

Athletic Reformer Workshop

CARRIE
PAGÈS
.....*Pilates*

In the well:

Seated on the floor (1 Spring)

Scapular Movement

Stabilize and pull

One arm

Add rotation

Forward bend

Standing Squats with Pulls (1 Spring)

Double Arm

One Arm

Footwork (3-5 Springs)

Footwork with mini-bridge

A new look at 100 Beats (1 light spring)

Feet on Footbar

Add Crunches

Add Twist

Foot reaches over the footbar

Foot reaches under the footbar

Long Box

Swan (1 Spring)

Overhead Press (1 Spring)

Double Arm

One arm

Side Facing/one arm

Teaser (1 Spring)

Facing Back (carriage never rolls)

Facing Front (feet on footbar)

Facing Front (hands in straps, starting UP)

Teaser/Biceps Combo (facing back)

Box on the Side of the Reformer (1 Spring)

Quadruped on box (facing back)

Overhead Press

One leg extends

Lower/lift leg

Add Press with one leg up

CARRIE
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Quadruped on box (facing front)

Foot on Shoulder Rest, knee up

Extend and Bend

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Lunges Standing

Box on floor, one foot on box, one foot against the shoulder rest

Lunge

Add pulses

Add Climb the Mountain

Long Stretches (2 Springs)

Long

Add push-up

Up

Add Knee Stretches, Knees off

Elephant

Twisted Elephant

Arabesque II

Add lower/lift leg variation

Jumping Lunges

Knee to Chest

Twist

Arabesque Kicks

Side Arms (1 Spring)

Draw the Sword: Z-sit variation

Add Arm Circle

Side Lying Variation

Add Leg Lower/Lift

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Standing Arm Series with extensor strap, Lunge stance (1 Spring)

Facing back

Facing front

Side Ups (All Springs)

Add Rotation

Add Pulses

Magic Circle Variations

Side-Facing Lateral Lunges (1 Spring)

Kneeling on the Carriage, one foot on the Floor

Add Pulses

Kneeling on the Carriage, one foot on the Frame

Add Pulses

Reverse Knee Stretches (1 Spring)

Hands on the frame

Both hands on one side

CARRIE
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..... *Pilates*

Straps on Thighs (1 Spring)

Facing Back on the Carriage

PV, Criss Cross

Birdfeet, Criss cross

Heels, Criss Cross

One leg in the strap, add rotation and crunches

Facing Back on the Short Box

Can Can (on box)