



Partner Pilates on Reformer and Tower  
Presented by Peggy Gregor, SPIN Pilates™ Master Instructor  
[gregor101@comcast.net](mailto:gregor101@comcast.net)  
Sunday, June 1, 2008 7:00 AM–8:00 AM

Double your participation, double your fun! The brand new, innovative SPIN Pilates VPS Reformer/Tower not only allows you to offer partner training, but can also assist in increasing participation in your equipment-based classes. It is the perfect solution for growing a program in which space is limited. While one client performs exercises on the reformer, the partner performs exercises on the tower.

### **Class Setup**

- One-hour class: one client on reformer, one client on tower. Half-way through class, the partners switch positions.
- Repeat the exercises again with the other partner.

### **Equipment Setup**

- Arrive early to set up equipment to make for smoother transitions.
- Remove the small tower.
- Use the large tower for all attachments including the reformer ropes.
- Push-through bar should be placed low. Other springs and bars are more easily moved.
- Equipment position and spring choice will vary depending on the participant's goals, skill level and any limitations.
- Have a sitting box and a mat available at the end of the tower (you can even use the conversion table as a mat).

### **Participant Profile**

- Participants should have some prior experience in reformer
- Participants should have some prior experience in tower

### **Exercise Selection**

- All spinal movements are represented: Flexion, Extension, Rotation and Lateral Flexion.
- Try to group exercises together that have your participants facing in the same direction. This aids in cueing, connecting and correcting.
- Plan ahead to avoid an abundance of position and equipment changes so that the workout is fluid and efficient.

### **The Partner Workout**

#### **Reformer Exercises:**

Footwork Parallel  
Hundreds  
Seated Flat Back Rowing  
Standing Side Split  
Eve's Lunge  
Seated Upright Row  
Flat Back Stomach Massage w/ Twist  
Chest Expansion (Kneeling)  
Down or Long Stretch  
Pelvic Raise—Articulating

#### **Tower Exercises:**

Footwork (Supine) Pilates V (PTB)  
Standing Spine Stretch w/ Arm Pump (RDB)  
Standing Long Back Stretch (RDB)  
Seated Shoulder Stabilization (PTB)  
Seated or Kneeling Side Bend (PTB)  
Teaser (PTB)  
Oblique Roll Down (RDB)  
Standing Hug a Tree (LS)  
Squats (LS)  
Pelvic Raise—Neutral (LS)

(Key)

PTB = Push-through Bar  
RDB = Roll-down Bar  
LS = Long Springs

**Please remember to submit a session evaluation.  
Your feedback is important to us!**