

Pilates Reformer Level 2



International
Presenters



National
Presenters



Positive Action Pilates

Home of the Certificate IV in the Classical Pilates Method

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Introduction

Welcome to the Pilates Reformer Level 2 Workshop

Welcome to the **Level 2 Pilates Reformer Workshop!** This immersive workshop is

designed for Pilates practitioners who are ready to deepen their understanding and enhance their skills on the Reformer. We will explore a comprehensive blend of classical Pilates exercises, rooted in the original

teachings of Joseph Pilates, along with contemporary Reformer exercises that reflect the evolution of the practice. Additionally, we will incorporate dynamic Jumpboard exercises, adding an element of cardio and plyometric training to your Pilates routine.



Throughout this workshop, you will refine your technique, expand your exercise repertoire, and challenge your body with more complex movements and sequences. Our goal is to not only build strength, flexibility, and control but also to elevate your teaching abilities by equipping you with advanced modifications, variations, and progressions that you can apply in your sessions.

Whether you are an instructor looking to enhance your professional skills or a dedicated practitioner seeking to push your personal limits, this workshop will provide you with the tools and knowledge to take your Pilates practice to the next level. Let's embark on this journey together and unlock the full potential of the Reformer.



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Pilates Reformer Level 2 Répertoire



Reformer Level 2

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Classical Exercises



Short Spine Stretch

Purpose / Focus

- Spinal articulation
 - Core strengthening
 - Hamstring stretch
 - Hip mobility
- 
 - Lumbar spine contraindications
 - Neck problems
 - High blood pressure
 - Osteoporosis

Scan the Reformer

Springs:	Medium
	Gratz 2
	B.B. 1 Red, 1 Blue
	Stott 1 Red, 1 Blue
Footbar:	Up / Down
Headrest:	Down

Execution

Setup: Lie on your back with your head on the headrest, and your feet in the straps. Start with your legs in the 'frog' position.

Inhale: Extend legs to 45 degrees.

Exhale: Begin rolling your hips up off the carriage, bringing your legs overhead. Squeeze the seat and inner thighs, **keep the ropes taut throughout the entire exercise.** As you lift your body to its highest point, keep the arms long, **the hips and waist always lift towards the ceiling when hips are off the carriage.**

Inhale: Bend your knees towards the shoulder pads, continue to lift hips and waist.

Exhale: Use your abs to roll your spine down with control vertebra by vertebra. Once the tailbone is down, pull the heels towards the groin and finish in the frog position, with a neutral pelvis and spine.



Long Spine Stretch

Purpose / Focus

- Spinal articulation
 - Core strengthening
 - Hamstring stretch
 - Hip mobility
 - Body alignment
- 
 - Lumbar spine contraindications
 - Neck problems
 - High blood pressure
 - Osteoporosis

Scan the Reformer

Springs:	Medium
	Gratz 2
	B.B. 1 Red, 1 Blue
	Stott 1 Red, 1 Blue
Footbar:	Up / Down
Headrest:	Down

Execution

Set Up: Start lying on your back with feet in straps, legs extended at 45 degrees.

Inhale: Lift your legs, hips and waist towards the ceiling, keeping the spine long and hips lifted off the carriage.

Exhale: Separate the legs hip distance apart. Press your feet into the straps to send your legs away from you. Slowly roll down through the spine, vertebra by vertebra, lowering the hips as you keep the legs extended.

Inhale: Once your hips are down, close the legs and return to the start position.



Option: Advanced option

Stomach Massage – Round

Purpose / Focus

- Core strengthening
- Spinal flexibility
- Hip mobility
- Calf & Hamstring stretch
- Coordination



- Spine issues
- Osteoporosis

Scan the Reformer

Springs:	Heavy
	Gratz 3
	B.B. 3 Red
	Stott 3 Red
Footbar:	Up
Headrest:	Up / Down

Execution

Set Up: Sit on the front 1/3 of the carriage with your toes (Pilates V) on the footbar, knees bent, and spine rounded. Hands hold the front edge of the carriage for support.

Inhale: Press the carriage away by extending your legs while keeping your back rounded and shoulders relaxed. Lower your heels under the footbar, stretching the calves.

Exhale: Lift your heels and bend your knees to return the carriage, maintaining the rounded spine.

Note: keep the spine lifted - up and over as if doing a seated cat stretch.



Stomach Massage – Hands Back

Purpose / Focus

- Core strengthening
- Spinal extension
- Hip mobility
- Calf & Hamstring stretch
- Improved posture



- Spine issues
- Osteoporosis

Scan the Reformer

Springs:	Heavy
	Gratz 3
	B.B. 3 Red
	Stott 3 Red
Footbar:	Up
Headrest:	Up / Down

Execution

Set Up: Sit on the front 1/3 of the carriage with your toes (Pilates V) on the footbar, knees bent, and spine in neutral. Hands are back on the shoulder blocks (or on the carriage) for support.

Inhale: Press the carriage away by extending your legs while keeping your back straight and shoulders back. Lower your heels under the footbar, stretching the calves.

Exhale: Lift your heels and bend your knees to return the carriage, maintaining the neutral spine.

Note: *press arms back and down to help lift chest forward and up.*



Stomach Massage – Reach

Purpose / Focus

- Core strengthening
- Spinal extension
- Hip mobility
- Shoulder mobility
- Improved posture



- Spine issues
- Osteoporosis



Scan the Reformer

Springs:	Medium
	Gratz 2
	B.B. 2 Red
	Stott 1 Red, 1 Blue
Footbar:	Up
Headrest:	Up / Down



Execution

Set Up: Sit on the front 1/3 of the carriage with your toes (Pilates V) on the footbar, knees bent, and spine in neutral. Arms are reaching forward & up.

Inhale: Press the carriage away by extending your legs while keeping your back straight and shoulders back.

Exhale: Return the carriage, maintaining the neutral spine and forward reaching arms.

Note: keep lengthening and narrowing the waist to keep the spine lifted throughout the exercise.



Stomach Massage – Twist

Purpose / Focus

- Core strengthening
- Spinal rotation
- Pelvic stability
- Improved posture



- Spine issues
- Rotation issues
- Osteoporosis

Scan the Reformer

Springs: Medium
 Gratz 2
 B.B. 2 Red
 Stott 1 Red, 1 Blue

Footbar: Up

Headrest: Up / Down

Execution

Set Up: Sit on the front 1/3 of the carriage with your toes (Pilates V) on the footbar, knees bent, and arms reaching forward and up. Maintain an upright posture.

Inhale: Press the carriage away by extending your legs, then twist your torso to one side, reaching the opposite arm behind you. Squeeze the 'seat' to help lift and lengthen the waist to sit tall throughout the exercise.

Exhale: Bend your knees to return the carriage, untwisting the torso. Repeat, alternating sides.



Tendon Stretch

Purpose / Focus

- Core strengthening
- Hamstring stretch
- Upper body strength
- Spinal articulation



- Lumbar spine contraindications
- High blood pressure
- Osteoporosis

Scan the Reformer

Springs:	Medium
	Gratz 2
	B.B. 1 Red, 1 Yellow
	Stott 1 Red, 1 Blue
Footbar:	Up
Headrest:	Up / Down

Execution

Set Up: Stand on the arches of your feet on the edge of the carriage (heels will be hanging off), hands on the footbar, and spine rounded (nose to navel, lifting spine to ceiling). Engage your core.

Inhale: Press the carriage away by pushing through your legs, keeping your spine rounded and stable.

Exhale: Slowly pull the carriage back toward the stopper using your Powerhouse, lowering your heels.



Thigh Stretch

Purpose / Focus

- Thigh & hip flexor stretch
- Core stability
- Glutes & hamstring strength
- Spinal alignment



- Knee problems

Scan the Reformer

Springs:	Heavy
	Gratz 3
	B.B. 2 Red, 1 Blue
	Stott 2 Red, 1 Blue
Footbar:	Up / Down
Headrest:	Down

Execution

Set Up: Kneel on the carriage with your knees against the shoulder blocks, holding the straps in your hands. Engage your core and keep your spine tall.

Inhale: Lean your torso (pelvis) back, hinging at the knees, keeping the body straight from head to knees. Eye gaze to the back edge of the reformer.

Exhale: Lift the straps slightly and return to the upright position with control, keeping your core engaged. Repeat.



Side Arms - Extensions

Purpose / Focus

- Upper body strength
 - Core stability
 - Shoulder mobility
 - Pelvic stability
-
- Shoulder issues
 - Wrist issues
 - Balance issues
 - Osteoporosis



Scan the Reformer

Springs:	Light
	Gratz 1
	B.B. 1 Yellow or Blue
	Stott 1 Blue
Footbar:	Up / Down
Headrest:	Up / Down



Execution

Set Up: Kneel sideways on the carriage, holding the strap in the hand farthest from the pulley. Keep your arm bent in front of your abdomen.

Inhale: Prepare to move.

Exhale: Moving from your back (shoulder blade), extend your arm straight out to the side, keeping the shoulder stable and spine tall.

Inhale: Slowly bend the arm back to the starting position with control.

Option: If shoulder issues or strap is uncomfortable, can do without a strap or use a light hand weight.

Side Arms – Lift & Lower

Purpose / Focus

- Upper body strength
- Core stability
- Shoulder mobility
- Pelvic stability



- Shoulder issues
- Wrist issues
- Balance issues
- Osteoporosis



Scan the Reformer

Springs:	Light
	Gratz 1
	B.B. 1 Yellow or Blue
	Stott 1 Blue
Footbar:	Up / Down
Headrest:	Up / Down



Execution

Set Up: Kneel sideways on the carriage, holding the strap in the hand closest to the pulley. Your arm is to the side at shoulder height, with your elbow bent at 90 degrees.

Inhale: Prepare to move.

Exhale: Moving from your back (shoulder blade), lift your arm up towards the ceiling, keeping the arm straight, shoulder away from the ear and torso stable.

Inhale: Slowly lower your arm back down with control, maintaining posture and alignment.

Option: Can do without a strap or use a light hand weight instead of strap.

Side Arms – Triceps

Purpose / Focus

- Upper body strength
- Core stability
- Shoulder mobility
- Pelvic stability



- Shoulder issues
- Wrist issues
- Balance issues
- Osteoporosis



Scan the Reformer

Springs:	Light
	Gratz 1
	B.B. 1 Yellow or Blue
	Stott 1 Blue
Footbar:	Up / Down
Headrest:	Up / Down



Execution

Set Up: Kneel sideways on the carriage, holding the strap in the hand farthest from the pulley. Your elbow is pointing to the ceiling with your elbow bent. The other hand is on the shoulder pad.

Inhale: Lifting the underneath side of your ribs up and away from the carriage, prepare to move.

Exhale: Keeping your upper arm still, extend your arm straight, fully engaging the triceps, while keeping the shoulder stable and spine tall.

Inhale: Bend the arm back to the starting position with control.

Option: Can do without a strap or use a light hand weight instead of strap.

Side Arms – Swakate

Purpose / Focus

- Upper body strength
 - Core stability
 - Shoulder mobility
 - Pelvic stability
-
- Shoulder issues
 - Wrist issues
 - Balance issues
 - Osteoporosis



Scan the Reformer

Springs:	Light
	Gratz 1
	B.B. 1 Yellow or Blue
	Stott 1 Blue
Footbar:	Up / Down
Headrest:	Up / Down

Execution

Set Up: Kneel sideways on the carriage, holding the strap in the hand closest to the pulley. The arms are wide with the elbows slightly bent.

Inhale: Prepare to move.

Exhale: Lift both arms up to the ceiling whilst drawing your shoulder blades down.

Inhale: Slowly return the arms back to the start position with control, maintaining posture and alignment.

Option: Can do without a strap or use a light hand weight instead of strap.



Climb a Tree

Purpose / Focus

- Spinal articulation
 - Core strength
 - Hamstring stretch
 - Pelvic stability
-
- Spinal issues
 - Neck problems
 - High blood pressure
 - Osteoporosis



Scan the Reformer

Springs:	Heavy
	Gratz 3
	B.B. All the Springs
	Stott 2 Red, 1 Blue
Footbar:	Down
Headrest:	Down
Footstrap:	On

Execution

Set Up: Sit on the front half of the short box with one foot hooked under the foot strap and the opposite leg bent in towards you. Back lifted and spine neutral.

Inhale / Exhale: Straighten and bend the leg 3 times whilst keeping your back straight. Finish with a straight leg.

Inhale: Walk up the leg to the ankle.

Exhale: **Rounding spine, scooping abs in & up.

Inhale: Roll back until leg points to the ceiling.

Exhale: Begin "climbing" your hands down the extended leg, rolling your spine back onto the box.

Inhale. Then **Exhale** to start "climbing" your hands up the extended leg, rolling your spine back onto the box. Repeat 2 – 5 times.



Note: After last rep, roll back up to ** then sit up tall and carefully release leg.

Swan Dive

Purpose / Focus

- Spinal extension
- Back strength
- Core strength
- Shoulder stability
- Hip flexor stretch



- Spinal issues
- Neck problems
- Shoulder injuries
- Osteoporosis

Scan the Reformer

Springs:	Medium Gratz 2 B.B. 1 Blue Stott 1 Red, 1 Blue
Footbar:	Up / Down for advanced
Headrest:	Up / Down

Execution

Set Up: Lie face down on the long box (chest off the box) with your hands on the footbar, arms extended, and legs together. Engage your core.

Inhale: Press down into the footbar, lifting your chest and navel whilst lengthening your tailbone to the back of your knees. Extend your spine forward and up into extension, while keeping your legs on the box.

Exhale: Press the carriage away, lowering your torso, rocking on your pelvis whilst engaging your glutes and slightly lifting your legs into extension.

Inhale: to return to the initial chest lifted position.



Option: Progression – Hip bones at the front corners of the box and/or hands on reformer frame

Teaser on the Box

Purpose / Focus

- Spinal articulation
 - Core strength
- Spinal issues
 - Balance issues
 - High blood pressure
 - Osteoporosis



Scan the Reformer

- Springs:**
- Light
 - Gratz 1
 - B.B. 1 Blue or 1 Red
 - Stott 1 Blue
- Footbar:** Down
- Headrest:** Up / Down

Execution

Set Up: Lying on the long box with legs in Tabletop, back is carefully extended over the box, with arms to a 'T'.

Inhale: Prepare to move.

Exhale: Slide the shoulder blades down as you reach the arms forward, curl the head and chest up, continuing to curl up to a sitting position maintaining a full C curve of the spine (Teaser position from matwork). Legs can be bent or straight (Pilates V).

Inhale: Hold the position briefly, maintaining balance and control.

Exhale: Lower your legs and arms with control, returning to the starting position.

Option: Progression – Can use the straps and work against the resistance.



Long Back Stretch

Purpose / Focus

- Upper body strength
- Core strength
- Spinal mobility
- Shoulder stability



- Spinal issues
- Shoulder issues
- Wrist issues
- Osteoporosis



Scan the Reformer

Springs: Medium
Gratz 2
B.B. 1 Red, 1 Blue
Stott 1 Red, 1 Blue

Footbar: Up

Headrest: Up / Down



Execution

Set Up: Start with your hands on the footbar and feet against the shoulder blocks, hips lifted slightly. Spine neutral.

Inhale: Bend your elbows to lower your body toward the springs/carriage.

Exhale: Curl the pelvis (as in a pelvic bridge) to push the carriage away, extending your arms and lengthening your body into a 'back support' plank position. Squeeze the 'seat' and inner thighs.

Inhale: Return the carriage to the starting position, keeping control through the core/powerhouse.



Push Up - Front

Purpose / Focus

- Upper body strength
- Core strength
- Spinal alignment
- Shoulder stability
- Leg & Glute activation
- Full body coordination



- Shoulder issues
- Wrist issues
- Spondylolisthesis

Scan the Reformer

Springs:	Light / Medium
	Gratz 1
	B.B. 1 Red
	Stott 1 Red
Footbar:	Up
Headrest:	Up / Down

Execution

Set Up: Begin in a plank position with your toes (balls of feet in a Pilates V) on the footbar and hands on the shoulder blocks. Engage your core and maintain a straight line from head to heels.

Inhale: Press the carriage slightly out towards the pullies.

Exhale: Pull the carriage back towards you.

Option: can vary the height of the footbar. Can place hands or elbows on the carriage. Can bend and stretch knees instead of moving arms.



Push Up - Back

Purpose / Focus

- Upper body strength
- Core strength
- Spinal alignment
- Shoulder stability
- Full body coordination



- Shoulder issues
- Wrist issues

Scan the Reformer

Springs:	Light / Medium
	Gratz 1
	B.B. 1 Red
	Stott 1 Red
Footbar:	Up
Headrest:	Up / Down

Execution

Set-Up: Support yourself on the carriage with your feet on the footbar and your hands on the shoulder blocks. Your arms are lengthened lifting your bottom up off the carriage.

Inhale: Prepare to move.

Exhale: With straight arms and using your back, press the carriage back towards the pulleys.

Inhale: Return to the start position with control.

Note: Squeeze the 'seat' and inner thighs, avoid hyperextension of the knees.



Option: Add Triceps Push Up

Contemporary Exercises



Scooter with Leg Lift

Purpose / Focus

- Upper body strength
- Core stability
- Hip Mobility
- Shoulder stability
- Glute & hamstring strength activation
- Full body coordination



- Shoulder issues
- Wrist issues
- Hip conditions

Scan the Reformer

Springs:	Light / Medium
	Gratz 1
	B.B. 1 Red, 1 Blue
	Stott 1 Red
Footbar:	Up
Headrest:	Up / Down

Execution

Set Up: Stand with one leg on the carriage, the opposite foot on the floor and hands on the footbar. Both legs are straight.

Inhale: Push the carriage back by extending the back leg and bending the front leg moving into a deep lunge.

Exhale: As you return the carriage, lift the abs to help lift front leg into the air, squeezing the glute to lift the leg higher.

Inhale: Push the carriage back out as the lifted leg lowers and returns to the deep lunge position. After last rep, return to the set up position.

Option: Have the supporting foot on a Box.



Side Sit Up with Rotation

Purpose / Focus

- Core strengthening
- Spinal mobility
- Oblique engagement
- Pelvic stability
- Upper body strength



- Spinal issues
- High blood pressure
- Osteoporosis

Scan the Reformer

Springs:	Heavy
	Gratz 3
	B.B. All the Springs
	Stott 2 Red, 1 Blue
Footbar:	Down
Headrest:	Down
Footstrap:	On

Execution

Set Up: Sit sideways on the long box, foot hooked under the foot strap, with hands behind your head. Start sitting on one hip with your spine in a long side plank position.

Inhale: Lengthen and lower your torso sideways towards the end of the reformer, keeping the core engaged.

Exhale: Scoop the abs to rotate your torso toward the floor continually twisting through your core/powerhouse to rotate further.

Inhale: De-rotate your torso into the sideways position

Exhale: Return to the initial side plank position.



Seated Hamstring Pull

Purpose / Focus

- Core engagement
- Spinal alignment
- Hamstring strength



- Knee issues
- Hamstring issues

Scan the Reformer

Springs:	Medium
	Gratz 2
	B.B. 1 Blue
	Stott 1 Blue
Footbar:	Up
Headrest:	Up / Down

Execution

Set-Up: Place the short box across the Reformer frames near the pullies. Sit on the box with your heels over the shoulder blocks.

Inhale: Prepare to move.

Exhale: Engage the hamstrings to pull the carriage towards you.

Inhale: Return the carriage to the start position with control.

Note: the height of the short box may change the focus/feel of this exercise.



Standing One Arm Row

Purpose / Focus

- Core stability
- Upper body strength
- Shoulder stability
- Balance & Coordination



- Shoulder issues
- Wrist issues
- Balance issues



Scan the Reformer

Springs: Medium
Gratz 1
B.B. 1 Red
Stott 1 Red

Footbar: Up
Headrest: Up / Down



Execution

Set Up: Stand next to the carriage facing the pullies, feet hip-width apart, holding the strap in one hand with the arm extended forward.

Inhale: Prepare to move.

Exhale: Pull the strap back by squeezing the shoulder blade into the centre of the spine. As you squeeze the back, allow your elbow to bend, keeping it close to your side. Maintain a stable pelvis and tall posture.

Inhale: Slowly extend your arm forward, returning to the starting position with control.



Option: Standing in the Lunge Position

Chair Twist on the Reformer

Purpose / Focus

- Core strengthening
- Spinal mobility
- Oblique engagement
- Pelvic stability
- Upper body strength



- Spinal issues
- High blood pressure
- Osteoporosis



Scan the Reformer

Springs: Light / Medium
Gratz 1
B.B. 1 Red
Stott 1 Red

Footbar: Down
Headrest: Down



Execution

Set Up: Sit diagonally on the carriage, with legs long and crossed between the shoulder blades. The leg underneath is the direction you will be twisting towards.

Inhale: Lift arm up and over, placing hand on the footbar or frame of the reformer.

Exhale: Press the carriage away, whilst you twist your torso towards the footbar.

Inhale: Twist back to position with the hand still on the footbar/frame of reformer. After last rep, return to the start position sitting upright.



Side Lying – Foot on Bar

Purpose / Focus

- Hip abductor strength
- Core engagement
- Pelvic stability
- Leg alignment



- Hip issues
- Knee problems



Scan the Reformer

Springs:	Medium
	Gratz 2
	B.B. 2 Red, 1 Blue
	Stott 2 Red
Footbar:	Up
Headrest:	Up / Down



Execution

Set Up: Lie on your side with your bottom leg bent and resting on the carriage. The top foot is on the footbar. Support your head with your bottom arm. Try to get the hips and shoulders stacked with as much length in both sides of the waist as possible.

Inhale: Prepare to move.

Exhale: Push the carriage away by pressing through your top leg.

Inhale: Control the return as you bend your top leg, bringing the carriage back to the stopper.

Note: Various foot/leg positions can be executed. Can also add pulsing movements.

Side Lying – Foot in Strap

Purpose / Focus

- Hip abductor strength
- Core engagement
- Pelvic stability & control
- Leg alignment



- Hip issues
- Knee problems



Scan the Reformer

Springs: Light / Medium

Gratz 1

B.B. 1 Blue

Stott 1 Blue

Footbar: Up / Slightly lowered

Headrest: Up / Down



Execution

Set Up: Lie on your side with your top foot in the leg strap (Pilates V if going high, parallel if staying low) and your bottom leg bent for support. Keep your spine aligned and head resting on your bottom arm.

Inhale: Lift your top leg upward, extending the strap while maintaining control and alignment. Keep both sides of the waist long.

Exhale: Slowly lower the leg back down, resisting the pull of the strap.

Option 1: parallel leg, keep leg stretched out and draw small circles in each direction.

Option 2: parallel leg, bring knee to chest and back out.



Jump board Exercises



Setting up the Feet

Set Up

- Attach the jump board securely to the front end of the reformer.
- Adjust the springs to your desired resistance level; heavier springs provide more support, while lighter springs challenge stability and control.

Alignment

- Ensure that your knees track over your toes throughout the movement.
- Keep your ankles stable to avoid rolling in or out as you push off or land on the jump board.

Body/Foot Placement

- Lie down on the carriage with your head on the headrest and your shoulders against the shoulder blocks.
- Arms long, neutral pelvis, neutral spine.
- Place your feet on the jump board, ensuring you are working from the hip joint when placing legs/feet into chosen position (i.e. parallel/Pilates V, hip-width/together/wide, etc.)
- For variations like Pilates V, position your heels together with toes turned out, creating a small V shape.
- When jumping, make sure you drive the movement from your abs and squeeze the seat and upper inner thighs at the back of your legs for better stability and control.

Breathing

- Inhale to prepare before each jump, and exhale as you press off the jump board, engaging your core for stability.
- Inhale as you land softly, maintaining control of the movement.

Further technique tips

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-
-
-
-

Working your Feet

- Maintain even pressure through the entire foot (toe, ball, heel) when pressing off the jump board.
- Keep the toes relaxed and focus on engaging the arches and heels to avoid overuse of the calves.
- As you jump, land softly with control, and absorb the impact through the entire foot (toe, ball, heel).

Double Leg – Parallel

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Medium
 Gratz 2
 B.B. 2 Red
 Stott 2 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with your feet in parallel on the jump board, legs straight, and arms by your sides. Engage your core.

Inhale: Slightly bend the knees, keeping the heels down.

Exhale: Push through your feet to extend your legs and jump off the board, keeping your legs together. Imprint your spine.

Inhale: Land softly with bent knees, allowing the carriage to glide back towards the stopper. Heels may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Double Leg – Pilates V

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Medium
Gratz 2
B.B. 2 Red
Stott 2 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with heels together, toes apart in a Pilates V position on the jump board, legs straight, and arms by your sides. Engage your core.

Inhale: Slightly bend the knees, keeping the heels down.

Exhale: Press through your heels to extend your legs and jump off the board, maintaining the V shape and squeezing your inner thighs.

Inhale: Land softly with bent knees, allowing the carriage to return towards the stopper. Heels may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Hopping

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Medium
Gratz 2
B.B. 2 Red
Stott 2 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with one foot on the jump board, leg straight, and the other leg in Tabletop. Engage your core.

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push through the foot on the jump board to hop, keeping the Tabletop leg stable.

Inhale: Land softly with a bent knee, allowing the carriage to return towards the stopper. Heel may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Prancing

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Medium
Gratz 2
B.B. 2 Red
Stott 2 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with one foot on the jump board, leg straight, and the other leg in Tabletop. Engage your core.

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push through the foot on the jump board to hop, when the carriage is out, switch legs.

Inhale: Land softly with the opposite leg. Heel may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Single Leg Stretch

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Light
 Gratz 1
 B.B. 1 Red
 Stott 1 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with one foot on the jump board and hold the opposite knee with your hands, pulling the knee towards the chest and lift the chest (Upper C curve).

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push off the jump board with the foot, extending the leg fully while simultaneously switching legs, mimicking the "Single Leg Stretch" on the mat.

Inhale: Land softly with the opposite leg. Heel may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Double Leg Stretch

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries



Scan the Reformer

Springs: Light
 Gratz 21
 B.B. 1 Red
 Stott 1 Red

Footbar: Down

Headrest: Up

Jumpboard: In



Execution

Set Up: Lie on your back with both feet on the jump board in the Pilates V position. Reach your arms towards your feet, while keeping your core engaged.



Inhale: Bend the knees and reach towards your shins.

Exhale: Push off the jump board with both feet, extending your legs straight out, while reaching your arms behind you mimicking the "Double Leg Stretch" on the mat.

Inhale: As the carriage returns, circle your arms forward toward your legs to the start position. Heels may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Scissors

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Light
 Gratz 21
 B.B. 1 Red
 Stott 1 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with legs straight, one foot on the jumpboard and the other stretched up to the ceiling. Lift the chest (Upper C Curve) and hold the ankle of the lifted leg. Engage your core.

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push through the foot on the jumpboard to hop, when the carriage is out, switch legs mimicking the "Scissors" on the mat.

Inhale: Land softly with the opposite leg. Heel may brush the jumpboard or be slightly lifted off the jumpboard when landing.



Criss Cross

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Light
 Gratz 21
 B.B. 1 Red
 Stott 1 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your back with one foot on the jump board. Place your hands behind your head, elbows wide. Rotate your torso to bring one shoulder toward the opposite knee.

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push off the jump board as you extend the leg you jumped off, rotate your torso to the opposite side switching legs, mimicking the "Criss Cross" on the mat.

Inhale: Land softly with the opposite leg. Heel may brush the jumpboard or be slightly lifted off the jumpboard when landing..



Side Lying – Single Leg Parallel

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries



Scan the Reformer

Springs: Medium
Gratz 2
B.B. 2 Red
Stott 2 Red

Footbar: Down

Headrest: Up

Jumpboard: In



Execution

Set Up: Lie on your side on the carriage with the top foot on the jump board and the other leg bent under you for support. Support your head with your bottom arm.



Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push through the foot on the jump board, squeeze the seat to extend your leg and help you jump, keeping the extended leg stable and aligned.

Inhale: Land softly, allowing the carriage to return. Heel may be slightly lifted off the jumpboard when landing.

Side Lying – Single Leg Pilates V

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries

Scan the Reformer

Springs: Medium
Gratz 2
B.B. 2 Red
Stott 2 Red

Footbar: Down

Headrest: Up

Jumpboard: In

Execution

Set Up: Lie on your side on the carriage with the top foot on the jump board in the Pilates V Position and the other leg bent under you for support. Support your head with your bottom arm.

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push through the foot on the jump board to extend your leg to jump, keeping the extended leg stable and aligned.

Inhale: Land softly, allowing the carriage to return. Heel may be slightly lifted off the jumpboard when landing.



Quadruped – Single Leg Parallel

Purpose / Focus

- Core stability
- Cardiovascular fitness
- Leg & glute strength
- Hip & knee stability



- Hip issues
- Knee problems
- Ankle injuries



Scan the Reformer

Springs:	Light / Medium
	Gratz 1
	B.B. 1 Red
	Stott 1 Red
Footbar:	Down
Headrest:	Up
Jumpboard:	In



Execution

Set Up: Kneel on the carriage with one knee on the carriage and the opposite foot on the jumpboard. Place your hands on the shoulder blocks, spine is neutral.

Inhale: Slightly bend the knee, keeping the heel down.

Exhale: Push off the jump board with the foot, extending the leg and performing a small jump, while maintaining a stable torso.

Inhale: Land softly with the foot on the jump board, allowing the carriage to return to the starting position.



Pilates Reformer Contraindications



Pilates Considerations and Movements to Avoid

General Spine Issues:

Description: Includes conditions like disc herniation or scoliosis.

Examples: Herniated disc in the lumbar region; scoliosis with uneven spinal curvature.

Movements to Avoid: High-impact exercises, deep spinal flexion or extension, and excessive twisting or bending.

Lumbar Spine Contraindications:

Description: Issues like lower back pain or lumbar disc problems.

Examples: Lumbar disc degeneration; lumbar spinal stenosis.

Movements to Avoid: Deep flexion or extension of the lower back, high-load bearing exercises, and significant spinal rotation.

Neck Problems:

Description: Includes cervical disc issues, stiffness, or pain.

Examples: Cervical disc herniation; whiplash injury.

Movements to Avoid: Exercises involving head and neck flexion or extension, excessive head turning, and positions that strain the neck.

Osteoporosis:

Description: Reduced bone density increasing fracture risk.

Examples: Osteopenia; osteoporotic fractures.

Movements to Avoid: High-impact activities, deep forward bends, and heavy weights or excessive spinal flexion.

Shoulder Issues:

Description: Includes rotator cuff injuries, impingement, or general shoulder pain.

Examples: Rotator cuff tear; shoulder impingement syndrome.

Movements to Avoid: Overhead movements, lifting heavy weights, or activities that destabilize the shoulder.

Wrist Issues:

Description: Includes strains, carpal tunnel syndrome, or joint pain.

Examples: Carpal tunnel syndrome; wrist sprain.

Movements to Avoid: Exercises with excessive weight on the wrists, like push-ups or bear crawls, and positions requiring straight wrists under load.

Hip Issues:

Description: Includes hip arthritis, bursitis, or labral tears.

Examples: Hip arthritis; labral tear in the hip.

Movements to Avoid: Deep hip flexion, high-impact exercises, and extreme ranges of motion or twisting.

Knee Problems:

Description: Includes knee arthritis, ligament injuries, or patellar tracking issues.

Examples: Patellofemoral pain syndrome; meniscus tear.

Movements to Avoid: High-impact activities, deep knee bends, and exercises placing excessive strain on the knee.

Ankle Problems:

Description: Includes sprains, arthritis, or general ankle pain.

Examples: Ankle sprain; Achilles tendonitis.

Movements to Avoid: High-impact exercises, positions with heavy load bearing, and excessive ankle dorsiflexion or plantarflexion.

Foot Problems:

Description: Includes conditions like plantar fasciitis, bunions, or general foot pain.

Examples: Plantar fasciitis; bunions.

Movements to Avoid: High-impact activities, exercises requiring extensive toe or heel pressure, and movements stressing the foot.

High Blood Pressure:

Description: Elevated blood pressure that can be aggravated by intense physical activity.

Examples: Hypertension; elevated blood pressure affecting exercise tolerance.

Movements to Avoid: High-intensity exercises, positions requiring breath holding, and activities causing rapid heart rate increase.

Rotation Issues:

Description: Includes restrictions or pain related to spinal or hip rotation.

Examples: Limited spinal rotation due to a herniated disc; hip impingement affecting rotation.

Movements to Avoid: Excessive twisting or rotational movements of the spine or hips.

Balance Issues:

Description: Includes conditions affecting stability and coordination.

Examples: Vertigo; poor proprioception leading to frequent falls.

Movements to Avoid: Advanced balance exercises, high-impact activities, and movements requiring complex coordination or stability.

Reformer Level 1

Répertoire List

Footwork Series	Springs (Guide)	Nominal Reps	Level	Page
Footwork – ‘V’	Heavy	10	Fundamental	3.8
Footwork – Heels	Heavy	10	Fundamental	3.9
Footwork – Arches	Heavy	10	Fundamental	3.10
Footwork – Other Foot Positions	Heavy	N/A	Fundamental	3.11
Tendon Stretch (Calf Raisers)	Heavy	10	Fundamental	3.12
Walking & Running	Heavy	10 Sets	Fundamental	3.13

Bridging Series

Pelvic Bridge	Heavy	5	Fundamental	3.16
Pelvic Bridge with Extension	Medium	3 Sets	Intermediate	3.17

Hipwork Series *(Feet in Straps)*

Preparing for Feet in Straps	Medium	N/A	Fundamental	3.20
Feet in Straps – Lift & Lower	Medium	5 – 10	Fundamental	3.21
Feet in Straps – Frog	Medium	5 – 10	Fundamental	3.22
Feet in Straps – Circles	Medium	5 – 10	Fundamental	3.23

Mid-Back Series

Chest Expansion	Light	3 – 5	Fundamental	3.26
Supine Arms – Flexion / Extension	Medium	6 – 10	Fundamental	3.27
Supine Arms – Adduction / Abduction	Medium	6 – 10	Fundamental	3.28
Supine Arms – Triceps	Medium	6 – 10	Fundamental	3.29
The Hundred	Medium	100	Fundamental	3.30
Triceps Press (<i>Salute</i>)	Light	3 – 5	Intermediate	3.31
Hug a Tree	Light	3 – 5	Intermediate	3.32

Reformer Level 1 Répertoire List *(Continued)*

Long Box Series

Long Box – Prone Quad Stretch	Light	1 Set	Fundamental	3.34
Long Box – Swan	Light	3 – 5	Fundamental	3.35
Pull Straps – Pull Back	Light	3 – 5	Fundamental	3.36
Pull Straps – Triceps	Light	3 – 5	Fundamental	3.37
Pull Straps – ‘T’	Light	3 – 5	Fundamental	3.38
Seated Biceps	Light	6 – 10	Fundamental	3.39
Seated Rhomboids	Light	6 – 10	Fundamental	3.40
Long Box – Hamstrings	Medium	3 – 5	Intermediate	3.41

Short Box Series

Round Back	Heavy	4 – 6	Fundamental	3.44
Flat Back	Heavy	4 – 6	Fundamental	3.45
Side Bend	Heavy	4 – 6	Fundamental	3.46
Twist	Heavy	4 – 6	Intermediate	3.47
Side Sit Up	Heavy	4 – 6	Intermediate	3.48

Long Stretch Series

Long Stretch (<i>prep’ on Knees</i>)	Light	5 – 8	Fundamental	3.50
Long Stretch	Medium	5 – 8	Intermediate	3.51
Up Stretch (<i>prep’</i>)	Medium	5 – 8	Intermediate	3.52
Elephant	Medium	5 – 8	Intermediate	3.53

Standing Split Series

Outer Thigh Splits	Medium	6 – 10	Fundamental	3.56
Inner Thigh Splits	Light	6 – 10	Fundamental	3.57

Reformer Level 1 Répertoire List *(Continued)*

Stretch Series

Monkey	U / Light	3 – 5	Fundamental	3.60
Scooter Stretch	Light	3 – 5	Fundamental	3.61
Front Splits – Back Knee Down	Light	3 – 5	Fundamental	3.62
Front Splits – Back Knee Off	Light	3 – 5	Intermediate	3.63
Russian Splits (<i>Prep'</i>)	Light	3 – 5	Intermediate	3.64
Childs Pose	U / Light	1 Set	Fundamental	3.65

Additional Exercises

Side Arms - Obliques	Medium	3 – 5	Fundamental	3.68
Coordination	Medium	3 – 5	Fundamental	3.69
Reverse Knee Stretch	Light	6 – 10	Fundamental	3.70
Reverse Oblique Knee Stretch	U / Light	6 – 10	Fundamental	3.71
Reverse Abdominals	Light	3 – 5	Intermediate	3.72
Reverse Abdominals Obliques	Light	3 – 5	Intermediate	3.73
Scooter – Round Back	Light	6 – 10	Fundamental	3.74
Scooter – Flat Back	Light	6 – 10	Fundamental	3.75
Scooter – Extension	Light	6 – 10	Intermediate	3.76
Scooter – Lunges	Light	6 – 10	Intermediate	3.77
Rowing – Back 1	Light	3 – 5	Fundamental	3.78
Rowing – Back 2	Light	3 – 5	Fundamental	3.79
Rowing – Front 1	Light	3 – 5	Intermediate	3.80
Rowing – Front 2	Light	3 – 5	Intermediate	3.81