

Setup:

Lay on back, head in the headrest, feet on the foot bar, arms resting long by sides. Be sure to check body alignment on the carriage.

Breathing:

Inhale extending the carriage out.

Exhale returning the carriage in.

*Note: breathing for contemporary will be reverse



Notes:

Classical & Contemporary

FOOTWORK

Prepares the body for exercise and begins the process of alignment while engaging and exercising the feet.

Repetitions:

10 each foot position:

Pilates Stance Toes

Arches Parallel

Heels Parallel

Toes Parallel Ankle Lift

Springs:

2 medium

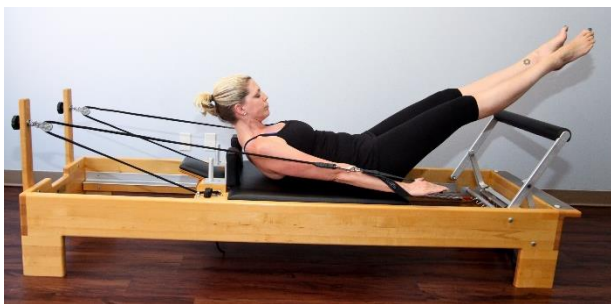
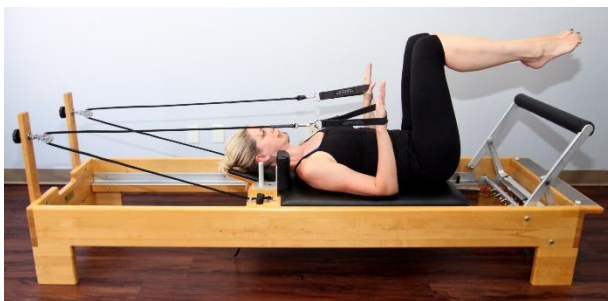
2 light

Contraindications:

*Pregnancy

* Knee or Hip injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Lay on back, hands in straps with elbows bent at sides and legs in table top. Curl up head neck and shoulders while extending arms and legs can extend to the individuals ability level.



Breathing:

Inhale for 5 pumps.

Exhale for 5 pumps.

Notes:

Classical & Contemporary

THE 100

This well-known mat exercise is given an element of stability when done on the reformer with spring resistance, deepening core strength and endurance.

Repetitions:

10 breaths (100 pumps)

Springs:

Begin with 1 or 2 light springs and work up to 2 light springs and 2 medium springs

Contraindications:

- *Pregnancy
- *Osteoporosis
- * Neck or spinal injuries
- * Shoulder injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Laying on carriage with hands in straps and legs in table top. Curl up head/neck and shoulders looking into powerhouse with elbows bent.

Breathing:

Inhale extending arms along sides just above carriage and extending legs out to working level. Quickly open legs to shoulder width, then quickly zip them back together.

Exhale bending the elbows back, continue to exhale as you bend legs back into table top. (Head remains up)



Notes:

Classical & Contemporary

COORDINATION

Works on core strength, coordination of the upper and lower body, and inner thigh engagement.

Repetitions:

3-5

Springs:

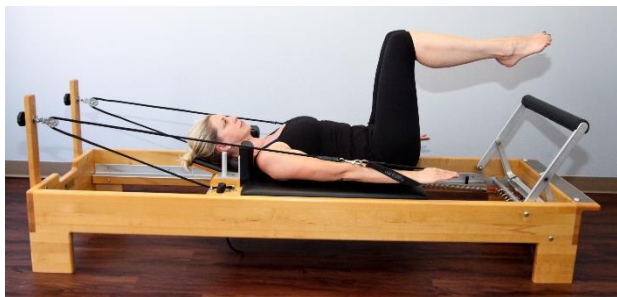
1 light spring

1 medium spring

Contraindications:

- *Pregnancy
- *Osteoporosis
- * Neck or spinal injuries
- * Hip injuries

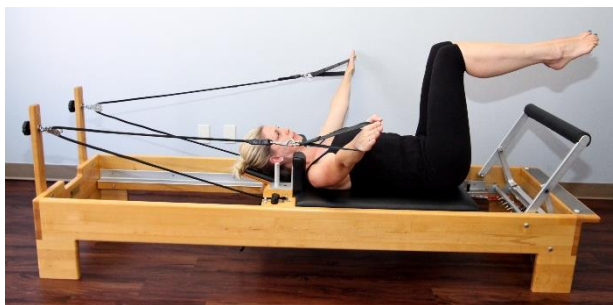
Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Lay face up on carriage with head in the headrest, legs in table top, hands in the straps with arms reaching to ceiling

Breathing Down:
Inhale extending arms along sides down to mat
Exhale return arms back to starting position



Breathing Circles:
Inhale circling arms away from body to sides
Exhale bringing arms into sides and back up to ceiling
Reverse:
Inhale extending arms down to mat
Exhale circling arms out to sides and back up to ceiling

Notes:

Classical & Contemporary

PULL STRAPS: DOWN & CIRCLES

Works shoulder strength and powerhouse endurance.

Repetitions:

3-5 down

3-5 circles each direction

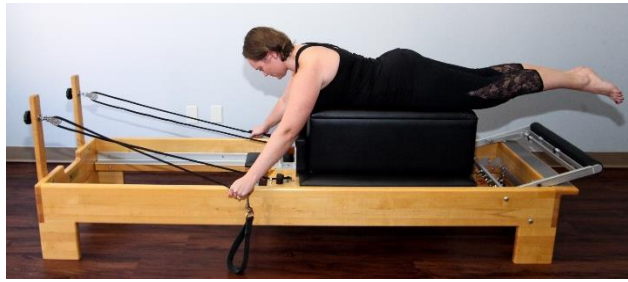
Springs:

1-2 Springs (use a combination of light and medium depending on shoulder strength)

Contraindications:

- * Pregnancy
- * Osteoporosis
- * Neck or spinal injuries
- * Shoulder injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Breathing:

Inhale extending arms back along hips while lifting head and shoulders in spinal extension.

Exhale return arms back to starting position while lowering spine back into neutral.

Setup:

Place box lengthwise on carriage against the shoulder blocks. Lay face down on box with shoulders directly above shoulder blocks. Hold the straps by chocking up the ropes above clips. Arms extend along the outside of the rails palms face in.

Classical & Contemporary

LONG BOX: PULL STRAPS DOWN

Works shoulder strength and extension of the spine.

Repetitions:

3-5

Springs:

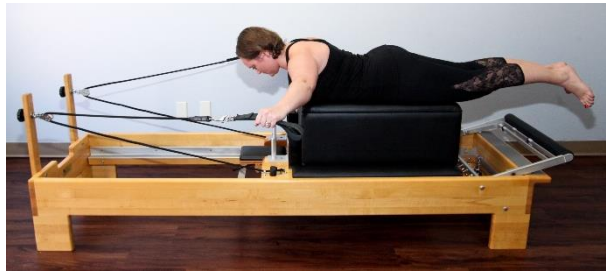
1-2 Springs (use a combination of light and medium depending on shoulder and spinal strength)

Contraindications:

- * Pregnancy
- * Osteoporosis
- * Neck or spinal injuries
- * Shoulder injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Place box lengthwise on carriage against the shoulder blocks. Lay face down on box with shoulders directly above shoulder blocks. Hold the straps by the loops arms extended out to shoulder height with palms facing the floor.



Breathing:

Inhale extending arms back along hips while lifting head and shoulders in spinal extension.

Exhale return arms back to starting position while lowering spine back into neutral.

Notes:

Classical & Contemporary

LONG BOX: PULL STRAPS OUT

Works shoulder strength and extension of the spine.

Repetitions:

3-5

Springs:

1-2 Springs (use a combination of light and medium depending on shoulder and spinal strength)

Contraindications:

- * Pregnancy
- * Osteoporosis
- * Neck or spinal injuries
- * Shoulder injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup 1:

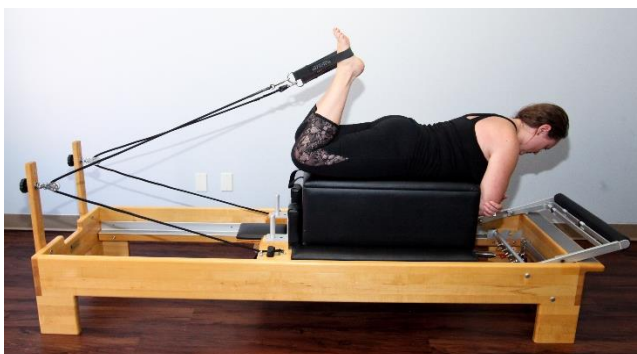
Sit on box with feet resting in the head rest. Criss/cross the straps and place them on opposite arches. Twist your body around until knees are over shoulder blocks and chest extended off box.



Breathing:

Inhale drawing heels towards hips.

Exhale drawing waist in and releasing legs back to 90°



Setup 2:

Stand in the well facing the carriage. Step up onto side rails with hands on box. Place the straps on arches and walk hands to the front of the box lowering body into a plank. Lower belly onto box, bending elbows and knees and bringing feet together. Adjust so that knees are over shoulder blocks and chest extended off box.

Classical & Contemporary

LONG BOX:

HAMSTRINGS

Increases hamstring strength while hip flexors are in an extended position. This a very good exercise for finding balance in posterior and anterior hip muscles.

Repetitions:

3-5 Double Leg

3-5 Each Leg Single Leg

Springs:

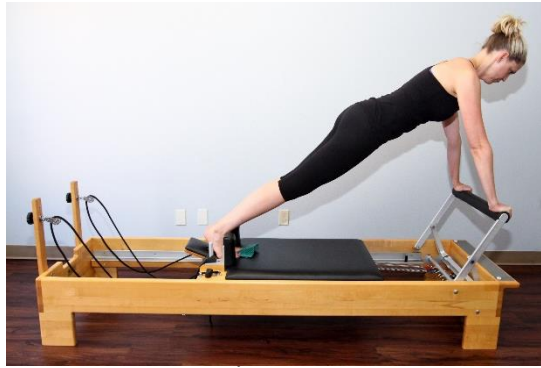
Use a combination of light/medium/heavy springs according to student strength and ability to maintain good form.

Contraindications:

- * Pregnancy
- * Osteoporosis
- * Neck or spinal injuries
- * Hip or knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Breathing:

Inhale pressing the carriage out from arms keeping spine straight.

Exhale pulling the carriage back in to stopper keeping spine straight.

Place a "sticky mat" in the headrest with the headrest in a lifted position. Place outside hand on foot bar, lifting from core extend outside foot back and over shoulder block into head rest, place inside hand on foot bar, lift outside leg over shoulder block into head rest. Legs zipped together with heels reaching towards headrest, hands shoulder distance apart on foot bar, spine in neutral.

Notes:

Classical & Contemporary

LONG STRETCH

Works transverse abdominis, shoulder stability, spinal alignment and total body control.

Repetitions:

4-6

Springs:

1 light spring

1 medium spring

Contraindications:

- *Osteoporosis
- * Neck or spinal injuries
- * Shoulder injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Kneeling with feet against shoulder blocks, toes bent so arches press into shoulder blocks, knees in line with feet, hands placed shoulder width apart on foot bar. Hips pressed forward towards foot bar with pelvis in a slightly tucked position. Head lifted and spine extended.

Breathing:

Exhale press the carriage out

Inhale returning the carriage in

Notes:

Classical & Contemporary

DOWN STRETCH

Improves core strength and lengthening of the spine, opens shoulders and stretches the front of thighs.

Repetitions:

4-6

Springs:

1 light spring

1 medium spring

Contraindications:

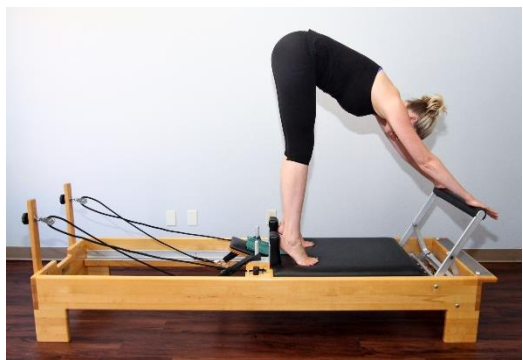
*Osteoporosis

* Neck or spinal injuries

* Hip or knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Complete Reformer Page ##



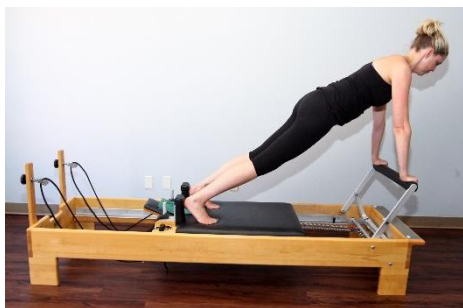
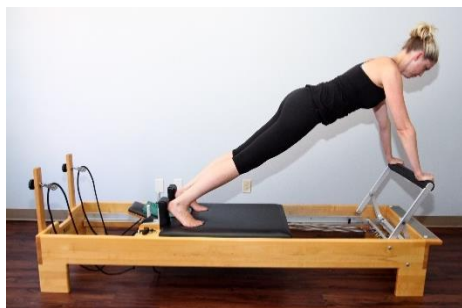
Setup:

Standing on carriage with heels up on shoulder blocks, weight on toes, hands on foot bar shoulder distance apart, hips lifted up and back over feet with head pulled in looking towards powerhouse.

Breathing:

Inhale press carriage partially out, lower hips until spine is straight

Exhale pulling the carriage in while hips remain down until reaching the bumper, holding the carriage in tuck pelvis and lift hips back over feet



Notes:

Classical & Contemporary

UP STRETCH

Improves core strength, shoulder strength and stability, total body coordination and alignment.

Repetitions:

3-5

Springs:

1 light spring

1 medium spring

Contraindications:

- *Osteoporosis
- * Neck or spinal injuries
- * Shoulder Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Standing on carriage with feet flat and heels against shoulder blocks, hands on foot bar shoulder distance apart, hips lifted with pelvis place midway between feet and hands, spine rounded and lifted to ceiling, tailbone tucked with eyes on powerhouse.

Breathing:

Inhale pressing carriage out several inches moving legs only

Exhale pull the carriage back in to bumper moving legs only

Notes:

Classical & Contemporary

ELEPHANT

Lengthens posterior muscles, works powerhouse in "C-curve", works shoulder stability.

Repetitions:

3-5

Springs:

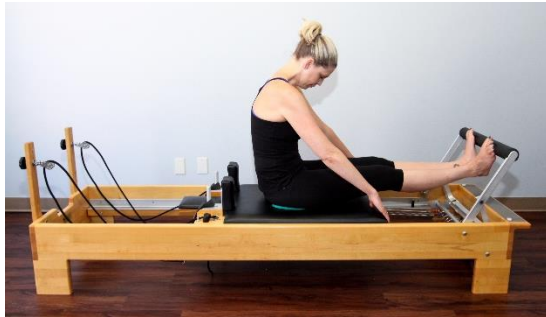
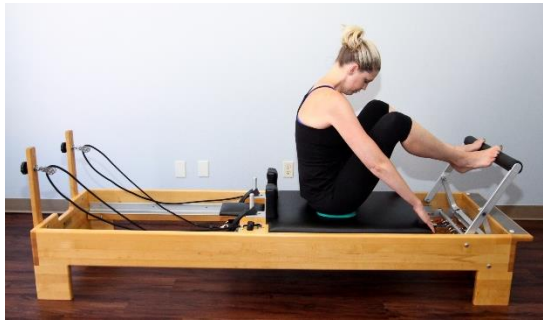
1 light spring

1 medium spring

Contraindications:

- * Neck or spinal injuries
- * Shoulder Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Breathing:

Inhale press carriage out until legs are straight

Quickly lower heels below bar then back up to lifted

Exhale pull carriage back in to bumper

Inhale roll back up to starting position

Setup:

Place “sticky mat” on carriage close to front edge, if foot bar has a slightly lower option you may choose that height, sit on carriage on sticky mat close enough to engage core in order to remain seated in a “C-curve” position, feet on bar on toes in Pilates position with heels lifted, hands curled around legs and rested on front edge of carriage, head in with eyes on powerhouse.

Notes:

Classical & Contemporary

STOMACH MASSAGE ROUND

Stretches posterior muscles, works pelvic floor, works on coordination.

Repetitions:

3-5

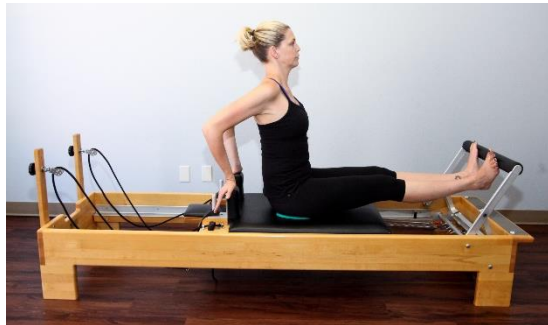
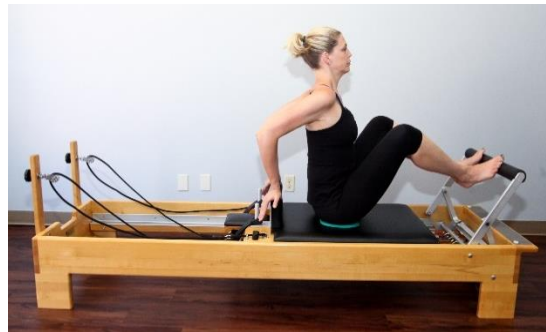
Springs:

4 springs (adjust according to student of this is too heavy)

Contraindications:

- * Neck or spinal injuries
- * Hip or knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Classical & Contemporary

STOMACH MASSAGE FLAT

Stretches posterior muscles, works pelvic floor, opens chest and anterior shoulder, works on coordination.

Repetitions:

3-5

Springs:

3 springs (adjust according to student of this is too heavy)

Contraindications:

- * Neck or spinal injuries
- * Hip or knee injuries
- * Shoulder injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Hand position modification



Setup:

Place "sticky mat" on carriage close to front edge, if foot bar has a slightly lower option you may choose that height, sit on carriage on sticky mat close enough to engage core in order to remain seated in a flat back position, feet on bar on toes in Pilates position with heels lifted, hands reaching back resting on top of shoulder blocks, head lifted in line with the spine.

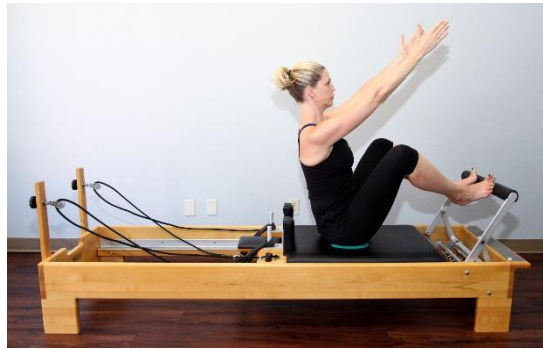
Breathing:

Inhale press carriage out until legs are straight

Quickly lower heels below bar then back up to lifted

Exhale pull carriage back in to bumper

Notes:



Setup:

Place “sticky mat” on carriage close to front edge, if foot bar has a slightly lower option you may choose that height, sit on carriage on sticky mat close enough to engage core in order to remain seated in a flat back position, feet on bar on toes in Pilates position with heels lifted, hands reaching forward and up, head lifted in line with the spine.

Breathing:

Inhale press carriage out until legs are straight

Exhale pull carriage back in to bumper

Notes:

Classical & Contemporary

STOMACH MASSAGE REACHING

Stretches posterior muscles, works pelvic floor, improves posture.

Repetitions:

3-5

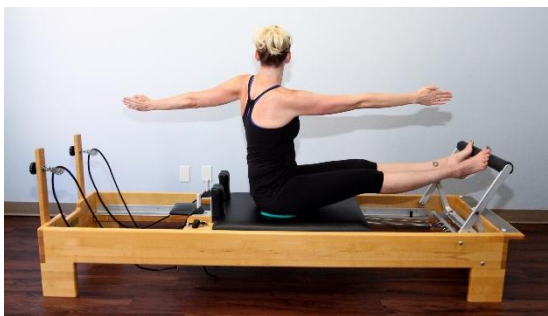
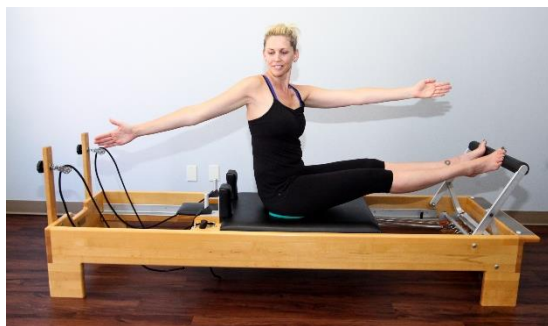
Springs:

2 springs (adjust according to student)

Contraindications:

- * Neck or spinal injuries
- * Hip or knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Breathing:

Inhale press carriage out until legs are straight twisting torso right, right hand reaching back, left hand remains over toes

Exhale pull carriage back in to bumper returning arms front

Inhale press carriage out until legs are straight twisting torso left, left hand reaching back, right hand remains over toes

Exhale pull carriage back in to bumper returning arms front

Setup:

Place “sticky mat” on carriage close to front edge, if foot bar has a slightly lower option you may choose that height, sit on carriage on sticky mat close enough to engage core in order to remain seated in a flat back position, feet on bar on toes in Pilates position with heels lifted, hands reaching forward and up, head lifted in line with the spine.

Notes:

Classical & Contemporary

STOMACH MASSAGE TWIST

Stretches posterior muscles, works pelvic floor, improves posture.

Repetitions:

2-4 Each Side

Springs:

2 springs (adjust according to student)

Contraindications:

- * Osteoporosis
- * Spinal injuries
- * Hip and knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Laying on carriage with head in headrest, place straps on the arches of feet, legs go to table top with knees outside ropes and feet in Pilates V.

Breathing:

Inhale extending legs out at a 45° angle keeping heels connected

Exhale resisting springs, bring legs back to tabletop

Notes:

Classical & Contemporary

FROG

Strengthens pelvic stabilizers, works deep opposition and lengthening.

Repetitions:

6-10

Springs:

1 light spring

1 medium spring

Contraindications:

* Knee and Hip Injuries

* Pregnancy

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Laying on carriage with head in headrest, legs extended as close to 90° as possible without lifting sacrum off mat and legs together.

Breathing:

Inhale circle legs out to sides and lowering to 45°

Exhale draw legs together and return to 90°

Reverse Directions

Inhale lengthen legs together down to 45°

Exhale circle legs out to sides and return to 90°



Classical & Contemporary

LEG CIRCLES

Strengthens pelvic stabilizers, works lengthening and coordination.

Repetitions:

6-10 Each Direction

Springs:

1 light spring

1 medium spring

Contraindications:

- * Knee and Hip Injuries
- * Pregnancy

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Laying on carriage with head in headrest, place straps on the arches of feet, legs go to table top with knees outside ropes and feet in Pilates V.

Breathing:

Inhale pressing legs out to 45°

Exhale reaching legs back towards shoulders while lifting hips until weight is on shoulders and carriage reaches bumper

Inhale bending the knees and bringing the heels to the hips

Exhale rolling back down along the spine until pelvis reaches neutral



Classical & Contemporary

SHORT SPINE MASSAGE

Note Headrest is DOWN

Strengthens abdominal muscles, works spinal articulation, stretches spine and shoulders, improves alignment.

Repetitions:

3-5

Springs:

1 light spring

1 medium spring

Contraindications:

- * Neck and Spinal injuries
- * Shoulder injuries
- * Pregnancy

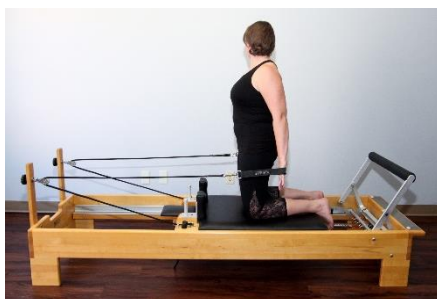
Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Kneeling on carriage backwards, feet hooked on edge of carriage, hands in straps with palms facing towards feet.



Breathing:

Inhale pressing arms behind back

Look right, look left, look center

Exhale returning arms back to sides

Inhale pressing arms behind back

Look left, look right, look center

Exhale returning arms back to sides

Notes:

Classical & Contemporary

CHEST EXPANSION

Strengthens and opens shoulders, works on balance, opens anterior leg and hip muscles.

Repetitions:

2-4 each direction

Springs:

1 light spring

1 medium spring

(Springs can be adjusted to suit student's needs)

Contraindications:

- * Neck and Spinal injuries
- * Shoulder injuries
- * Knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Kneeling on carriage backwards, knees against shoulder blocks, place arms through loops then choke up on straps above hardware.



Breathing:

Inhale hinging at knees while lowering arms towards shoulder blocks

Exhale lifting arms to shoulder height while returning body upright above knees

Classical & Contemporary

THIGH STRETCH

Stretches anterior leg and hip, works spinal length.

Repetitions:

2-4

Springs:

1 light spring

1 medium spring

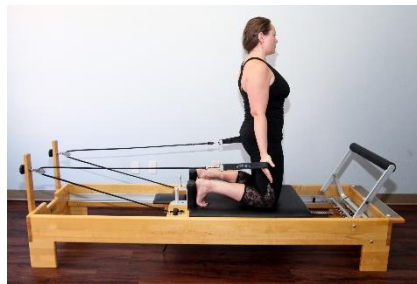
(Springs can be adjusted to suit student's needs)

Contraindications:

- * Neck and Spinal injuries
- * Shoulder injuries
- * Knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Classical & Contemporary

KNEELING FORWARD ARMS

Strengthens shoulders and powerhouse.

Repetitions:

2-4 forward

2-4 circles each direction

2-4 Salute

Springs:

1 light spring OR

1 medium spring

(Springs can be adjusted to suit student's needs)

Contraindications:

- * Neck and Spinal injuries
- * Shoulder injuries
- * Knee injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Breathing Forward:

Inhale arms forward to shoulder height
Exhale arms back down to sides

Breathing Circles:

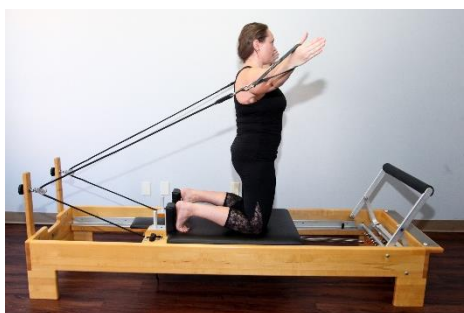
Inhale arms forward to shoulder height
Exhale arms circling out to sides and back to hips

Reverse:

Inhale arms circling out to sides and to shoulder height
Exhale arms back to hips

Breathing Salute:

Place hands at top of head in a "diamond shape" elbows bent
Inhale extending arms out at a 45° angle
Exhale returning hands to top of head bending elbows



Notes:



Setup:

Seated sideways on carriage with legs bent in a zig zag (see picture) with the leg closest to foot bar in front of body and leg closest to shoulder blocks bent back with shin against shoulder blocks. Foot bar hand on center of bar, outside hand reaching for ceiling.

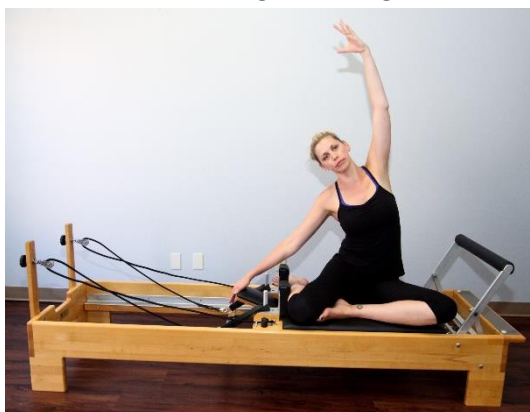


Breathing:

Inhale pressing carriage out and extending outside arm over foot bar

Exhale narrowing waist to bring carriage in while lifting foot bar hand

Inhale reaching foot bar hand to ceiling



On final repetition add a twist to the shoulder blocks and then a twist to the foot bar with a few swan dive lifts.



Classical & Contemporary

MERMAID

Strengthens obliques, works spinal rotation and lateral flexion and stretches hips and shoulders.

Repetitions:

2-4 each side

Springs:

1 light spring OR

1 medium spring

Contraindications:

- * Neck and Spinal injuries
- * Shoulder injuries
- * Knee and Hip injuries

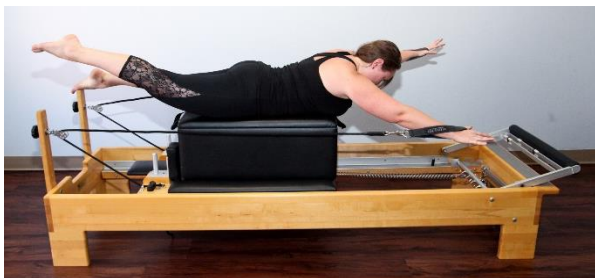
Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

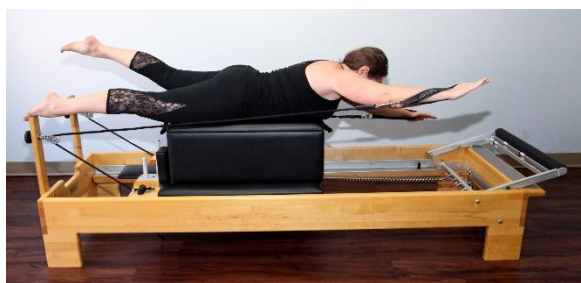
Place both straps in inside hand, lay face down on box with knees over shoulder blocks, behind back place one strap in each hand then extend arms towards foot bar.



Breathing:

Inhale lifting right arm and left leg, then left arm and right leg

Exhale lifting right arm and left leg, then left arm and right leg



Notes:

Classical & Contemporary

LONG BOX 2: SWIMMING

Strengthens posterior muscles of the legs, spine and shoulders.

Repetitions:

3-5 Each Side

Springs:

1 light spring OR

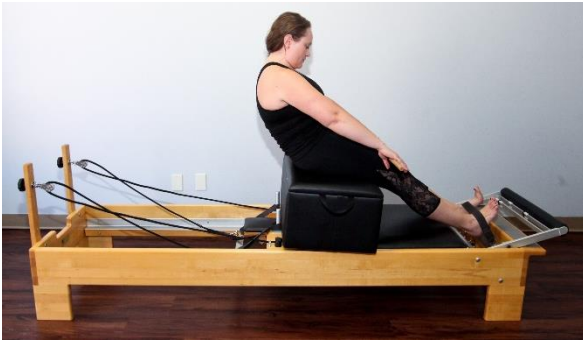
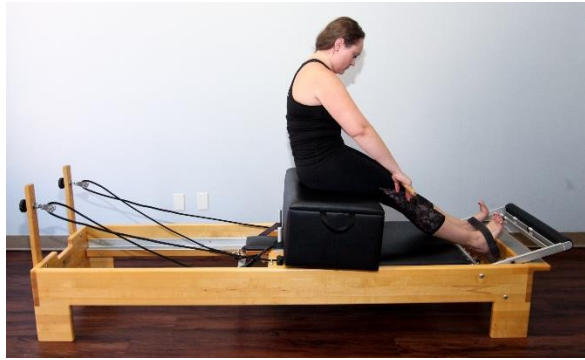
1 medium spring

(Springs can be adjusted to suit student's needs)

Contraindications:

- * Neck and Spinal injuries
- * Shoulder injuries
- * Pregnancy

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Seated on box with both feet under foot strap hip to shoulder distance apart with feet flexed and spine in "C-Curve" with dowel in hands.

Breathing:

Inhale tucking pelvis under and rolling backwards

Exhale pulling belly button to spine and returning to starting position

Notes:

Classical & Contemporary

SHORT BOX: ROUND

Strengthens powerhouse, lengthens spine, works "C-Curve" position.

Repetitions:

3-5

Springs:

Put enough springs on so that carriage does not move while student sits on top of box.

Contraindications:

- * Spinal injuries
- * Hip injuries

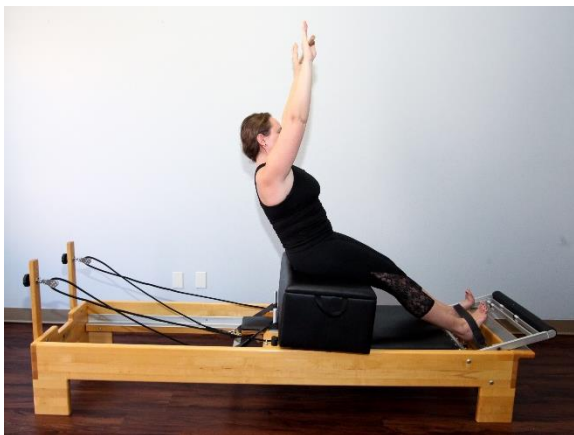
Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Note for box placement

For average height students the box will be placed over the shoulder blocks and up against the silver pegs.

For taller students the gear bar may need to be moved back.

For shorter students the box may need to be placed in front of the shoulder blocks.



Setup:

Seated on box with both feet under foot strap hip to shoulder distance apart with feet flexed and spine in a flat neutral position with arms extended to 45° holding dowel.

Inhale hinging at hips extending spine backwards while maintaining neutral
Exhale pulling belly button to spine and returning to starting position

Notes:

Classical & Contemporary

SHORT BOX: FLAT

Strengthens power house, works spine in flat back position.

Repetitions:

3-5

Springs:

Put enough springs on so that the carriage does not move while student sits on box.

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Note for box placement

For average height students the box will be placed over the shoulder blocks and up against the silver pegs.

For taller students the gear bar may need to be moved back.

For shorter students the box may need to be placed in front of the shoulder blocks.



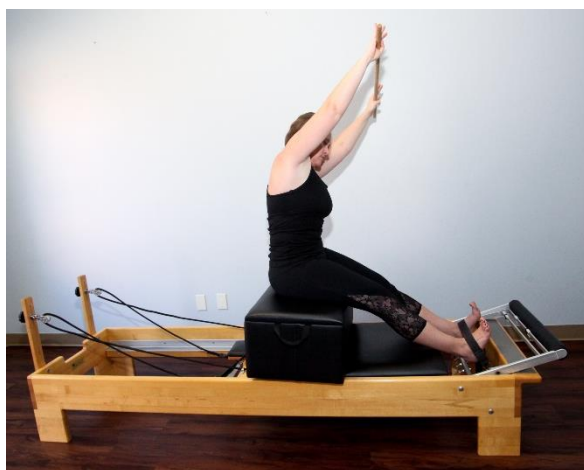
Setup:

Seated on box with both feet under foot strap hip to shoulder distance apart with feet flexed and spine in a flat neutral position with arms extended to 45° holding dowel.

Breathing:

Inhale lengthening spine to ceiling

Exhale lifting both sides of ribcage up to one side and slightly forward



Notes:

Classical & Contemporary

SHORT BOX: SIDE TO SIDE

Strengthens power house, with focus on obliques and lateral extension.

Repetitions:

3-5 each side

Springs:

Put enough springs on so that the carriage does not move while student sits on box.

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip Injuries

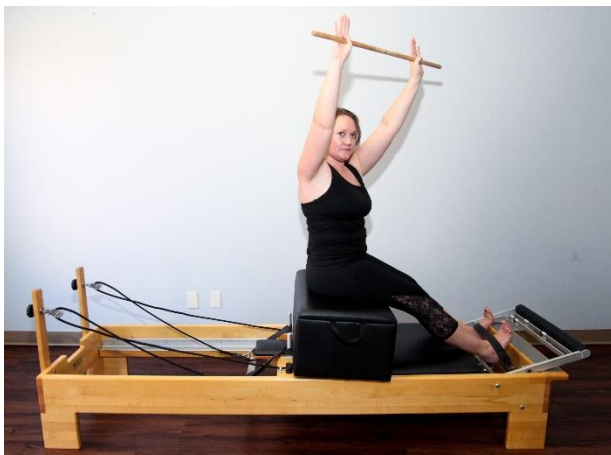
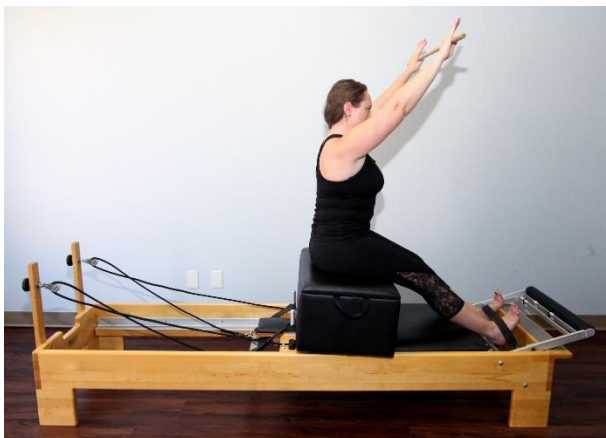
Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Note for box placement

For average height students the box will be placed over the shoulder blocks and up against the silver pegs.

For taller students the gear bar may need to be moved back.

For shorter students the box may need to be placed in front of the shoulder blocks.



Setup:

Seated on box with both feet under foot strap hip to shoulder distance apart with feet flexed and spine in a flat neutral position with arms extended to 45° holding dowel.

Classical & Contemporary

SHORT BOX: TWIST

Strengthens power house, with focus on obliques and spinal rotation.

Repetitions:

3-5 each side

Springs:

Put enough springs on so that the carriage does not move while student sits on box.

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Note for box placement

For average height students the box will be placed over the shoulder blocks and up against the silver pegs.

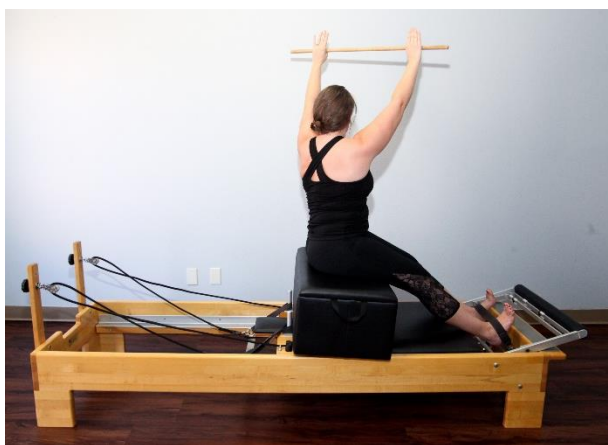
For taller students the gear bar may need to be moved back.

For shorter students the box may need to be placed in front of the shoulder blocks.

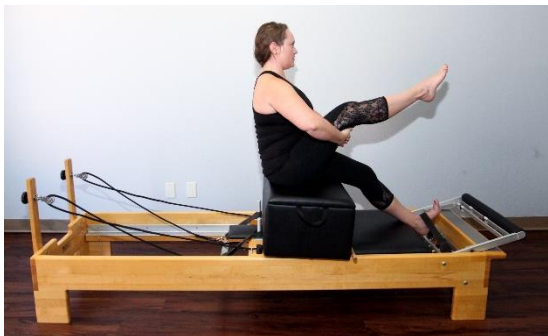
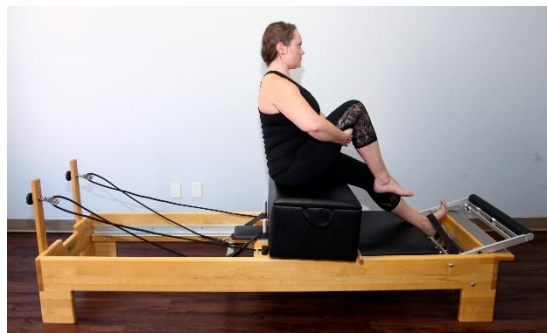
Breathing:

Inhale lengthening spine to ceiling

Exhale keeping weight on both sit bones, rotate spine to one side



Notes:



Setup:

Seated on box with one foot flexed under foot strap and spine in a flat neutral position arms holding other leg in to waist.

Prep: Extend and bend leg a few times without curving spine. Point and flex and circle ankle of extended leg.

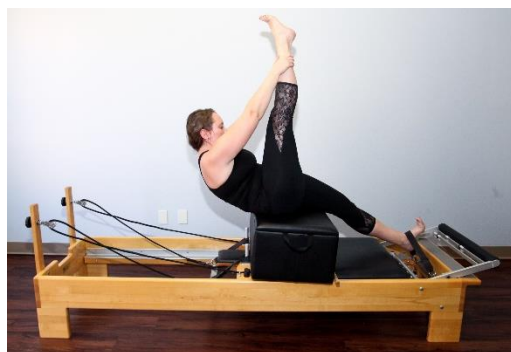
Breathing:

Inhale lengthening spine to ceiling

Exhale walk hands toward ankle and take spine into "C-Curve"

Inhale rocking backward with leg in hand rotating pelvis and maintaining square pelvis

Exhale rocking forward with leg in hand while keeping "c-curve" shape



Notes:

Classical & Contemporary

SHORT BOX: TREE

Strengthens power house, with focus on obliques and spinal rotation.

Repetitions:

3-5 each side

Springs:

Put enough springs on so that the carriage does not move while student sits on box.

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip Injuries

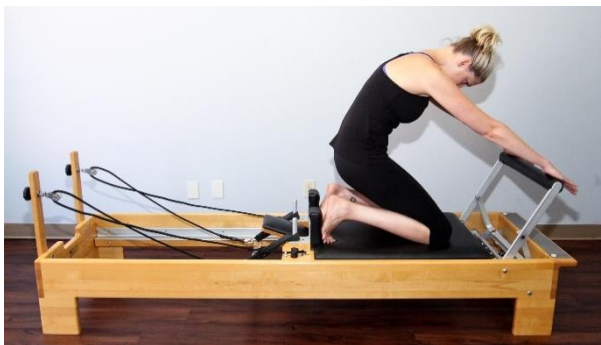
Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Note for box placement

For average height students the box will be placed over the shoulder blocks and up against the silver pegs.

For taller students the gear bar may need to be moved back.

For shorter students the box may need to be placed in front of the shoulder blocks.



Setup:

Kneel on carriage with feet placed flat against shoulder blocks, knees in line with feet, hands shoulder distance apart on foot bar. Hips should be back over heels and spine in a rounded position with tailbone tucked under.

Breathing:

Inhale pressing carriage back until knees are under hips without moving torso

Exhale return carriage to stopper without moving torso

Notes:

Classical & Contemporary

KNEE STRETCH: ROUND

Stretches anterior leg, lengthens spine, strengthens powerhouse.

Repetitions:

3-5

Springs:

1 medium spring

1 light spring

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Kneel on carriage with feet placed flat against shoulder blocks, knees in line with feet, hands shoulder distance apart on foot bar. Hips should be back over heels and spine in a flat neutral position.

Breathing:

Inhale pressing carriage back until knees are under hips without moving torso

Exhale return carriage to stopper without moving torso

Notes:

Classical & Contemporary

KNEE STRETCH: FLAT

Stretches anterior leg, lengthens spine, strengthens powerhouse.

Repetitions:

3-5

Springs:

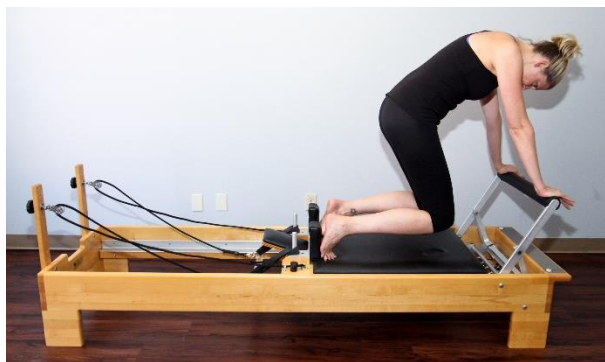
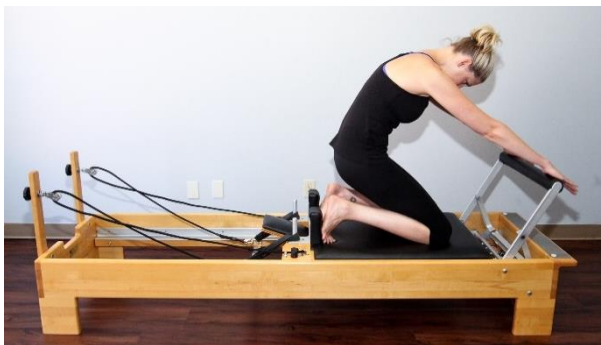
1 medium spring

1 light spring

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

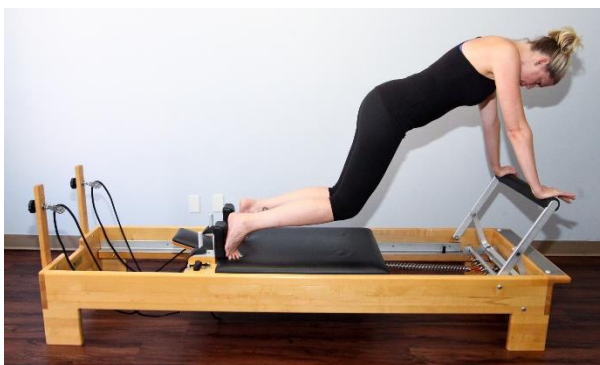
Kneel on carriage with feet placed flat against shoulder blocks, knees in line with feet, hands shoulder distance apart on foot bar. Hips should be back over heels and spine in a rounded position.

Breathing:

Lift knees 1-2 inches above carriage

Inhale pressing carriage back with legs nearly straightening

Exhale return carriage to stopper by bending knees without moving torso



Classical & Contemporary

KNEE STRETCH: KNEES LIFTED

Stretches anterior leg, lengthens spine, strengthens powerhouse.

Repetitions:

3-5

Springs:

1 medium spring

1 light spring

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

For students with wrist, elbow or shoulder injuries or those still working on the strength it takes to lift knees see modified arm position below:



Notes:



Setup:

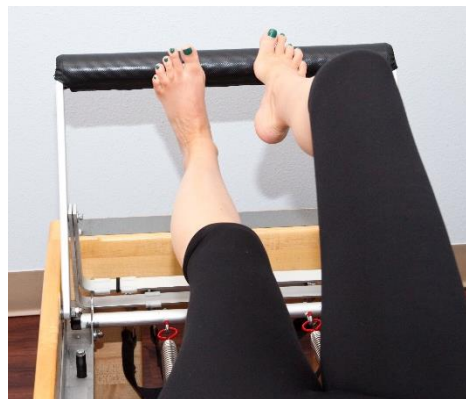
Lay on carriage with head and head rest, arms by sides, and feet on foot bar with a slight space between big toes.

Breathing:

Inhale pressing carriage out

Exhale begin pedaling legs

Continue to take deep cleansing breaths while moving legs



Notes:

Classical & Contemporary

RUNNING

Aligns body, works on pelvic, knee and ankle stability while strengthening feet and ankles.

Repetitions:

10-15 each leg

Springs:

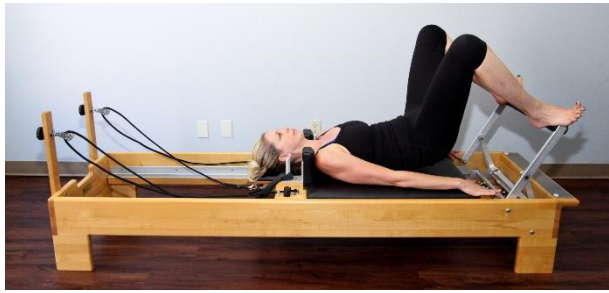
2 medium springs

2 light springs

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip and Knee Injuries
- * Pregnancy

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Classical & Contemporary

PELVIC LIFT

Note Headrest is DOWN

Strengthens posterior leg muscles, works powerhouse in tucked position, lengthens anterior leg muscles.

Repetitions:

3-5

Springs:

2 medium springs

2 light springs



Setup:

Lay on carriage with head and head rest, arms by sides, and feet on foot bar shoulder width apart on arches in a turned out foot position. Tucking pelvis lift hips several inches or about the height of your fist up off carriage.

Breathing:

Inhale pressing carriage out

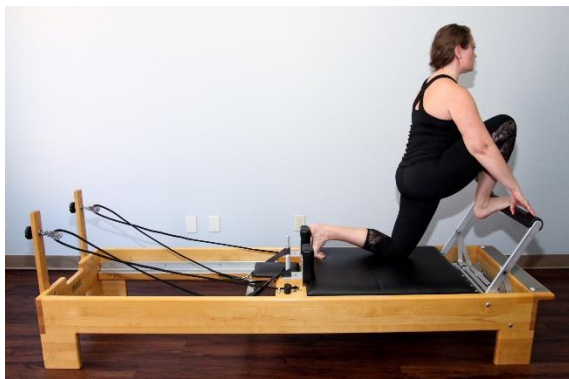
Exhale pulling carriage back in

Contraindications:

- * Spinal injuries
- * Shoulder injuries
- * Hip and Knee Injuries
- * Pregnancy

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Kneel on carriage with one foot flat against shoulder block, other foot on ball of foot on foot bar. Pelvis squared at foot bar, shoulders back, spine lengthened.

Breathing:

Inhale pressing carriage out

Exhale pulling carriage back in

Modified option – place one foot flat against shoulder block and the other foot on the floor in line with the foot bar.

Notes:

Classical & Contemporary

MODIFIED FRONT SPLIT (LUNGE)

Lengthens leg muscles while working on pelvic and spinal alignment.

Repetitions:

3-5 each side

Springs:

1 medium spring

1 light spring

Contraindications:

- * Spinal injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.



Setup:

Lay on side with head in head rest (may want to use a cushion for head or place bottom arm into head rest to help prop head. Place strap in front onto top foot arch. Bottom leg is bent.



Variations:

- * Front to Back (parallel)
- * Up and Down (turnout)
- * Circles (large or small)
- * Internal rotation "L-shape"
- * Bicycle
- * Frog Legs



Contemporary

SIDE KICK SERIES: FOOT IN STRAP

Strengthens posterior muscles of the leg and hip

Repetitions:

3-5 each side/each type

Springs:

1 spring

(light, med, or heavy will depend on student's ability)

Contraindications:

- * Spinal injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:

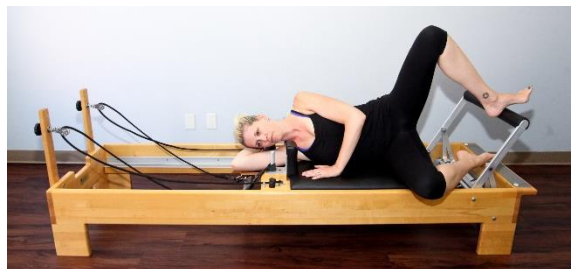


Setup:

Lay on side with head in head rest (may want to use a cushion for head or place bottom arm into head rest to help prop head. Place top foot on foot bar. Bottom leg is bent.

Variations:

- * Parallel (toes, arches, heels)
- * Turnout (toes, arches, heels)
- * Bottom Leg
- * Top Leg Raises
- * Top Leg Circles
- * Top Leg Front & Back
- * Top Leg Bicycle



Contemporary

SIDE KICK SERIES: FOOT ON BAR

Strengthens posterior muscles of the leg and hip

Repetitions:

3-5 each side/each type

Springs:

1 spring

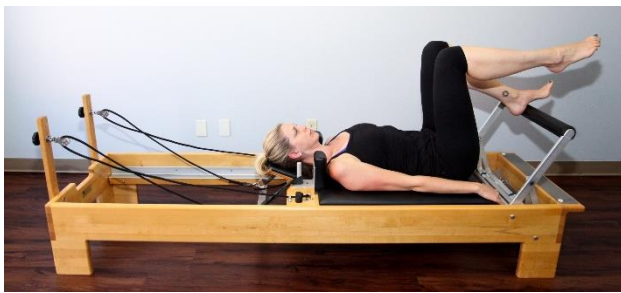
(light, med, or heavy will depend on student's ability)

Contraindications:

- * Spinal injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Lay face up on carriage with head in head rest and one foot on foot bar. The other leg may be in table top or extended to the ceiling or over the foot bar.

Variations:

- * Toes
- * Arches
- * Heels
- * Top Leg Lifts
- * Top Leg In/Out
- * Top Leg Bicycle
- * Top Leg to Side
- * Top Leg Circles

Contemporary

SINGLE LEG PRESS

Strengthens legs while working on imbalances in each side.

Repetitions:

3-5 each leg/each type

Springs:

1 light spring

1 medium spring

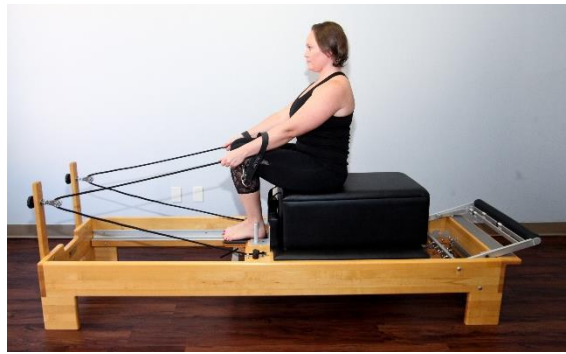
(springs can be adjusted to suit student's ability)

Contraindications:

- * Spinal injuries
- * Hip and Knee Injuries
- * Pregnancy

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Place box lengthwise on carriage against shoulder blocks. Lay headrest flat and sit on box placing feet in head rest. Choke up on ropes with arms straight.

Breathing:

Inhale tucking pelvis under and rolling spine down along box one bone at a time

Inhale lengthening spine (extending over edge of box is an option)

Exhale curling up one bone at a time

Inhale stacking spine tall over hips



Contemporary

LONG BOX: ROLL DOWN

Strengthens powerhouse, works spinal articulation.

Repetitions:

3-5

Springs:

1 spring

(light, med, or heavy will depend on student's ability)

Contraindications:

- * Spinal injuries
- * Hip and Knee Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

Notes:



Setup:

Place box lengthwise on carriage against shoulder blocks. Lay headrest flat and sit on box placing feet in head rest. Choke up on ropes with arms straight.

Variations:

- * Bow and Arrow
- * Row Low
- * Row High
- * Press Back
- * Biceps



Contemporary

LONG BOX: ARMS

Strengthens muscles of the arms and shoulders.

Repetitions:

3-5 each variation

Springs:

1 spring

(light, med, or heavy will depend on student's ability)

Contraindications:

- * Spinal injuries
- * Neck and Shoulder Injuries

Most contraindications can be dealt with in the form of modifications so that the exercises may still be performed for these populations.

* Note * These arm exercises can also be done kneeling or seated on the carriage with legs crossed or extended through head rest.

Notes: