

## Reformer Remix Workshop

Standing Runners Lunge with the Footbar

100 (1 Spring)

Feet on footbar, curl, pressing feet up

Crunches

Extend leg over and under the footbar with rotation

Rowing with the bar

Front and Side (2 Springs and 1 Spring)

Biceps curls (2 Springs)

Reverse Push Through with the Footbar (1 Spring)

Add rotation

Leg Series with Foam Roller (2 Springs)

Lower/lift

Frog Circles

Long Spine

Single Leg Developé

CARRIE  
PAGÈS  
..... *Pilates*

Short Spine (2 Springs)

Hips before feet

Reverse ½ Short Spine

CARRIE  
PAGÈS  
..... *Pilates*

Long Box

Teaser

Stomach Massage/ Teaser Combo (1 Spring)

Teaser Prep: Starting Up (1 Spring)

Horseback Prep on Long Box (1 Spring)

Short Box

Round (1 Spring)

Feet on the frame, use Long Box

Side Ups (all springs)

Low and High

Crunches with a Twist

Long Stretches

Long Stretch with Push Up (2 Springs)

Up Stretch with Knee Stretches (2 Springs)

Elephant (2 Springs)

Side Plank/ Elephant Twist (1 Spring)

Side facing with feet on the edge of the carriage, parallel

Arabesque with leg lower lift (2 Springs)

CARRIE  
PAGÈS  
..... *Pilates*

Pike on the Box (1 Spring)

Front

Knee Stretches

Side

Side Knee Stretches

Jumping Lunges (1 Spring)

Knee to chest

Arabesque Kick

Twist

Side Arm Variations (1 Spring)

Z Sit Draw the Sword

Add side bend

Z Sit Hug a Tree

Add big extension stretch

Side Lying Reach

Legs through the shoulder rests

Parallel Bottom Lift (2-3 Springs)

One leg variation (small range)

Figure Four on Short Box (1 Spring)