

Long Box Series - "T"

Equipment Settings

1R spring, footbar down, long box

Starting position

Prone on long box, head toward pulleys, arms out to a T, palms facing floor, carriage at the stopper, spine flexed forward

Movement & Breath

E Sweep arms back in line with torso as thoracic spine extends, palms facing down

I Return and flex spine forward toward well

REPEAT X 6

Groundwork

Flight

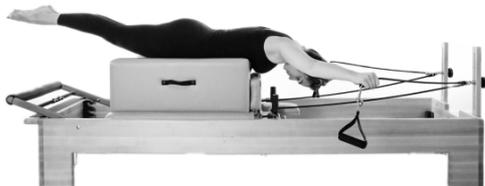
Teaching Cues

Palms remain facing toward the floor, they will try to flip in as you pull back

Modifications

Omit extension, lower height of arms

Equipment Notes



Long Box Series - Triceps

Equipment Settings

1R spring, footbar down, long box

Starting position

Prone on long box, head toward pulleys, elbows bent at 90 degrees, upper arm in line with torso, neutral spine

Movement & Breath

E Extend elbows fully
I Bend elbows back to start position

REPEAT X 6

Groundwork

Flight

Teaching Cues

Watch for bending at the wrist
No wrinkles in the back of the neck

Modifications

Equipment Notes



Backstroke

Equipment Settings

2R springs, footbar down, long box

Starting position

Supine on long box, knees bent in toward chest, back of fists on forehead, chest lifted bringing forehead is at knees

Movement & Breath

- I Keeping carriage steady, extend arms and legs up to the ceiling in slight V position
- E Circle arms and legs simultaneously to a low diagonal, hands over thighs
- IE Hold for a full breath cycle
- I Bend back to start position and continue to next repetition

REPEAT X 2

Groundwork

Hundred
Coordination

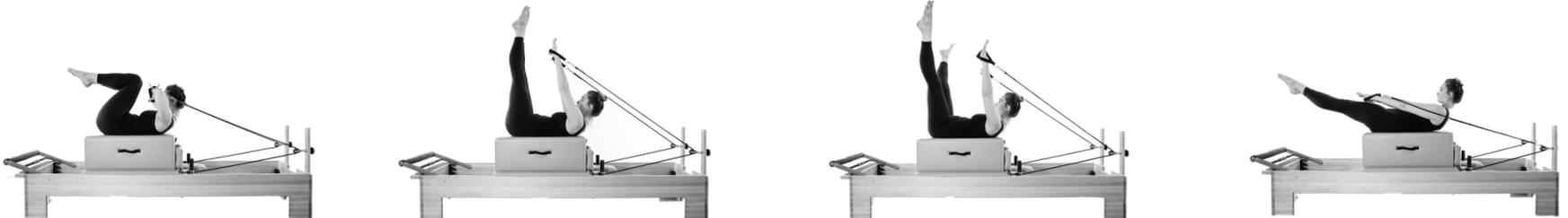
Teaching Cues

Curl up higher on hold, maintain height as you fold back in to start position

Modifications

Limit range of motion
Do choreography without straps

Equipment Notes



Teaser

Equipment Settings

1R spring, footbar down, long box

Starting position

Supine on long box, tips of shoulder blades on edge of box, legs extended straight, resting over footbar, arms holding straps out to the sides.

Movement & Breath

I Roll up to teaser, bringing arms parallel
with legs
E Articulate back down to start position

REPEAT X 2

Groundwork

Hundred
Backstroke
Short spine
Stomach massage

Teaching Cues

Arms parallel to legs, reaching from abs
Maintain pelvic tilt
Keep hands still in space while you begin the roll back down

Modifications

Begin with legs in shelf
Do choreography without straps

Equipment Notes



Swan - Facing footbar

Equipment Settings

1R spring, footbar mid, long box

Starting position

Prone on long box, forehead over footbar, hands on footbar shoulder width apart, legs extended

Movement & Breath

E Straighten arms to push carriage out
I Lift chest and pull carriage in with straight
 arms to extend spine
E Lower chest back down with straight arms
I Bend elbows to come back in to start

REPEAT X 3

Groundwork

Flight
Swan - mat

Teaching Cues

Pull footbar toward hips on rise up to encourage length
Gaze follows spine alignment
Avoid overextending the cervical spine

Modifications

Can separate legs to hip width or bend knees to ease low back tension

Equipment Notes



Swan

Equipment Settings

1R spring, footbar down, long box

Starting position

Pelvis on the edge of the box, balls of the feet on the edge of the platform, body placed on top of the box

Movement & Breath

IE Press out, straightening legs and reaching long

through the upper body extending the

spine

IE Return to start position

REPEAT X 2

IE Press out, straightening legs and reaching long

through the upper body extending the

spine

IE Bend at the knees and continue to extend back

IE Straighten the legs returning to a long line

IE Bend at the knees:

REPEAT X 2

Groundwork

Flight

Swan - Mat

Teaching Cues

Pull footbar toward hips on rise up to encourage length

Gaze follows spine alignment

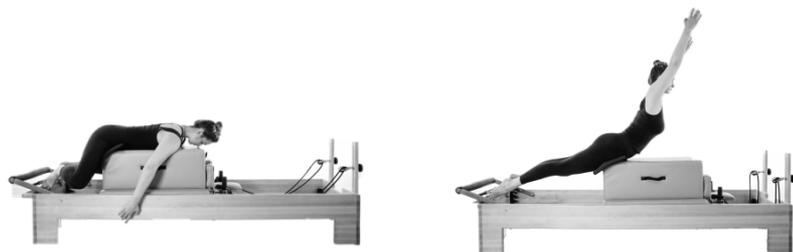
Avoid overextending the cervical spine

Modifications

Can separate legs to hip width or bend knees to ease low back tension

Equipment Notes

Place a pad on edge of box to cushion pelvis



Breaststroke

Equipment Settings

1R spring, footbar down, long box

Starting position

Prone on long box, feet toward pulleys, hands in straps, arms at waist reaching for toes

Movement & Breath

E Bend elbows to bicep curl and press arms straight overhead
I Extend the spine, swim arms to the sides and back toward start while lowering back to neutral spine

REPEAT X 2

Groundwork

Swan
Arm circles
Rowing

Teaching Cues

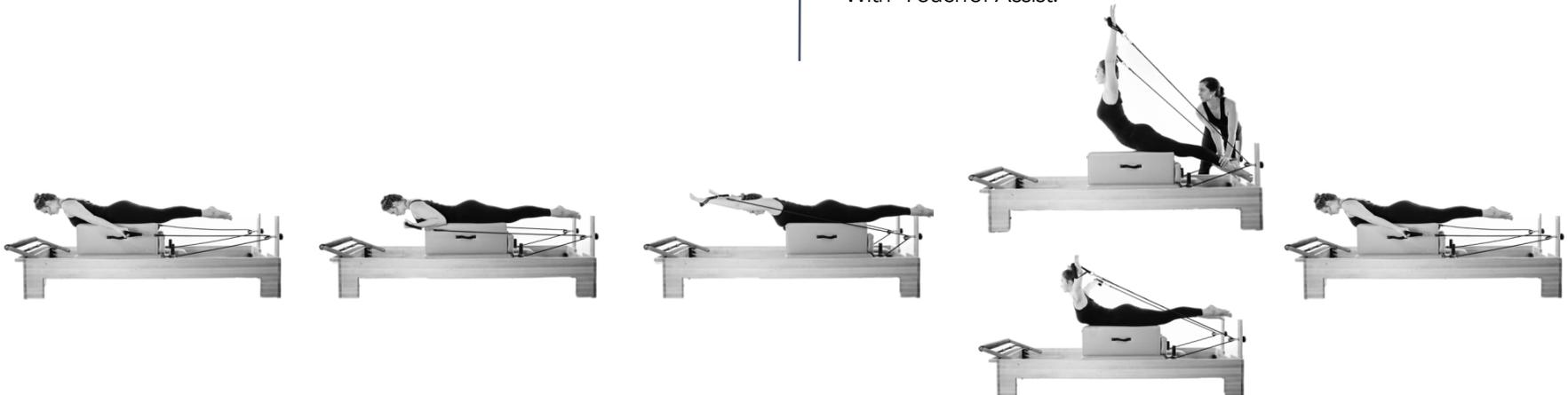
When performing with a spotter, the spotter presses down on the backs of the ankles to aid in deeper spinal extension

Modifications

Omit deep spinal extension and just perform arm choreography

Equipment Notes

With Teacher Assist:



Grasshopper

Equipment Settings

2R springs, footbar down, long box

Starting position

Prone on long box, hips on the edge of box, feet toward pulleys, shoulder width apart, hands on frame or floor.

Movement & Breath

- | | |
|---|---|
| I | Lower chest to the floor while lifting toes |
| E | toward the ceiling for a full extension |
| I | Bend knees to cross right ankle over left |
| E | ankle |
| I | Extend both legs |
| E | Bend knees to cross left ankle over right |
| I | ankle |
| E | Extend both legs |
| I | Return to start position |

REPEAT X 2

Groundwork

- Swan
- Hamstring Stretch

Teaching Cues

Modifications

- Omit spinal extension and just perform leg choreography

Equipment Notes



Swimming

Equipment Settings

2R springs, footbar down, long box

Starting position

Prone on long box, legs extended straight, hip bone width apart, arms overhead

Movement & Breath

I Lengthen
E Extend spine to lift legs and arms
I Swim opposite arm as leg for 5 breaths
E Continue swimming for 5 breaths
I Hold and lift higher
E Lower to start position

REPEAT X 2

Groundwork

Flight
Swan

Teaching Cues

Maintain length of cervical spine
Lift through the toes and the fingers
Swim higher, higher, higher

Modifications

Omit spinal extension and just perform leg choreography

Equipment Notes



Hamstring Stretch

Equipment Settings

1R + 1B spring, footbar down, long box

Starting position

Prone on Long box, head toward springs, bottom ribs on box, bring arms behind the low back, hands interlaced, legs in parallel, hip bone width

Movement & Breath

E Bend knees to pull heels toward sit bones, keeping hips bones on long box
I Straighten knees to return to start position

REPEAT X 5

Variations

Parallel, Adducted

External Rotation

Single leg

Groundwork

One leg kick
Double leg kick

Teaching Cues

As knees bend, pelvis stays neutral on carriage, hips bones stay connected to box

Modifications

Hands on carriage on either side of box

Equipment Notes



Horseback

Equipment Settings

2R springs, footbar down, longbox

Starting position

Seated on long box facing springs, hands in straps, arms bent toward waist, palms up, legs extended toward floor on either side of box, round back

Movement & Breath

I Lean slightly forward
E Press arms straight while scooping ribs
back to hover above box slightly
IE Circle arms 3 times
I Flex the feet, lower back to start

REPEAT X 2

Groundwork

Teaser
Elephant
Backstroke

Teaching Cues

Gaze is toward springs, not the box

Modifications

Knees bent so shins and feet rest flat alongside box

Equipment Notes

Use a mat between box and inner thighs



Short Box - Contraction + Hinge

Equipment Settings

All springs on, foot bar down, short box

Starting position

Seated on shortbox facing footbar, feet through safety strap, holding dowel or Joe's arms

Movement & Breath

CONTRACTION

I Lengthen
E Contract forward
IE Contract back
IE Contract forward
IE Lengthen to vertical
REPEAT X 4

HINGE

I Hinge back
E Return to center
REPEAT X 4

Groundwork

Teaching Cues

When hinging open and close the angle at the hip, press sits bones down and lift sternum

Modifications

Equipment Notes

Feet in safety strap
Box can be in front of or over shoulder blocks depending on height of student
Dowel is optional

Contract



Hinge



Short Box - Hinge to Contraction, Contraction to Hinge

Equipment Settings

All springs on, foot bar down, short box

Starting position

Seated on shortbox facing footbar, feet through safety strap, holding dowel or Joe's arms

Movement & Breath

HINGE TO CONTRACTION

I Lengthen
E Hinge back
IE Pull to upper contraction
IE Contract forward
IE Lengthen to vertical
REPEAT X 4

CONTRACTION TO HINGE

I Lengthen
E Contract forward
IE Contract back
IE Lengthen to hinge
IE Lift to vertical
REPEAT X 4

Groundwork

Teaching Cues

The contraction back sets up the hinge
Set the pelvis, move the spine (hinge to contraction)
Set the spine, move the pelvis (contraction to hinge)

Modifications

Lessen the ROM

Equipment Notes

Contract to Hinge



Hinge to Contract



Short Box - Rotation to Hinge

Equipment Settings

All springs on, foot bar down, short box

Starting position

Seated on shortbox facing footbar, feet through safety strap, holding dowel or Joe's arms

Movement & Breath

ROTATION TO HINGE

I Rotate chest to the R
E Hinge back (on diagonal)
I Hinge up to vertical
E Rotate back to center

REPEAT on the other side

Groundwork

Teaching Cues

Chest remains open
Aim up, rather than back
Anchor opposite hip
Don't rush the movement

Modifications

Lessen the ROM
Slow down the pattern, 1 full breath per movement
Teach on the floor, seated in a diamond position

Equipment Notes

Can be taught without the dowel, arms behind head or Joe's arms



Short Box - Rotation to Hinge Pattern

Equipment Settings

All springs on, foot bar down, short box

Starting position

Seated on shortbox facing footbar, feet through safety strap, holding dowel or Joe's arms

Movement & Breath

I Rotate chest to the R
E Hinge back (on diagonal)
IE Lift dowel overhead
I Rotate to center maintaining hinge
E Contract back, bringing dowel to chest
IE Contract forward
IE Roll up to center

REPEAT on the other side

Groundwork

Teaching Cues

Chest remains open
Aim up, rather than back
Anchor opposite hip
Don't rush the movement

Modifications

Lessen the ROM
Slow down the pattern, 1 full breath per movement
Teach on the floor, seated in a diamond position

Equipment Notes

Can be taught without the dowel, arms behind head or Joe's arms



Short Box - Rolling Pin to Hinge

Equipment Settings

All springs on, foot bar down, short box on

Starting position

Seated on shortbox facing footbar, feet through safety strap, holding dowel or Joe's arms

Movement & Breath

- IE Lift dowel overhead, lengthen up
- IE Flex forward, reaching dowel to feet
- IE Begin to contract back, dowel to knees
- IE Continue to contract back to pelvis
- IE Lengthen to hinge, dowel to chest height
- IE Lengthen hinge further, reach dowel overhead
- I Taller
- E Contract back, dowel lowers to chest height
- IE Contract forward, lengthen to forward hinge, bringing dowel overhead
- IE Return to vertical

REPEAT X 4

Groundwork

Neck Pull

Teaching Cues

Move the pelvis to move the spine
As you hinge, stretch the sides of the spine

Modifications

Equipment Notes

Can be taught without the dowel, arms behind head or Joe's arms



Short Box - Climb a Tree

Equipment Settings

All springs on, footbar down, short box

Starting position

Seated on box facing the footbar, one foot in safety strap and other knee bent toward chest, hands behind thighs

Movement & Breath

I Extend leg

E Bend leg

REPEAT X 3 holding straight leg on 3rd extension

I Point foot

E Flex foot

REPEAT X 3 holding flexed foot on 3rd flex

I Walk hands and close to ankle as possible

E Lean shape back until leg is toward ceiling

I Walk down the leg and extend spine into

well

reaching arms overhead

E Curl up and grab leg, walk all the way up

keeping

leg straight up to ceiling

I Lift to seated

REPEAT on the other side

Groundwork

Hamstring pull

Leg circle

Teaser

Teaching Cues

Keep hips square as you move

The arms lead the way as you extend back and as you lift

Modifications

Climb a tree on the footbar from supine

Climb a tree on the floor

Equipment Notes

Box can be in front or over the shoulder blocks depending on height



Short Box - Side Over

Equipment Settings

All springs on, footbar down, short box

Starting position

Seated sideways on box in 4th position, R leg extended, R foot under safety strap, arms to a T

Movement & Breath

IE Side bend to the R, arms frame ears
IIEE X 2 Pulse, deepen stretch to the R
IE Lift to vertical, hands behind head
IE Side bend to the L
IE Return to vertical
REPEAT (side bend) X 6

IE Side bend to the R, arms frame ears
IE Rotate to the R, contracting over leg
IIEE X 2 Pulse contraction
IE Rotate to side bend
IE Lift to vertical, hands behind head
IE Side bend to the L
IE Rotate towards the well
IE Rotate back to side bend
IE Return to vertical
REPEAT (side bend + rotation) X 6

REPEAT pattern on the other side

Groundwork

Mermaid

Teaching Cues

Lift to go up and over
Abduct the extended leg throughout exercise
Keep the extended leg in parallel, lift through the heel
Press head into hands to maintain length up

Modifications

On the last rotation, place hands on the rails and walk them out as far as you can, deep stretch

Equipment Notes

A dowel can be used



Short Box - Swan (legs under footbar)

Equipment Settings

All springs on, footbar in highest position

Starting position

Prone on the box, heels under the footbar, hips towards front of box, hands on the rails

Movement & Breath

- IE Bring hands to forehead, lift body parallel to the box, actively press legs into footbar
- IE Bring arms to goal post position
- I Extend arms
- E Bend to goal post, lift higher in extension
- REPEAT X 4
- IE Lower body to rest

- IE Bring hands to forehead, lift body
- IE Sweep the arms back, extend the spine
- IE Bring arms around into the well, Contracting forward

- REPEAT X 4

Groundwork

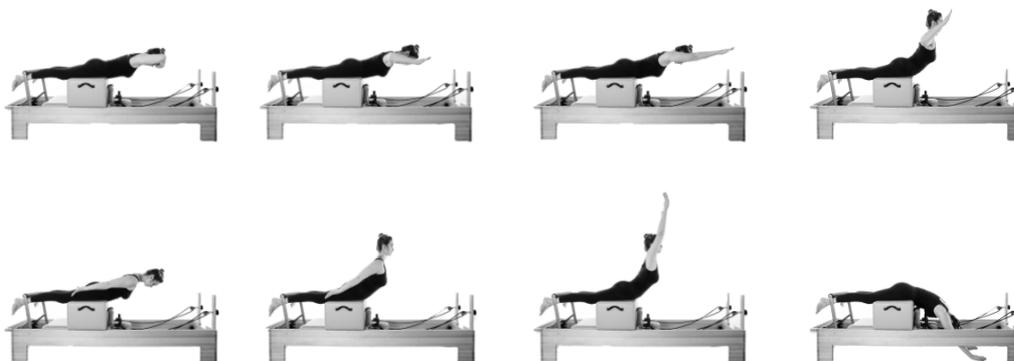
Flight
Swan

Teaching Cues

Actively press legs into the footbar (up and out)
Press pubic bone into box
Move the head as if it were a part of the spine

Modifications

Equipment Notes



Long Stretch

Equipment Settings

1R + 1B spring, footbar mid, headrest up

Starting position

Plank position, Pilates V, feet together in the groove between headrest and carriage

Movement & Breath

I Press carriage out
E Pull carriage back in

REPEAT X 6

Groundwork

Hundred
Push-Up
Swimming

Teaching Cues

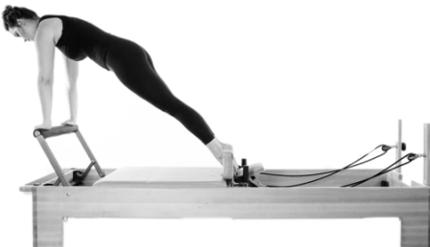
Press carriage out from abs: imagine reaching through arches of feet
Activate scapular stabilizers to prevent hyperextended elbows

Modifications

On knees
Hold plank

Equipment Notes

The lighter the spring the more the focus shifts to the abs



Downstretch

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling on carriage, feet flat against shoulder rests, full spinal extension

Movement & Breath

I Push carriage out as far as spinal extension can be maintained bringing thighs to carriage
E Pull carriage all the way in to stopper maintaining spinal extension

REPEAT X 6

Groundwork

Swimming
Rocking
Swan
Long stretch

Teaching Cues

Avoid overextending lumbar spine
Imagine bringing thighs to carriage then leaving them there while pulling carriage back in
On return, imagine pulling footbar to thighs
Upper and lower body tug-of-war to create opposition

Modifications

Omit spinal extension

Equipment Notes

Place pads under knees for sensitivity



Downstretch (Fletcher Variation)

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling with hips towards heels, flat back, feet against shoulder blocks, hands on footbar

Movement & Breath

I Press carriage out and reach hips down,
press thighs into carriage and extend spine
E Lift chest to pull the carriage in

REPEAT X 4

IE Flex spine to sit back towards heels

I Sit back towards heels

E Press carriage back

IE Reach hips down, press thighs into carriage
and extend spine

I Pull carriage in $\frac{1}{4}$ distance to stoppers

E Press carriage out

I Pull carriage in $\frac{1}{2}$ distance to stoppers

E Press carriage out

I Pull carriage in $\frac{3}{4}$ distance to stoppers

E Press carriage out

I Pull carriage into stoppers

E Press carriage out

IE Pull carriage into stoppers to stay

I Chest lifts higher

E Return to start position

REPEAT X 2

Groundwork

Teaching Cues

Stretch the heels back towards the shoulder blocks
Lift sternum through shoulders

Modifications

Equipment Notes



UpStretch

Equipment Settings

2R Springs, footbar mid

Starting position

Standing on carriage, on releve with heels against shoulder rests, hips over heels, spinal flexion, straight arms

Movement & Breath

I Push carriage out to extend hips and shoulders fully
E Maintaining thoracic flexion pull carriage all the way in, maintain thoracic flexion

REPEAT X 3

Groundwork

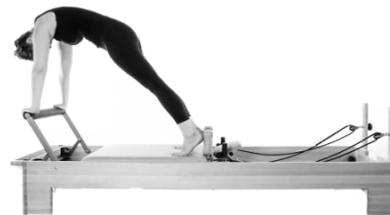
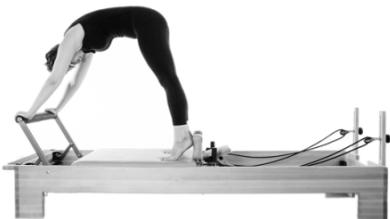
Long back stretch
Elephant
Long stretch

Teaching Cues

Avoid overextending lumbar spine
Not an arm exercise

Modifications

Equipment Notes



Elephant - Round Back

Equipment Settings

2R springs, footbar mid

Starting position

Standing on carriage, heels against shoulder rests, hands shoulder width apart, full spinal flexion, shoulders over front edge of carriage

Movement & Breath

- I Push carriage out as far as spinal flexion can be maintained
- E Pull carriage all the way in to stopper

REPEAT X 8

Groundwork

- Rollup
- Tendon stretch

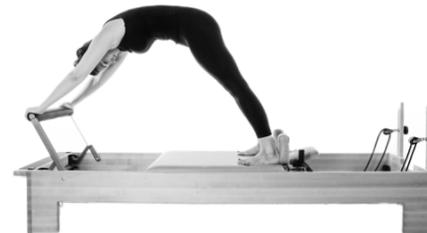
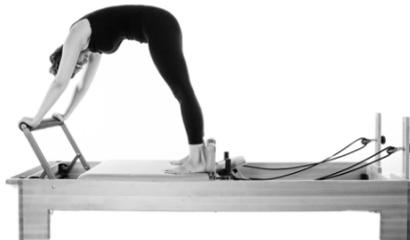
Teaching Cues

- Sink heels into creases at shoulder rests
- Emphasis on the pull in
- Spiral biceps open to help roll shoulders down

Modifications

- Knees slightly bent
- Heels away from shoulder blocks

Equipment Notes



Elephant - Flat Back

Equipment Settings

2R springs, footbar mid

Starting position

Standing on carriage, heels against shoulder rests, hands shoulder width apart, neutral spine, shoulders over front edge of carriage

Movement & Breath

I Push carriage out maintaining heel to carriage connection
E Pull carriage all the way to stopper

REPEAT X 8

Groundwork

Rollup
Tendon stretch

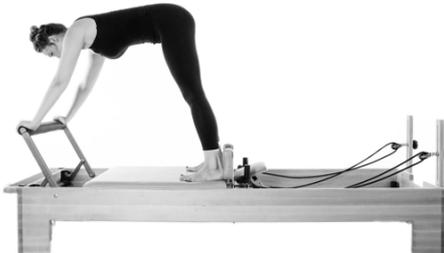
Teaching Cues

Collapsing in torso or arching low back
Sink heels into creases at shoulder rests
Emphasis on the pull in

Modifications

Knees slightly bent

Equipment Notes



Forward Elephant - Round Back

Equipment Settings

1R spring, footbar mid

Starting position

Standing on carriage, toes curled off front edge of carriage, hands shoulder width apart, straight arms, full spinal flexion

Movement & Breath

- I Push carriage out as far as spinal flexion can be maintained
- E Pull carriage all the way in to return

REPEAT X 8

Groundwork

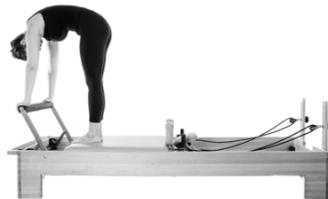
- Rollup
- Tendon stretch

Teaching Cues

- Maintain spinal flexion
- Emphasis on the pull in
- Lift the toes as you press out, wrap toes as you pull in - challenges coordination and hamstrings to engage more

Modifications

Equipment Notes



Forward Elephant - Flat Back

Equipment Settings

1 Red Spring

Starting position

Standing on carriage, toes curled off front edge of carriage, hands shoulder width apart, straight arms, neutral spine

Movement & Breath

I Push carriage out as far as neutral spine
can be maintained
E Pull carriage all the way in to return

REPEAT X 8

Groundwork

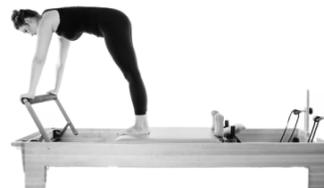
Rollup
Tendon stretch

Teaching Cues

Keep shoulders over wrist
Maintain length of spine - crown of the head reaches forward
Imagine a platter on your pelvis

Modifications

Equipment Notes



Advanced Elephant

Equipment Settings

2R springs, footbar mid

Starting position

Upstretch position, feet flat on mat, heels 1 inch from shoulder blocks

Movement & Breath

I Press carriage out
E Lift to releve (keep carriage still)
I Pull carriage in, keeping releve
E Lower heels down to mat
REPEAT X 4

REVERSE

I Lift to releve
E Press carriage out
I Lower heels to mat (keep carriage still)
E Pull carriage in
REPEAT X 4

Groundwork

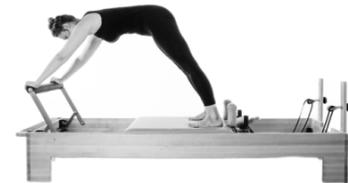
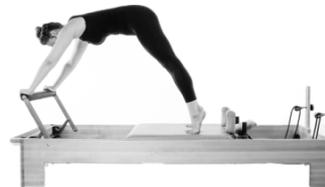
Elephant
Teaser

Teaching Cues

As you releve deepen the hip folds
As you lower the heels, lift hips higher

Modifications

Equipment Notes



Arabesque

Equipment Settings

2R springs, footbar mid

Starting position

Upstretch position

Movement & Breath

IE Lift R leg to the outside of machine
I Abduct R leg
E Lower R leg
REPEAT X 4 progressively lifting the leg higher
I Abduct R leg to highest height
E Externally rotate R leg
I Press carriage out
E Pull carriage in
REPEAT X 4
IE Flex, bend R knee into chest and place
R foot in releve at the front of the carriage
I Press carriage out
E Pull carriage in
REPEAT X 4
IE Straighten both legs
IE Draw R knee in towards chest, extend to
Arabesque (keeping carriage still)
IE Circle R leg out to side and place against
Shoulder blocks
I Press carriage out
E Pull carriage in
REPEAT X 2

REPEAT pattern on the other side

Groundwork

Teaching Cues

As you press the carriage out, lift the extended leg higher. Keep lifting as you pull the leg in.
Chest stays square to bar

Modifications

Mark it on the floor
Put all springs on to work the shapes

Equipment Notes



Penche

Equipment Settings

1R + 1B or 2R springs, mid-footbar

Starting position

Upstretch position

Movement & Breath

- IE Bring R knee into chest and contract, plie L leg
- IE Press carriage out, extend R leg back to Penche
- IE Pull carriage in, bring R knee into chest, Contract hips under

REPEAT X 4

REPEAT on the other side

Groundwork

Swan
Knee stretch series

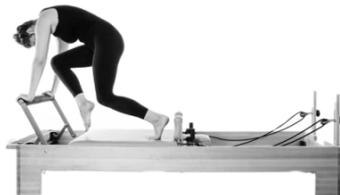
Teaching Cues

Create one long line from crown of the head to the toes.
The articulation of the spine moves the carriage

Modifications

Equipment Notes

Lower the footbar to lowest position



Upstretch Combo

Equipment Settings

2 Red Springs or 1 Red and 1 Blue, mid-footbar

Starting position

Upstretch position

Movement & Breath

IE Flex spine, bend knees to hover position

IE Press carriage out, extend legs back,
keep pelvis curled under

IE Lift hips to upstretch position, pull carriage

in
REPEAT X 4

REVERSE

IE From upstretch, press carriage out

IE Pull carriage in, flex spine & bend knees to
hover

IE Lift hips to upstretch, keeping carriage in

REPEAT X 4

Groundwork

Downstretch

Upstretch

Teaching Cues

Pelvis leads the spine

Stretch the sides of the body

Modifications

Equipment Notes

Long Back Stretch

Equipment Settings

2R springs, footbar mid

Starting position

Seated on footbar, legs straight on carriage, legs shoulder rest width apart

Movement & Breath

IE Lift hips off footbar, slide feet against shoulder rests
I Bend elbows to lower hips toward springs
E Posterior pelvic tilt to press carriage out
I Flex hips to bring carriage in with neutral spine and pelvis
E Stay
REPEAT X 3

Reverse

E Posterior pelvic tilt to press carriage out
I Lower hips toward carriage, and bend elbows to return carriage to stopper
E Triceps press to return to straight arms, neutral spine
I Stay
REPEAT X 3

Groundwork

Leg Pull
Long stretch
Elephant
Downstretch
Upstretch

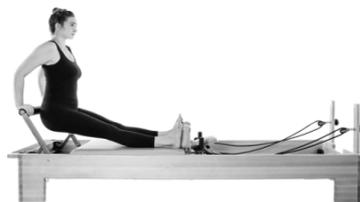
Teaching Cues

Neutral scapula
Moving from spinal flexion to neutral to initiate carriage movement
Make this about moving from the center, as opposed to arms

Modifications

Omit triceps press

Equipment Notes



Tendon Stretch

Equipment Settings

2R springs, footbar mid

Starting position

Seated on footbar facing carriage, hands wrapped around footbar, toes on edge of carriage, Pilates V

Movement & Breath

Prepare

IE Lift hips up straightening legs, carriage stays still, arms straight

IE Flex spine, bend knees to sit

REPEAT X 4

Movement

IE Lift hips up straightening legs, carriage stays still, arms straight

I Press carriage out

E Pull carriage in, lift hips up

REPEAT X 4

IE Flex spine, bend knees to sit

Groundwork

Rollup

Rollover

Rolling Back

Rowing

Elephant

Teaching Cues

Lift up rather than back

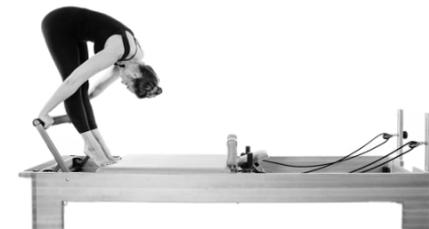
Keep weight over the foot bar rather than behind it

Modifications

Practice the lift sitting on the shortbox

Can perform on heels

Equipment Notes



Single Leg Tendon Stretch

Equipment Settings

2 Red Springs or 1 Red and 1 Blue, mid-footbar

Starting position

Seated on footbar facing carriage, hands wrapped around footbar, heels hooked on carriage

Movement & Breath

- IE Lift hips up straightening both legs,
Carriage stays still, arms straight
- IE Thread R leg through the outside of the R
Arm, active abduction of R leg
- IE Press carriage out
- IE Pull carriage in, lift hips up

REPEAT X 4

- IE Place R leg back onto carriage
- IE Contract, bend knees to sit

REPEAT on the other side

Groundwork

Teaching Cues

Modifications

Equipment Notes

Semi-Circle: Short Box Modification

Equipment Settings

2R outside springs, footbar mid or down

Starting position

Feet on footbar in parallel, hands behind head, head resting on box and hips elevated to box height.

Movement & Breath

IE Press carriage out
IE X 2 Roll down to extend spine towards springs
IE Plie, pulling the carriage in
IE X 2 Curl pelvis up

REPEAT X 2

REVERSE

IE X 2 Roll down to extend spine towards springs
IE Press carriage out
IE X 2 Curl pelvis up
IE Plie, pelvis stays lifted

REPEAT X 2

Groundwork

Teaching Cues

Keep the carriage still as you roll up and down
Ride the springs
Wrap the spine around the box

Modifications

Heels on platform

Equipment Notes



Semi-Circle

Equipment Settings

2R outside springs, mid-footbar

Starting position

Feet in turnout on footbar, hands holding shoulder blocks, arms fully extended, hips lifted over heels

Movement & Breath

IE Press carriage out
IE X 2 Roll down to extend spine towards springs
IE Plie, pulling the carriage in
IE X 2 Curl pelvis up
REPEAT X 2

REVERSE

IE X 2 Roll down to extend spine towards springs
IE Press carriage out
IE X 2 Curl pelvis up
IE Plie, pelvis stays lifted
REPEAT X 2

With carriage in rotate legs to parallel, reach arms to the sides of the footbar or ankles and lower heels for a stretch

Groundwork

Pelvic press
Short spine massage
Up stretch
Thigh stretch

Teaching Cues

Keep the carriage still as you roll up and down
Ride the springs
Keep arms long and strong, pushing shoulder rests away

Modifications

Can be taught with head, neck and shoulders on the short box
Lower footbar

Equipment Notes

Entrance



Movement



Side Arm Series - Half Hug and Side Twist

Equipment Settings

1B spring, footbar down

Starting position

Seated on long box, lifted/seated kneeling or criss cross facing side of reformer. Strap in hand closest to shoulder blocks, gesture arm in second position

Movement & Breath

Half Hug

IE Lift R arm (strap arm) to second position
I Pull R arm to midline
E Open R arm to second position

REPEAT X 6

Side Twist

IE Bring arms to a diamond position, palms
Face towards the floor, L hand holds R wrist
IE Rotate chest towards footbar
IE Rotate chest towards headrest

REPEAT X 6

Groundwork

Rowing
Hug a tree

Teaching Cues

Isolate the movement to the upper body
Keep weight even through the hips
Side Twist - Move from the center, can use magic circle to help maintain negative space and assist in moving from torso instead of arms.

Modifications

Equipment Notes



Side Arm Series - External Rotation

Equipment Settings

1B spring, footbar down

Starting position

Seated on long box, lifted/seated kneeling or criss cross facing side of reformer. Strap in hand closest to footbar.

Movement & Breath

Rotator Cuff

IE Bring elbow to waist
I Press forearm open
E Return to starting position

REPEAT X 6

Groundwork

Rowing
Pull straps

Teaching Cues

Elbow under shoulder
Wrist stays long

Modifications

Equipment Notes



Side Arm Series - Internal Rotation

Equipment Settings

1B spring, footbar down

Starting position

Kneeling in the center of carriage, elbow bent to 90 degrees

Movement & Breath

E Rotate hand toward belly
I Return to start position

REPEAT X 5

Groundwork

Rowing
Pull straps

Teaching Cues

Maintain neutral and stable scapula alignment

Modifications

Seated on carriage, closer to shoulder rests

Equipment Notes

Can use shorter loops to increase tension slightly
Can move in toward shoulder rests to decrease tension



Side Arm Series - Up and Down

Equipment Settings

1B spring, footbar down

Starting position

Kneeling in the center of carriage, elbow bent toward ribcage, fingers to ceiling

Movement & Breath

E Reach the fingers toward ceiling
I Bend elbow to return to start position

REPEAT X 5

Groundwork

Rowing
Pull straps

Teaching Cues

Maintain neutral and stable scapula alignment
Allow a soft elbow on reach to help keep shoulder neutral

Modifications

Seated on carriage, closer to shoulder rests

Equipment Notes

Can use shorter loops to increase tension slightly
Can move in toward shoulder rests to decrease tension



Side Arm Series - Draw the Sword

Equipment Settings

1B spring, footbar down

Starting position

Kneeling, knee is against closest shoulder rest, outside hand holding strap, elbow bent so hand is at opposite hip

Movement & Breath

E Pull the strap across the body and extend arm
I Bend elbow to return to start position

REPEAT X 5

Groundwork

Rowing
Pull straps

Teaching Cues

Maintain neutral and stable scapula alignment
Start with reaching out at shoulder height, progress to reaching up and out

Modifications

Seated on carriage, closer to shoulder rests
Omit extending the arm

Equipment Notes

Can use shorter loops to increase tension slightly
Can move in toward shoulder rests to decrease tension



Mermaid - Classical

Equipment Settings

1R + 1B spring, footbar mid

Starting position

Seated on carriage facing sideways, knees stacked, shins as close to shoulder rests as possible, hand closest to shoulder rests holding on, other arm reaching to ceiling

Movement & Breath

E Lower both arms to T position and balance

I Hand reaches to footbar and presses

carriage out

E Carriage returns and lift up to T position

with arms

and balance

I Side bend away from footbar

REPEAT X 3

Switch sides

Groundwork

Side over

Teaching Cues

Balance comes from the obliques

Aim for both knees and shins up against shoulder rests

Modifications

Equipment Notes

For petite clients, move footbar to high position so they can reach it with shins against shoulder rests



Mermaid - Contemporary Variations

Equipment Settings

1R + 1B, footbar mid

Starting position

Seated on carriage facing sideways, fourth position, shin again shoulder rest, hand closest to footbar resting on bar slightly in front of body, opposite arm extended

Movement & Breath

I Side bend to press carriage out
E Twist to bring both hands on footbar
shoulder width apart
I With straight arms, pull carriage in lifting to a spinal extension
E Press carriage back out to neutral spine
REPEAT X 3
I Bend both arms directing elbows out to sides
E Press both arms to straight
REPEAT X 3
I Return to side bend
E Return to start position
I Counter stretch to opposite side
E Return to start position

Switch sides
.

Spinal
Extension



Elbows Bent



Counter Stretch



Groundwork

Teaching Cues

Modifications

Equipment Notes

Cleopatra

Equipment Settings

1R spring, footbar mid

Starting position

Side sit position, facing side of reformer, knees stacked, shins as close to shoulder rests as possible, hand closest to footbar is resting in front of shoulder, other hand on carriage

Movement & Breath

I Press carriage out while looking toward the ceiling
E Pull carriage in to start position

REPEAT X 6

Switch sides.

Groundwork

Flight
Side Bend
Mermaid
Side over

Teaching Cues

Focus on connection to the back to press out
Think of spiraling the arm in the shoulder to open up
Press into carriage hand
Footbar hand is in line with body or slightly forward, not behind

Modifications

Equipment Notes



Knee Stretch Series - Round Back

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling, feet against shoulder rests, arms straight, hands on footbar, full spinal flexion

Movement & Breath

I Push carriage out until knees are under
 hips
E Pull carriage all the way in to return to
 stopper

REPEAT X 8

Groundwork

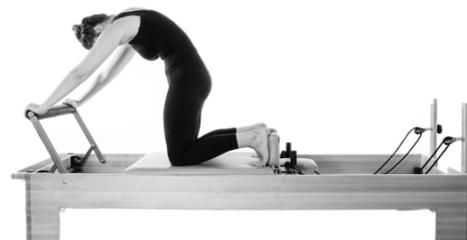
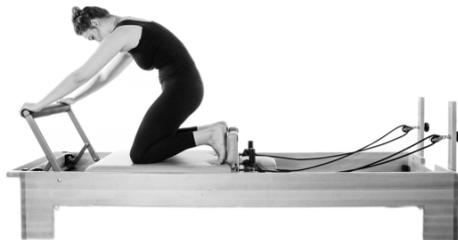
Rolling back
Elephant
Stomach massage
Short spine massage

Teaching Cues

Watch for overextending hips and knees, returning all the way to the stopper, movement comes from the pelvis
Emphasis on the pull in
Motion comes from the pelvis down, shoulders and arms are still in space

Modifications

Equipment Notes



Knee Stretch Series - Arch

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling, feet against shoulder rests, arms straight, hands on footbar, extended spine

Movement & Breath

I Push carriage out until knees are under
 hips
E Pull carriage all the way in to return to
 stopper

REPEAT x 8

Groundwork

Flight
Stomach massage
Elephant

Teaching Cues

Watch for collapsing into the extension, overextending the hips and knees
Emphasis on the pull in

Modifications

Equipment Notes



Knee Stretch Series - Round to Arch

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling, feet against shoulder rests, arms straight, hands on footbar, flexed spine

Movement & Breath

I	Press carriage out
E	Pull carriage in
IE	Sit towards heels finding extended spine
I	Press carriage out
E	Pull carriage in
IE	Round spine, sit towards heels.

REPEAT PATTERN X 4

Groundwork

Double leg stretch
Rolling back
Stomach massage
Elephant

Teaching Cues

Watch for collapsing into the extension, overextending the hips and knees
Emphasis on the pull in
Light through the hands, feel the lift through the center

Modifications

Equipment Notes



Knee Stretch Knees Off

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling, feet against shoulder blocks, hands on foot bar, full spinal flexion, hips towards heels

Movement & Breath

Prep

I Deepen contraction, lift knees to hover
E Lower knees to mat
REPEAT X 4

Movement

IE Deepen contraction, lift knees to hover
I Press carriage out
E Pull carriage in
REPEAT X 10
IE Lower knees to mat

Groundwork

Double leg stretch
Coordination
Stomach massage
Elephant
Short spine massage

Teaching Cues

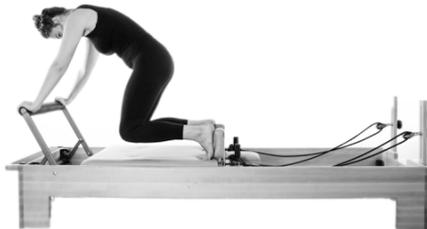
Keep hips back, no shifting weight over footbar
Shins parallel to the mat
Maintain the abdominal contraction throughout
Carriage stays still at the stopper during lift to hover

Modifications

Teach slow and controlled to teach form, build to a faster pace and higher repetition

Equipment Notes

Place all on springs on to practice finding hover position
The lighter the resistance the harder the abdominals work



Knee Stretch Knees Off, One Leg

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling, feet against shoulder blocks, hands on foot bar, full spinal flexion, hips towards heels

Movement & Breath

Prep

IE Lift knees to hover position
IE Lift one foot off shoulder rest and extend leg

Behind

Movement

I Press carriage out while bending gesture

leg in toward chest

E Pull carriage in while extending gesture leg

back to start position

Groundwork

Single leg stretch
Sidelying foot in strap
Stomach massage

Teaching Cues

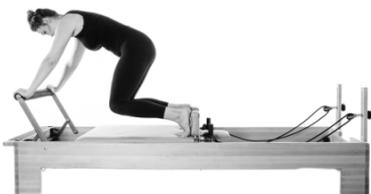
Keep hips back, no shifting weight over footbar
Shins parallel to the mat
Maintain the abdominal contraction throughout

Modifications

Teach slow and controlled to teach form, build to a faster pace and higher repetition

Equipment Notes

Place on springs on to practice finding position



Tucson Cat

Equipment Settings

2R springs, footbar mid

Starting position

Kneeling, feet against shoulder blocks, hands on foot bar, full spinal flexion, hips towards heels

Movement & Breath

IE Extend spine to press carriage out
IE Flex spine to pull carriage in

REPEAT X 6

Groundwork

Double leg stretch

Teaching Cues

Press out until hips are over the knees
Reach sternum towards springs
Pelvis leads the way out and in
Work to find a flowing motion

Modifications

Can be taught with hands on platform or low footbar
Hold the stretch

Equipment Notes

Teach on a lighter spring setting to alleviate shoulder and neck tension



Scooter

Equipment Settings

2R springs, footbar mid

Starting position

Standing on the L side of the carriage place your R foot against the closer shoulder block, L leg directly across from R, R knee off the machine. Spine is in full flexion.

Movement & Breath

I Press carriage out (only as much as you can without losing pelvic position)

E Pull carriage back in (resist)

REPEAT X 6

IE Press carriage ½ way out

IIEE X 4 Pulse carriage out and in

IE Pull carriage into stoppers

Groundwork

Knee stretch series

Single & Double leg stretch

Teaching Cues

Keep hips square

Shoulders relaxed, light on the hands

Keep belly lifted

Press through heel to connect to hamstring

Standing leg is engaged - no hyperextending the knee

Modifications

Progress by removing outside hand and placing it on the low back

Equipment Notes



Eve's Lunge

Equipment Settings

2R springs, footbar mid

Starting position

Standing with one leg on floor with slight bend in knee, one foot flat against closest shoulder rest, knee on carriage, finger tips on footbar

Movement & Breath

E Press carriage out maintaining upright position until

the hip flexor feels a stretch

I Return carriage to stopper

REPEAT X 3, repeat on the other side.

Groundwork

Hamstring pull

Scooter

Downstretch

Teaching Cues

Avoid overextending lumbar spine

Keep standing leg knee over the ankle

Connect and reach through the heel to the shoulder block

Modifications

Equipment Notes



Adduction, Adduction with Flat back

Equipment Settings

1R spring, footbar down

Starting position

Standing w/ R leg on carriage, L leg on platform with legs in parallel.

Movement & Breath

IE Heel toe R leg out until you find a position when you feel the adductor engage to keep the carriage still

I Press carriage out, arms to a T position

E Pull carriage in, lower arms to sides

REPEAT X 8

W/ FLAT BACK

IE Hinge at hips to flat back position, arms to a T position

I Press carriage out

E Pull carriage in

REPEAT X 8

Repeat on the other side

Groundwork

Saw

Standing Saw

Neck Pull

Teaching Cues

No weight shifting to push the carriage out

Resist to pull the carriage in

Modifications

Lighten spring load

Limit ROM

Equipment Notes

Use stickies



Abduction, Abduction in Plie Stance

Equipment Settings

2R springs, footbar down

Starting position

Standing w/ R leg on carriage, L leg on platform with legs in parallel. R leg close to springs, arms in low V.

Movement & Breath

I Press carriage out

E Pull carriage in

REPEAT X 8

IN PLIE

IE Plie, reach arms overhead

I Press carriage out

E Pull carriage in

REPEAT X 8

Repeat on the other side

Groundwork

Side leg series

Sidelying footwork, foot in strap

Teaching Cues

Keep weight even over both legs, no weight shifting

The amount of press is determined by keeping the pelvis stable

Resist to pull the carriage in

Modifications

Lighten spring load

Limit ROM

Equipment Notes

Use stickies



Skater

Equipment Settings

2R springs, footbar down

Starting position

Standing w/ R leg on carriage, L leg on platform with legs in parallel. R leg close to edge of carriage

Movement & Breath

I E Plie, hinge forward and bring hands to the lower back

I Press carriage out with R leg

E Pull carriage in with R leg

REPEAT X 4

I Press carriage out with L leg

E Pull carriage in with L leg

REPEAT X 4

Alternate presses X 4/side

I Press carriage out with both legs

E Pull carriage in with both legs

REPEAT X 4

Groundwork

Side leg series

Sidelying leg springs - Reformer

Teaching Cues

No weight shifting to push the carriage out

Resist to pull the carriage in

Modifications

Lighten spring load

Limit ROM

Equipment Notes

Use stickies



Standing Saw

Equipment Settings

1R spring, footbar down

Starting position

Standing w/ R leg on carriage, L leg on platform with legs in parallel.

Movement & Breath

IE Walk R foot out towards shoulder blocks
IE Press carriage out, arms to a T position
IE Reach R hand to L foot, keeping carriage still
IE Return to vertical, keeping carriage still
IE Reach L hand to R foot, keeping carriage still
IE Return to vertical, keeping carriage still
REPEAT pattern 2X
IE Bring carriage to stoppers, arms lower
I Press carriage out
E Pull carriage in
IE Keeping carriage still, arms to a T position
IE Reach R hand to L foot, keeping carriage still
IE Return to vertical, keeping carriage still
IE Reach L hand to R foot, keeping carriage still
IE Return to vertical, keeping carriage still
REPEAT pattern 2X

Groundwork

Saw
Side leg series
Criss cross
Saw (reformer variation)

Teaching Cues

Standing saw holding carriage out followed by standing saw holding carriage in
Sequentially move the spine
Make sure to find the pelvis under the spine in when returning to vertical

Modifications

Mark the pattern on the ground, or with heavy springs on keeping the carriage still

Equipment Notes

Use stickies
Lighter resistance focuses on adductors
Heavier resistance focuses on abductors

Carriage Stays Out



Carriage Stays In



Gondola

Equipment Settings

1R spring, footbar down

Starting position

Standing w/ R leg on carriage, L leg on platform with legs in turnout.

Movement & Breath

I Bend the knees into deep plie
E Press carriage out maintaining deep plie
I Extend R leg to straight, keeping L leg bent
E Simultaneously bend R leg and straighten L
REPEAT 2X
I Return to plie
E Bring carriage in to stopper
Switch sides.

Groundwork

Side leg series
Coordination
Leg circles

Teaching Cues

Torso remains still in space as legs move

Modifications

Equipment Notes

Use stickies



Front Splits

Equipment Settings

2R springs, footbar mid

Starting position

Ball of foot on footbar, other foot placed with ball of foot in front of shoulder rest, heel on the headrest, slight external rotation

Movement & Breath

Position 1: Hands on footbar in low lunge

I Press carriage back
E Pull carriage back in

REPEAT X 3

Position 2: Body vertical, arms to sides

I Press carriage back
E Pull carriage in

REPEAT X 3

Position 3: hands on footbar, knee on carriage

I Press carriage back, bringing forehead to
knee

E Pull carriage back in

REPEAT X 3

Groundwork

Single leg stretch
Hamstring pull
Control balance
Footwork
Eve's lunge

Teaching Cues

Focus on maintaining body position as opposed to straightening knee
Carriage leg maintains a very strong, straight position

Modifications

Perform with knee on carriage

Equipment Notes

Sticky pad angled between shoulder rest and carriage

Position 1



Position 2



Position 3



Back Splits (Russian Splits)

Equipment Settings

2R springs, footbar mid, headrest up

Starting position

One leg on footbar: heel on the footbar, toes angled toward side bar. Other leg bent at 90 degrees, ball of foot on headrest, heel on carriage

Movement & Breath

Position 1: Hands on shoulder rests in low lunge

I Press carriage out
E Pull carriage back in

REPEAT X 3

Position 2: Body vertical, arms to sides

I Press carriage out
E Pull carriage in

REPEAT X 3

Position 3: hands on shoulder rests, heel moves to crease of headrest, both legs straight

I Press carriage back, bringing forehead to
knee

E Pull carriage back in

REPEAT X 3

Groundwork

Single leg stretch
Hamstring pull
Control balance
Footwork
Eve's lunge

Teaching Cues

Maintain body position instead of trying to straighten knee
Back leg is strong and straight

Modifications

Equipment Notes

Sticky pad on headrest

Position 1



Position 2



Position 3



Snake

Equipment Settings

1R + 1Y spring, footbar low

Starting position

R foot on footbar, R hand on carriage edge, L hand on shoulder rest. Step up to bring L foot across the R ankle

Movement & Breath

I length to extend spine out and left chest
into small

thoracic extension

E Pull carriage back into the stopper

REPEAT X 2. Switch sides.

Groundwork

Side Bend - Mat

Swan

Stomach Massage

Elephant

Tendon stretch

Teaching Cues

Modifications

On the floor

Lower footbar

Feet on the Platform

Equipment Notes



Twist

Equipment Settings

1R + 1Y spring, footbar low

Starting position

R foot on footbar, R hand on carriage edge, L hand on shoulder rest. Step up to bring L foot across the R ankle

Movement & Breath

- I Lengthen to extend spine out and lift chest into small thoracic extension
- E Lower hips toward carriage opening chest toward ceiling
- I Return to hips lifted
- E Pull carriage back into the stopper

REPEAT X 2. Switch Sides.

Groundwork

Side Bend/Twist
Snake
Elephant
Tendon stretch
Criss cross

Teaching Cues

Keep some pressure outward while twisting to prevent carriage from sliding back in

Modifications

Can teach on the floor first to show movement
Place feet on platform instead of bar

Equipment Notes



Control Front

Equipment Settings

1R + 1Y, footbar mid

Starting position

Reverse upstretch, feet on footbar in Pilates V releve, hands on top of shoulder blocks

Movement & Breath

Prepare:

I Flex feet lowering heels
E Lift to releve

REPEAT X 4

IE Lengthen to plank position, keep carriage still

IE Lift to upstretch position, keep carriage still

REPEAT X 4

Movement:

IE Lengthen to plank position, keep carriage still

I Press carriage out

E Pull carriage in

REPEAT X 4

IE Lift to upstretch, carriage in

Groundwork

Leg Pull

Push-Up

Upstretch

Elephant

Teaching Cues

Find length through the crown of the head and out from the heels

Push the carriage out from the front of the arm, pull it in using the back line of the arm

Modifications

Place feet on platform, option to go onto elbows on carriage

Equipment Notes

The lighter the springs the more challenging to the abdominals



Control Back

Equipment Settings

1R + 1Y spring, footbar mid

Starting position

Facing footbar, heel of hands on top of shoulder blocks
facing footbar, arms straight, body lifted, feet on footbar in
Pilates V on toes

Movement & Breath

I Press carriage out
E Pull carriage in
REPEAT X 4

Groundwork

Leg pull
Boomerang
Long Back Stretch

Teaching Cues

Keep chin parallel to the floor
Engage midback muscles to help support hyperextended elbows

Modifications

Feet on platform, knees bent

Equipment Notes

Lowering the footbar makes this exercise feel easier, making it a good way to transition to the footbar in the mid setting



Star

Equipment Settings

1R + 1Y spring, footbar mid

Starting position

One hand on footbar in center, other hand toward ceiling, top leg against front shoulder rest, bottom leg against back shoulder rest

Movement & Breath

I From footbar arm, press carriage out
E Pull carriage back in

To Dismount:

Top leg lifts and reaches in front, to the side, to the back and steps to the floor

Switch sides



Groundwork

Side Bend
Side leg lift
Kneeling Side kick
Stomach massage - twist

Teaching Cues

Pushing out and pulling initiates from midback

Modifications

Can perform on knees omitting the dismount

Equipment Notes

