

Pilates Reformer Exercises

BEGINNER & INTERMEDIATE



Footwork [I] [II]



Hundred [I] [II]



Short Spine Massage [I] [II]



Coordination [I] [II]



Pulling Straps I [I] [II]



T-Pull [I] [II]



Backstroke Swimming [I] [II]



Teasers [I] [II]



Round Back [I] [II]



Straight Back [I] [II]



Side to Side [I] [II]



Twist & Reach [I] [II]



Tree [I] [II]



Side Sit Up [I] [II]



Long Stretch [I] [II]



Down Stretch [I] [II]



Up Stretch [I] [II]



Elephant [I] [II]



Long Back Stretch [I] [II]



Stomach Massage Round [I] [II]



Stomach Massage Handy Back [I] [II]



Stomach Massage Reach [I] [II]



Stomach Massage Twist [I] [II]



Semicircle [I] [II]



Leg Circles & Frog [I] [II]



Kneeling Knee Stretches - Round [I] [II]



Kneeling Knee Stretches - Anchored [I] [II]



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



Running [I] [II]



Pelvic Lift [I] [II]



Side Splits [I] [II]



Front Splits [I] [II]

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

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