

The Pilates Gathering September 2018

Roll on Reformer by Suus Wilms

- Springsetting 1red 1Blue
- Footwork~ parallel,~Pilates V, ~single leg,~legcircles,
• ~adding arms: both arms up& down, alternating arms up& down, circles, opposite arm/leg
- Bridging ; ~adding arms
- Feet in straps: ~parallel, ~Pilates V, ~Circles, ~Frog, ~Peter Pan(Deer/Stag), ~Short spine
• ~ advanced adding arms
- Armwork : beginner> feet on footbar (achilles) intermed/advanced> Legs tabletop
• ~feet together knees apart> femur circles, ~ SLS, ~DLS, ~Scissors
• (legs tabletop)~arm lowers, ~circles
- Roll up to Teaser (legs on Footbar> the wider the easier)
- Seated armwork facing front:~Serve the platter,~Circle, ~Hug a tree
• ~salute and single arm salute with rotation
- Roll down & up,~adding extension
- Seated armwork facing straps;~ chest expansion, ~crossed straps flatback
- Armwork sideways: ~ Lateral flexion, ~Waltz, ~exorotation, ~ Pull across,
- “Longbox” overhead press, ~ Swan, ~1 arm press ,~ Breaststroke
- Elephant heels on roll, ~Pike
- Stand on Roll in front of Reformer : Elephant

Have Fun Rockin' and Rolling on your Reformer 😊

Pilates Salutes,
Suus Wilms



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