

FOOTWORK

Pilates V

Arches/Birdfeet

Heels

Tendon Stretch/Lower Lift

Reps:

10 in each position

Springs:

3-4 Springs

Breath and Movement:

Pilates V, Arches, Heels

Inhale: Straighten Knees

Exhale: Bend Knees

Lower/Lift:

Lower: Exhale

Lift: Inhale

Notes:

Modifications:

HUNDRED BEATS

Reps:

10 sets

Springs:

2 Springs

Start Position:

Shoulders off the shoulder rests

Head and shoulders curled off the mat

Legs extended to working level

Breath and Movement:

Inhale: 5 pumps

Exhale: 5 pumps

Notes:

Modifications:

LEG CIRCLES

Springs:

2 Springs

Reps:

8 each way

Start Position:

Legs low with the straps just above the shoulder rests

Breath and Movement:

Inhale: Legs move through the center

Exhale: Circle the legs

Notes:

- Straps never go lower than the shoulder rests
- When using a Reformer with risers, the lowest position is with the straps about 6 inches above the shoulder rests.

Modifications:

FROG

Springs:

2 Springs

Reps:

8 Reps

Start Position:

Knees bent with the pelvis neutral

Knees shoulder width apart

Breath and Movement:

Inhale: Legs straighten

Exhale: Legs bend knees

Notes:

Modifications:

SHORT SPINE

Springs:

2 Springs

Reps:

5 Reps

Start Position:

Bent knee frog position

Breath and Movement:

Inhale: Extend the legs

Exhale: Roll over to the shoulders

Inhale: Bend the knees down to the shoulder rests

Exhale: Roll the spine down and return to start

Notes:

- Headrest is down

Modifications:

OVERHEAD

Springs:

2 Springs

Reps:

5 Reps

Start Position:

Arms reaching over shoulders

Legs at working level

Breath and Movement:

Pause the breath: Lower the arms to the mat

Inhale: Roll over and lift the legs up

Exhale: Roll down and return to the start position

Notes:

- Arms lift and legs lower when the hips touch the mat at the end of each repetition

Modifications:

COORDINATION

Springs:

2 Springs

Reps:

5 Reps

Start Position:

Shoulders off the shoulder rests

Head and shoulders curled off the mat

Knees bent and arms bent

Breath and Movement:

Inhale: Arms and legs out/Open and close the legs

Exhale: Bend the knees/Bend the arms

Notes:

- Elbows hover one inch above the mat.

Modifications:

HUG A TREE

Springs:

1 Spring

Reps:

6 Reps

Start Position:

Sit with your legs crossed

Hips against the shoulder rests

Breath and Movement:

Inhale: Arms close

Exhale: Arms open

Notes:

- Reverse the breath pattern for the last three reps

Modifications:

SALUTE

Springs:

1 Spring

Reps:

6 Reps

Start Position:

Sit with your legs crossed

Hips against the shoulder rests

Breath and Movement:

Inhale: Straighten the arms

Exhale: Return to start

Notes:

- Cross the legs the opposite way from how you were positioned for salute.

Modifications:

STOMACH MASSAGE

Round (8)

Flat (8)

Arms Reaching w/Lower Lift (8)

Twist (3 sets)

Arms Reaching w/o Lower Lift (5)

Arm Circles (10 each way)

Springs:

2-3 Springs

Reps:

See above

Start Position:

Bottom is 2 inches from the edge of the carriage

Breath and Movement:

Inhale: Straighten the legs

Exhale: Bend the knees to come back in

Notes:

- Use a sticky pad

Modifications:

LONG BOX

Swan

Springs:

1 Spring

Reps:

3 Reps

Start Position:

Prone on the box

Footbar lifted

Forehead just above footbar

Breath and Movement:

Exhale: Straighten your arms

Inhale: Swan up

Exhale: Lower

Inhale: Bend the arms and return to start

Notes:

Modifications:

LONG BOX

Pulling Straps

Springs:

1 Spring

Reps:

3 Reps

Start Position:

Hands as high on the straps as possible while still keeping the hands on the outside of the frame

Breath and Movement:

Inhale: Pull the straps

Exhale: Return to start

Notes:

- Palms face the frame or body throughout

Modifications:

LONG BOX

T

Springs:

1 Spring

Reps:

3 Reps

Start Position:

Arms parallel to the floor

Palms facing the floor

Hands in alignment with shoulders

No tension on springs

Breath and Movement:

Inhale: Move the arms to the hips

Exhale: Return to “T”

Notes:

Modifications:

LONG BOX

Backstroke

Springs:

2 Springs

Reps:

5 Reps

Start Position:

The tips of the shoulder blades on the edge of the box

Knees are bent into the chest

Arms in salute position.

Breath and Movement:

Inhale: Arms and Legs up

Exhale: Arms and Legs open to a V

Inhale: Circle the arms and legs, bringing the legs together, hands over thighs, and reach for the toes: hold 1,2,3

Exhale: Return to start

Notes:

Modifications:

LONG BOX

Teaser

Springs:

1 Spring

Reps:

3 Reps

Start Position:

The tips of the shoulder blades on the edge of the box

Legs extended and resting on the footbar

Head hanging off the back of the box

Breath and Movement:

Inhale: Teaser up

Exhale: Roll back down

Notes:

Modifications:

Short Box

Curl

Springs:

All Springs

Reps:

3 Reps

Start Position:

Spine in a “C” curve

Arms wrapped around the waist

Breath and Movement:

Inhale: Roll back

Exhale: Return to start

Notes:

- Can go into full extension

Modifications:

Short Box

Flat

Springs:

All Springs

Reps:

5 Reps

Start Position:

Back is straight and pelvis is neutral

Hands are behind the head

Breath and Movement:

Inhale: Lean back

Exhale: Return to start

Notes:**Modifications:**

Short Box

Side Bend

Springs:

All Springs

Reps:

2 Sets

Start Position:

Back is straight and pelvis is neutral

Hands behind the head

Breath and Movement:

Inhale: Side Bend to one side

Exhale: Lift up to the start position

Inhale: Side Bend to the other side

Exhale: Lift up to the start position

Notes:

Both hips remain on the box

Modifications:

Short Box

Twist and Curl

Springs:

All Springs

Reps:

3 Sets

Start Position:

Back is straight and pelvis is neutral

Hold bar overhead

Breath and Movement:

Inhale: Twist to one side

Exhale: Roll back

Inhale: Return to start and twist to the other side

Exhale: Roll back

Notes:**Modifications:**

Short Box

Twist and Reach

Springs:

All Springs

Reps:

3 Reps

Start Position:

Back is straight and pelvis is neutral

Hold bar overhead

Breath and Movement:

Inhale: Twist

Exhale: Lean towards the back corner of the box

Inhale: Return to start and twist to the other side

Exhale: Lean towards the back corner of the box

Notes:**Modifications:**

Short Box

Climb a tree

Springs:

All Springs

Reps:

1 full series

Start Position:

One knee to chest

Same side elbow under the knee crease

The opposite hand is holding the wrist

Back rounded

Breath and Movement:

Lift (inhale) and lower (exhale) your leg 3X

Hold the third lift

Flex (exhale) and point (inhale) the foot 3X

Hold the third flex

Move the hip of the leg that's lifted forward on the box

Lean body and leg back as a unit until the foot is parallel to the ceiling

Walk down the leg (exhale) and up the leg (inhale) 3X

Return to sitting up on the box

Pull the leg to the head

Stretch the leg to the side

Cross the leg and twist

Sit like a man (Figure 4)

Short Box

Side Ups

Springs:

All Springs

Reps:

3-5 Reps

Start Position:

The foot is under the strap and turned parallel to the floor

The other leg is on the box

Sit on the side of the hip

Hands behind head

Breath and Movement:

Inhale: Prepare for the exercise

Exhale: Lower your body over the box

Inhale: Lift the body up

Exhale: Lower your body over the box

Notes:**Modifications:**

LONG STRETCHES

Long Stretch

Springs:

2 Springs

Reps:

5 Reps

Start Position:

Feet in Pilates V on the crease of the headrest
The body is in a plank position

Breath and Movement:

Inhale: Push the carriage back
Exhale: Return to start

Notes:

Modifications:

LONG STRETCHES

Down Stretch

Springs:

2 Springs

Reps:

3 Reps

Start Position:

Feet against the shoulder rests

Knees on the carriage

Hips and spine are in extension

Breath and Movement:

Inhale: Move the carriage back

Exhale: Return to start

Notes:

Modifications:

LONG STRETCHES

Up Stretch

Springs:

2 Springs

Reps:

5 Reps

Start Position:

Heels are high and against the shoulder rests
The back is rounded.

Breath and Movement:

Inhale: Roll the carriage back (hips stay slightly lifted)

Exhale: Pelvic tilt to lower the hips into a plank

Inhale: Move the body over the footbar

Exhale: Roll through the spine and return to start

Notes:

Modifications:

LONG STRETCHES

Elephant

Springs:

2 Springs

Reps:

8 Reps

Start Position:

Feet flat

Heels against the shoulder rest

Spine Rounded

Breath and Movement:

Inhale: Inhale the carriage back

Exhale: Return to start

Notes:

- The spine is rounded throughout this exercise
- Move the heels away from the shoulder rests **ONLY** if needed
- Equal weight in arms and legs

Modifications:

LONG STRETCHES

Arabesque I

Springs:

2 Springs

Reps:

3-5 Reps on each side

Start position:

Feet flat

Heels against the shoulder rest

The carriage is out

One leg lifted: leg is parallel to the floor and hips are squared to the floor

Breath and Movement:

Exhale: Roll the carriage in

Inhale: Roll the carriage out

Notes:

Modifications:

LONG STRETCHES

Arabesque II

Springs:

2 Springs

Reps:

3-5 Reps on each side

Start Position:

Heels are lifted, and on the shoulder rests

Carriage is rolled out

One leg lifted: leg is high and externally rotated

Breath and Movement:

Exhale: Roll the carriage in

Inhale: Roll the carriage out

Notes:

- Shoulders squared to the footbar
- A certain level of flexibility is required to perform this exercise

Modifications:

LONG STRETCHES

Long Back Stretch

Springs:

2 Springs

Reps:

3 Reps each way

Start Position:

Hands on the footbar

Knuckles facing the shoulder rests

Heels against the shoulder rests

Breath and Movement:

Inhale: Bend the arms (carriage doesn't roll)

Exhale: Roll the carriage out

Inhale: Curl the hips up (carriage doesn't roll)

Exhale: Articulate back to the start position

THEN REVERSE

Notes:

Modifications:

TENDON STRETCH

Springs:

2 Springs

Reps:

3 Reps

Start Position:

Hands on the footbar with the knuckles facing the carriage

Stand with feet in a parallel stance

Balls of the feet on the edge of the carriage

Heels pressed down lower than the mat

Head lowered towards the legs in a forward bend

Breath and Movement:

Inhale: Roll the carriage out

Exhale: Return to start

Notes:

- Maintain your shape as you move the carriage out and in

Modifications:

SEMI CIRCLE

Springs:

2 Springs

Reps:

3 Reps each way

Start Position:

Hips are in a high shoulder bridge

Arms straight with hands on the shoulder rests

Feet in Pilates V

Carriage is as close to the foot bar as possible

Breath and Movement:

Inhale: Prepare

Exhale: Articulate the spine down into the well

Inhale: Move the carriage back to the stopper

Exhale: Tilt the pelvis and roll the spine up into a bridge

Inhale: Return to start

THEN REVERSE

Notes:

- Place the stopper behind the carriage

Modifications:

CHEST EXPANSION

Springs:

1 Springs

Reps:

3 Sets

Start Position:

Toes curled over the edge of the carriage

Knees off the shoulder rests

Breath and Movement:

Inhale: Pull the straps

Pause the breath: Look one way, center, the other way, center

Exhale: Return to start

Notes:

Modifications:

THIGH STRETCH

Springs:

3 Springs

Reps:

3 Reps

Start Position:

Knees against the shoulder rests

Begin the exercise with tension on the springs

Breath and Movement:

Inhale: Lean back

Exhale: Lift straps and return to start

Notes:

Modifications:

SIDE ARMS

DRAW THE SWORD

UP AND DOWN

OVERHEAD

Springs:

1 Spring

Reps:

3 Reps

Start Position:

Draw the Sword and Up and Down: Knee against the shoulder rest

Overhead: Knee is away from the shoulder rest

Breath and Movement:

DRAW THE SWORD

Inhale: Pull the strap across the body

Exhale: Return to start

UP AND DOWN

Inhale: Reach the fingertips to the ceiling

Exhale: Bend the arm back to start

OVERHEAD

Inhale: Reach the knuckles to the ceiling

Exhale: Return to start

Notes:

Modifications:

ARM CIRCLES

Springs:

1 Spring

Reps:

3 each way

Start Position:

Feet against the shoulder rests

Toes curled forward

Kneeling on carriage

Breath and Movement:

Inhale: Lift or lower the arms through the center

Exhale: Circle the arms

Notes:

- Circles are in front of the body

Modifications:

BICEPS CURLS

Springs:

1 Spring

Start Position:

Feet against the shoulder rests

Toes curled forward

Kneeling on the carriage

Reps:

6 Reps

Breath:

Inhale: Bend the arms

Exhale: Return to start

Notes:

- Only bend the elbows slightly greater than 90 degrees at the elbow

Modifications:

MERMAID

Springs:

1 Spring

Reps:

3 Reps

Start Position:

Stack calves with the shins against the shoulder rests

Breath and Movement:

Inhale: Prepare to start

Exhale: Stretch over towards the shoulder rests

Inhale: Lift through the middle

Exhale: Stretch over towards the footbar

Notes:

Modifications:

LONG SPINE

Springs:

2 Springs

Reps:

3 Reps each way

Start Position:

Feet parallel and together

Legs low

Straps just above the shoulder rests

*(Not that low if you have risers)

Breath and Movement:

Inhale: Roll up and open the legs shoulder width apart

Exhale: Lower the body in a straight line for as long as you can, then roll through the spine and return to start

THEN REVERSE

Notes:

- Use Long Spine Extensor Straps

Modifications:

KNEE STRETCHES

Round

Springs:

2 Springs

Reps:

8 Reps

Start Position:

Spine rounded

Knees on the carriage

Toes curled forward and against the shoulder rests

Hands on the footbar with arms straight

Bottom is one hand's width from the heels

Breath and Movement:

Inhale: Move the carriage out

Exhale: Return to start

Notes:

- Spine stays rounded throughout the exercise
- Slow movement back, quick movement in
- Thighs stay under the body

Modifications:

KNEE STRETCHES

Arched

Springs:

2 Springs

Reps:

8 Reps

Start Position:

The spine is arched

Knees on the carriage

Toes curled forward and against the shoulder rests

Hands on footbar with arms straight

Bottom is one hand's width from the heels

Breath and Movement:

Inhale: The carriage back

Exhale: Return to start

Notes:

- The spine is arched throughout the exercise
- Slow movement back, quick movement in
- Thighs stay under the body.

Modifications:

KNEE STRETCHES

Knees Off

Springs:

2 Springs

Reps:

8 Reps

Start Position:

Spine rounded (flexion)

Knees off the carriage

Shins parallel to the carriage

Hands on footbar with arms straight

Breath and Movement:

Inhale: Move the carriage back

Exhale: Return to start

Notes:

- Spine stays rounded throughout the exercise
- Shins are parallel to the mat
- Larger movement than Round and Arched

Modifications:

KNEE STRETCHES

One Leg

Springs:

2 Springs

Reps:

8 Reps

Start Position:

Spine rounded with one knee pulled into the chest
The other leg is in the same position as Knees Off

Breath and Movement:

Inhale: Move the carriage back

Exhale: Return to start

Notes:

Modifications:

Modify by placing one foot on the front of the carriage on the ball of the foot with the heel high.

RUNNING

Springs:

3-4 Springs

Reps:

20 Reps

Start Position:

Feet are parallel

Balls of the feet on the footbar

Breath and Movement:

Inhale: Left, right

Exhale: Left, right

Notes:

Modifications:

BOTTOM LIFT

Springs:

2 Springs

Reps:

8-10 Reps

Start Position:

Spine rounded

Back ribs on the mat

Bottom and lower back lifted off the mat

Breath and Movement:

Inhale: Move the carriage back

Exhale: Return to start

Notes:

Modifications:

SIDE SPLITS

Springs:

2 Springs: Accent Out

1 Spring: Accent In

Start Position:

The feet are parallel, with one foot on the inside edge of the platform and the other foot beyond the center on the carriage. The feet are as close to the frame as possible while still being securely positioned on the carriage.

Reps:

5 Reps each

Breath and Movement:

Accent Out

Inhale: Press and hold the carriage out for 3 counts

Exhale: Bring the carriage back in

Accent In

Inhale: Slide the carriage out

Exhale: Bring the carriage back in and hold for 3 counts

Notes:

- Feet parallel for both exercises

Modifications:

GONDOLA

Springs:

1 Spring

Reps:

3 Reps each way

Start Position:

Feet are positioned in “dancer turnout” with one foot on the Side Split Platform and the other foot on the center of the carriage. The feet are as close to the front of the frame as possible while still being securely positioned on the carriage.

Breath and Movement:

Inhale: Bend the knees

Exhale: Roll the carriage out (knees stay bent)

Inhale: Straighten the knees (carriage stays still)

Exhale: Return to start

THEN REVERSE

Notes:

- Ensure the client has sufficient external hip rotation to perform the exercise safely.

Modifications:

FRONT SPLITS

Springs:

2 Springs

Reps:

3 Reps

Start Position:

Position one foot on the footbar (ball of the foot), and place the other foot with the ball of the foot in front of the shoulder rest. Secure the outside center of the foot against the side of the shoulder rest, and position the heel on the head rest. The headrest is fully lifted, and use cushions under the heel if needed to be able to press the heel down.

Part 1: Hands are on the footbar, body positioned in a low lunge

Part 2: Body vertical and arms out to the side

Part 3: Place your knee on the carriage and your hands on the footbar.

The exercise ends with:

1. A side bend away from the foot on the FB
2. Towards the foot on the FB
3. Both arms up and a kneeling extension

Breath and Movement:

Inhale: Move the carriage back

Exhale: Return to start

Notes:

- Focus on maintaining the position of the body rather than straightening the knee
- The leg on the carriage must be straight and strong

RUSSIAN SPLITS

Springs:

2 Springs

Reps:

3 Reps

Start Position:

Back leg: Place the ball of your foot on the side of the footbar and the heel on top of the footbar. The leg is straight

Carriage leg: Place the ball of your foot on the headrest and the heel on the carriage. The foot is parallel. The knee is bent @ 90 degrees.

Part 1: Body is positioned in a low lunge with the hands on the shoulder rests

Part 2: Body is vertical and arms out to the side

Part 3: Hands return to the shoulder rests. With the carriage all the way against the stopper, move the front foot so the heel is on the crease of the headrest and straighten both legs.

Breath and Movement:

Inhale: Move the carriage back

Exhale: Return to start

Notes:

- Focus on maintaining the position of the body rather than straightening the knee
- The leg on the footbar is straight and strong

Modifications: