



REFORMER

FLEXIBILITY/STABILITY

FOOT, ANKLE AND LEG

Press out to straighten legs without moving carriage.

Change spring

1 spring

no spring

TOE ROLLS

Lie on back on carriage Place feet on foot bar, with feet, ankles, and knees together. Lift heels high to releve keeping weight on the metatarsals.

Roll feet up until just the big toes are on the bar.

Lower to the metatarsals, keeping heels high and weight on the feet to strengthen foot muscles and increase the metatarsal arch.

ARCH PRESSES

Bring feet under bar. Press out.

Small presses.

Bring feet hip distance apart. Press out.

Small presses.

HIP AND PELVIS

HIP EXTENSION AND LIFT

Lie on carriage with feet on bar. Straighten legs.

Lift one leg to ceiling. Extend over body.

Press hip to carriage, release.

Extend to other side.

Lift and lower hip to carriage.

HIP TWIST

Lie on back on reformer.

Press out. Extend one leg to ceiling to L position. Cross leg over body keeping both hips down. Flex and point 4 times.

Bend leg and place foot at other knee. Roll hips up and back to carriage 4 times.

Roll hips over and hold. Extend top leg and bend 4 times.

Roll to center. Extend leg to ceiling. Lower foot to bar. Release in and repeat on other side.

LEG CIRCLES

Lie on your back on the carriage. Place feet in straps. Bring legs to L position.

Large Circles.

Small Circles.

Turnout

Parallel

Turnout to parallel

LEG EXTENSIONS IN TURNOUT PARALLEL AND INTERIOR ROTATION

Lie on reformer. Place feet in straps.

Extend legs on diagonal. Bring heels together, toes apart. Circle toward ceiling bringing heels together.

Circle down. Heels together.

Extend legs on diagonal. Bring toes together, heels apart. Circle toward ceiling bringing toes together.

Circle down. toes together.

Extend legs on diagonal. Bring heels together, toes apart. Circle toward ceiling bringing toes together.

Circle down. Heels together.

Extend legs on diagonal. Bring toes together, heels apart. Circle toward ceiling bringing toes together.

Circle down. Heels together.

MERMAID

Sit sideways on the reformer and placed one hand on the bar. Stretch over pressing the carriage out. Lift up to sitting.

Place both hands on the bar. Square your shoulders toward the floor. Press out and bend in.

Place one hand behind your back and repeat.

SHOULDER AND ARM

SWIMMING POOL WITH ROTATION

Sit on carriage facing straps with legs crossed on head rest. Cross straps and hold loop in hands.

Pull straps to chest. Extend arms out at chest level

Single arm – Pull one arm to chest keeping elbow up at shoulder level.

Repeat with other arm.

Repeat sequence alternating arms.

Repeat Double Pulls

Pull both arms to chest and pulse elbows back .

Place one hand behind head. Shorten strap. Pull other hand to chest. Twist torso. Bring torso center.

Release arm.

OVERHEAD REACH

Place box on carriage. Light spring.

Sit on box hold front strap in hand. Place hand behind head.

Bend other arm at side of body. Stretch torso over, reaching arm overhead.

Lift torso and arm.

Bend arm at side of body.

Stretch torso over, reaching arm overhead

Keep top arm at ear.

Twist torso to face box.

Twist back. Lift torso to sitting.

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

SPINE IN EXTENSION AND FLEXION

SWAN WITH TWIST

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

Press out.

Lift one arm. Turn torso.

Bring carriage in and press out keeping arm straight and lifting torso in rotation.

CAN CAN

Lie on Reformer with straps on feet. Knees bent and together.

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.

SHORT SPINE PREP AND SHORT SPINE

Lie on Reformer with straps on feet.

PREP:

Hold straps in hands. Curl to waist without moving carriage.

SHORT SPINE:

Lie on Reformer with straps on feet. Legs in frog position.

Extend legs on diagonal. Bring legs overhead, lifting arms to ceiling.

Roll spine up.

Bend legs to diamond position. Straighten.

Bend legs and roll spine down. Bring legs to frog.
