

Pilates Reformer Exercises

BEGINNER & INTERMEDIATE



Footwork [B] [I]



Hundred [B] [I]



Short Spine Massage [B] [I]



Coordination [B] [I]



Pulling Straps I [B] [I]



T-Pull [B] [I]



Backstroke Swimming [B] [I]



Teasers [B] [I]



Round Back [B] [I]



Straight Back [B] [I]



Side to Side [B] [I]



Twist & Reach [B] [I]



Tree [B] [I]



Side Sit Up [B] [I]



Long Stretch [B] [I]



Down Stretch [B] [I]



Up Stretch [B] [I]



Elephant [B] [I]



Long Back Stretch [B] [I]



Stomach Massage Round [B] [I]



Stomach Massage Handy Back [B] [I]



Stomach Massage Reach [B] [I]



Stomach Massage Twist [B] [I]



Semicircle [B] [I]



Leg Circles & Frog [B] [I]



Kneeling Knee Stretches - Round [B] [I]



Kneeling Knee Stretches - Anchored [B] [I]



Kneeling Knee Stretches - Knees Off [B] [I]



Running [B] [I]



Pelvic Lift [B] [I]



Side Splits [B] [I]



Front Splits [B] [I]

Level:
 [B] Beginner
 [I] Intermediate
 [] Suggested number of springs
 Suggested spring setting is based on a reformer with 4 equal springs.

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