



Beyond the Basics: Reformer
Presented by Nicole Rogos
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Saturday, May 31, 2008 11:00 AM–12:00 PM

Objectives:

- Learn how to be creative with different exercises using the reformer
- Understand the progressions of exercises and how the exercises flow
- Understand what makes a class advanced

Neutral Postural Alignment:

The definition of neutral alignment is placing the body in the best possible posture for that specific person at that time. Neutral spinal alignment is when the natural curves of the spine exist. By working in neutral alignment you are promoting pain-free posture in your client's body.

Supine Neutral:

Ribs and ASIS in line, shoulders open and down, lengthening through crown of head

Seated Neutral:

Seated on sitz bones, ribs in line with ASIS, shoulders open and down, neck lengthened

Prone Neutral:

Ribs in line with ASIS, back of neck lengthened, pubic bone into the floor to engage abdominals and lengthen the lower back

Workout

Supine

- Footwork,
 - Single leg and double
- Bridge with bar lowered
- Single Leg/ Double Leg work in straps
- Reverse 100's and Crisscrosses
- Kneeling
 - Facing Front - Single and Double chest press,
 - Salute, Front raises and Circles
 - Facing Back – Reverse Knee Stretch, Lunges with poses
- Long Box - Surfer – Pigeon – Single Leg
- Short Box - Side bend, Climb a tree
- Plank/Long Stretch – Single leg with feet together
 - Push up facing back
 - Control Back
- Elephant
- Standing Foot work and balance

**Please remember to submit a session evaluation.
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