

LOLITA SAN MIGUEL'S PILATES WORKSHOP  
REFORMING THE UNIVERSE

***Springs: Balanced Body Spring Tension***

***Green Spring*** - heaviest (equivalent of a red and a yellow spring)

***Red Spring*** - Heavy

***Blue Spring*** - medium

***Yellow Spring*** - Lightest

Warm Up

Seated—breathing, stretches, forward spine flexion, extension, rotation, straighten legs, lateral flexion, spine twist with flexion hands behind head, ankles, foot series, spine articulation to supine

Supine—knee hugs, knees side to side, knee circles

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1. **Footwork**—presses parallel feet between arch and heels in front of ischiums, Pilates V on metatarsals, parallel on heels, prehensile, add pulses to footwork

Second position, external/internal presses, circles at hip socket.

2. Rélevés, Achilles stretch, insteps stretch, Running

- a. Optional repeat Pliés, Rélevés, instep stretch in second position, running in second position
- b. Place legs over foot bar, relax and circle ankles

**Lower headrest, feet on footbar, knees bent**

3. **Spine Articulation** gradually to bridging, parallel feet on arches, Pilates V, combination of both, add relevés

**Transition: Spine Articulation up to seated. \*\*\*Springs change to: 1 red, 1 yellow or 1 red, 1 blue**

4. **Arm Series**—lowers, side abduction, circles, triceps lowers and presses, forearm arcs
5. Coordination
- 5A. Cheerleader Arms
6. Backstroke
7. Open legs straight - flex, point feet
8. The Hundred

**\*\*\*Springs change—2 Reds, release handles or straps.**

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9. **Single Leg Sequence** on heel and metatarsals, Single Leg Circles. Leg & hip stretches with hand or Magic Circle.

**Transition to long loop under knees.**

10. **Femur Series** – arcs, obliques, circles, fans

**Transition to long loop on arches.**

**Feet in Straps Straight Legs.**

11. Leg Lowers, Circles, Frogs, Walking on the Ceiling parallel and turned out, Shotgun, both legs open and close, small heel circles.

**Inversions.**

**Lower headrest.**

12. Pike and Peel—parallel, turned out and open legs

13. Short Spine—reverse

14. Long Spine

**Transition \*\*\*Springs change: 1 Red & 1 Yellow if seated and 1 Blue if kneeling.**

**(Exercise great care with all kneeling movement). Grab short strap or handles.**

15. **Arms (seated or kneeling):** Hug a Tree, Salute, Serve the Platter, Shave the Head, Arm Circles, Biceps curls back, Basic Rowing with thumbs lowering

**Transition: get box. \*\*\*Springs change, 3 Reds minimum, using foot strap.**

16. **Short Box Work-Roll Down**, add Spine Extension, add Arm Circles, Flat Back, Side Bends, Spear Fishing, Around the World, Climb a Tree **(pole optional)**

**Transition to side sitting on box, foot under strap.**

17. **Lateral Flexions** with bent elbows, A, B, pole or ring toner, add rotations

**Transition: stand and change to long box. \*\*\*Springs change 1 Red, 1 Blue.**

18. **Prone facing Foot Bar**, Arm Pumps, Presses, Swan, Swan with one arm rotation

**Transition: Stand, lie down supine facing foot bar, holding handles.**

19. **Backstroke**, heel beats and fifth position leg changes

20. **Teaser**

**Transition: Stand and lie prone facing head of Reformer holding straps at reins.**

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21. **Pulling Straps**, T-pulls, Circles, Swan, Flying Eagle, (*release straps*)
22. **Swimming**; Child's pose

***Transition: remove box. \*\*\*Springs change: 1 Red, 1 Blue or 2 Reds.***

23. **Stomach Massage** – Flexion C shape, arms straight up in front, arms straight back behind you, Spine Twist, (*optional: one leg only*) Monkey. Add Relevés and Archilles Stretch

***Transition to kneeling sideways with long strap on hand furthest away from shoulder pad\*\*\* Springs change: 1 Blue***

24. **Arms**: Forearm abduction, palm up and down, closed fist, Stomach Rub, Cross Arm Pull, Lateral Overhead Pull, To the Moon, other arm Short Strap, Palm Abductions, fist, Stomach Rub, Angel Arms, Deltoid Reach

***Transition to Z sit sideways. \*\*\*Springs change: 1 Red, 1 Yellow.***

25. **Mermaid Series** – Mermaid, Cleopatra Lateral Bend, Snake & Twist, Arm overhead Spirals, Face Footbar - Pumps and Presses, Swan (**One side only**)

***Transition to face head of Reformer, knees bent, feet on headrest.***

26. **Spine Articulation**, holding reins
27. **Biceps Curls** with short straps, add Lumbar Articulations, Oblique Twists, Rowing. (*Change loop to elbows*) Butterfly.
28. **Chest Expansion**, short loops, seated or kneeling; Thigh Stretch Kneeling

Rest Pose

29. **Assisted Roll-Ups**, seated straight legs over headrest

***Seated with short loops:***

30. **Rowing**, round and flat back
31. **Knee Flexions**, or Core Control in Quadruped facing head of Reformer, obliques

Rest Pose

32. **Mermaid** (same as # 27, facing other side)

***Transition to kneeling sideways hand in loop other side of #26 \*\*\*Springs change, 1 Blue***

33. **Hand with Loop**, kneeling side ways

***Remove springs and repeat exercise; replace springs again.***

34. **Knee Stretches**—Angry Cat, Neutral Back, Horse, knees off
35. **Down Stretch**, one arm with spine twist, Wave

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**36. Jackrabbit**

***Transition to standing*** on carriage feet in front of shoulder pads

**37. Elephant** - Inverted V or Up Stretch, Plank or Long Stretch, Arabesque, combine inverted V with long stretch, add pushups.

***Transition: Standing one foot on standing platform other on carriage, facing sideways. 1 red, 1 yellow or blue***

**38. Side Slides** - Straight Legs, Pliés, side flexions and spine twists, port de bras forward and extension back, skating – step off with care, other side

***Transition to one Leg on Floor Knee bent other leg on carriage metatarsal against shoulder pad.***

**39. Eve's Lunge**, both legs bent, stretch leg on carriage and lift, Foot on inkwell, Foot on foot bar, Scooter, walking

**40. (Standing on floor):** Cool Down- Posture check, Head and Shoulder Circles, Spine Articulation, Head Circles, Wrist Circles, Arms, Spine Rolls, down and up.

END

UPDATED 12/30/2016