other
	Press out and straighten legs. Extend top leg.
	Sweep leg to ceiling and over body. Sweep back.
	Bend in bending top leg over bottom leg.

Seated Arm Twist With Body Circles

Set Up & Springs	Sit on reformer with legs crossed. Hold straps in both arms at chest level.
	Rotate torso to foot bar. Rotate to opposite side.
	Rotate torso to foot bar. Extend arm toward foot bar. Bring arm back to other hand. Rotate to opposite side.
	Circle arms overhead and to other side of body. Circle rounding down in front of body.
	Reverse circle. Start down in front of body. Circle overhead.

Leg Extensions in Turnout Parallel and Interior Rotation

Set Up & Springs	Lie on reformer place legs in straps. Bend knees in turnout position (Frog).
	Extend legs to side without moving carriage. Bend legs to frog position. Extend legs in parallel. Interior Rotation bringing big toes together, heels apart. Bring feet to parallel.
	Lift legs to ceiling in parallel. Lower to diagonal. Open legs. Close legs maintaining parallel position.
	Lift legs to ceiling in interior rotation. Lower to diagonal. Open legs. Close legs maintaining interior rotation position.
	Bring heels together, toes apart. Circle legs bringing toes together, heels apart.

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Set Up & Springs	Lie on Reformer with straps on feet. Knees bent and together.
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	Roll up to waist bringing knees over chest. Twist knees to side. Roll torso to carriage without moving carriage, straightening legs.
	Bend knees and roll up at side. Bring knees center. Roll down without moving carriage. Repeat other side.
	Repeat movement rolling up on one side and down the other side. Complete movement rolling up and down in center.

Twist Series

Set Up	Stand with feet crossed on shoulder rests and both hands on foot bar. Body is in "V" Position
	Press carriage out & in
	Move both hands across bar to opposite side of the direction feet are pointing
	Press out & in
	Pick up front foot and return hands to original position Press out & in
	As carriage goes out- bring lifted foot to back and bend. As carriage comes in, bring lifted foot to front.

Advanced Stomach Massage with Twist 1 & 2

Set-Up & Springs	High or low bar, 2 springs,
Repetitions	4 times, alternating sides
	Sit on carriage close to foot bar. Place feet in wide turnout on bar. Round back and round arms in front of chest.
	Extend legs out while lifting right arm overhead and spine straightens.
	Twist at waist focus follows arm.
	Hinge torso toward shoulder rest
	Sit up in the twist position, then twist center.

	Bend knees; lower arm center while rounding back Repeat with other arm.
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Twist II

Set-Up & Springs	High or low bar, 2 springs
Repetitions	4 times alternating sides
	Sit on carriage close to foot bar. Place feet in wide turnout on bar. Round back and round arms in front of chest.
	Extend legs out while lifting right arm overhead focus follows arm and spine straightens
	Twist at waist
	Hinge torso and lower toward shoulder rest
	Twist body center, stretch torso longer
	Bend knees; lower arm center while rounding back

Swan with Twist

Set Up & Springs	Lie prone on box. Place hands on foot bar.
	Press out to straighten arms Pull In
	Press out to straighten arms Lift to extend Bend arms maintaining extension.
	Lift to extension. Press out to straighten arms. Lower torso. Bend arms.
	Press out. Lift one arm. Rotate torso. Bring carriage in keeping arm straight and lifting torso in extension. Turn torso toward floor. Release

	<p>Press out. Lift one arm. Turn torso. Bring carriage in and press out keeping arm straight and lifting torso in rotation.</p>
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Overhead Arm Reach with Leg Extension

Set Up & Springs	<p>Place box on carriage. Light spring. Sit on box hold front strap in hand. Place hand behind head.</p>
	<p>Bend other arm at side of body. Stretch torso over, reaching arm overhead. Lift torso and arm. Bend arm at side of body.</p>
	<p>Stretch torso over, reaching arm overhead Keep top arm at ear. Twist torso to face box. Twist back. Lift torso to sitting.</p>
	<p>Bring both legs on box. Place hand on box. Stretch torso, extending leg and straightening arm. Circle arm up and bend leg in, lifting torso to sitting position.</p>

Crossed Leg Long Spine

Set Up & Springs	<p>Lie on back with one foot in opposite strap-cross legs one leg in front of leg in strap Long spine straps medium spring</p>
	<p>Lower and lift legs 4 x Roll up legs toward ceiling Slide leg down the front to the knee cross and come up the back 4x Roll down Lower to diagonal Lower and lift one leg 4 x</p>
	<p>Place foot without strap over other leg ankle to ankle Bend knees to chest- extend legs to diagonal. 4x</p>

	Take leg around the back Roll up Cross around the leg and back Roll down with leg behind Lower and lift back leg 4x Lift leg back up Lower and raise both legs 4x (If too difficult- put both feet inside strap.)
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