



Reformer with Props
Presented by Nicole Rogos
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Friday, May 30, 2008 7:00 AM–8:30 AM

Objectives

- Learn how to incorporate props while using the reformer
- Understand how a prop can progress or assist an exercise

Neutral Postural Alignment

The definition of neutral is that you are placing the body in the best possible posture for that person's body 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.

Workout

Foam Roller Foot Work

- parallel, external, single leg

Foam Roller Shoulder Bridge

- Heels on wide and single leg

Foam Roller Leg Series

- Circles, 100s, frog, etc.

Foam Roller Seated Series

- Spine stretch, chest press, tree hug, etc.

Foam Roller Kneeling Back

- Chest expansion, seated row, etc.

Seated Box with Exercise Band or Pilates Ring

- Hinge, Rotation, Lateral Flexion, etc.
(Concentrating on shoulder stabilization)

Prone Box Series with Ring

- T press, tricep extension, etc.
- Supine stomach series

Jump Board

- Footwork, jumps, single leg, etc.

**Please remember to submit a session evaluation.
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