



Ready, Set, Reform!

Presented by Peggy Gregor, SPIN Pilates™ Master Instructor

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Sunday, June 1, 2008 8:30 AM–9:30 AM

Ever feel like your reformer clients are on auto-pilot predicting and performing each exercise prior to you cueing it? This creative workout helps renew your participants focus' and allows for smooth, fluid transitions between exercises. The spring and repetition recommendations are only suggestions and can be changed to suit the needs of your clientele.

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| ▪ Pilates Footwork (parallel) | 3 Springs | 8-10 reps |
| ▪ Pilates Single Leg Footwork (parallel/1 leg tabletop) | 3 Springs | 3-5 reps each leg |
| ▪ Bird on a Perch | 3 Springs | 8-10 reps |
| ▪ Pilates Footwork (Pilates V) | 3 Springs | 8-10 reps |
| ▪ Toe Raises | 3 Springs | 5-8 reps |
| ▪ Pelvic Raise | 3 Springs | (See Below) |
| • 1 st rep: just the spinal articulation up and down | | |
| • 2 nd rep: articulation up – add leg extension (1x) – articulate down | | |
| • 3 rd rep: articulation up – add leg extension (2x) – articulate down | | |
| • 4 th rep: articulation up – add leg extension (3x) – articulate down | | |
| To add challenge, reduce spring to 2 | | |

Place right foot in right foot loop so that only one leg has resistance

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| ▪ Single Leg Stretch (bent knee) | 1 Spring |
| ▪ Single Strait Leg Scissors | 1 Spring |

Place the left foot in the right foot loop so that the line of pull crosses the body

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| ▪ Single Leg Circles (both directions) | 1 Spring |
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Place both hands in each of the small loops (don't worry – we haven't forgotten about the other side!)

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| ▪ Hundreds | 1 Spring |
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Repeat the above three leg exercises on the other leg beginning with the left foot in the left foot loop.

Place both hands back in the small loops

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| ▪ Arm Circles | 1 Spring | 8-10 each direction |
| ▪ Coordination | 1 Spring | 5-8 reps |

Straps down, exit reformer

▪ Eve's Lunge (right leg on floor)	1 Spring	8-10 reps
▪ Down Stretch	1 Spring	8-10 reps
▪ Elephant	1 Spring	8-10 reps
▪ Long Stretch	1 Spring	8-10 reps
▪ Eve's Lunge (left leg on floor)	1 Spring	8-10 reps
▪ Serve a Platter (arms-kneeling/face front)	1 Spring	8-10 reps
▪ Hug a Tree (kneeling/face front)	1 Spring	8-10 reps
▪ Mermaid (right side)	1 Spring	3-5 reps
▪ Chest Expansion (kneeling/face back)	1 Spring	8-10 reps
▪ Rowing Back—Flat (seated/face back)	1 Spring	5-8 reps
▪ Rowing Back—Rounded (seated/face back)	1 Spring	5-8 reps
▪ Rowing Back—Bicep Curls	1 Spring	3-5 curls
▪ Mermaid (left side)	1 Spring	3-5 reps
▪ Knee Stretch (flat back)	1 Spring	8-10 reps
▪ Running	3-4 Springs	to fatigue

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