



photos: Balanced Body

- Springsetting Balanced Body
Allegro Reformer standard: 3 Red, 1 Blue & 1 Yellow
Classic Reformer: 2 Red, 1 Green, 1 Blue & 1 Yellow
- Footwork ~ parallel, ~ Pilates V, ~ 2nd position, ~ single leg, ~ leg circles,
- Feet in straps: ~ parallel, ~ Pilates V, ~ Circles, ~ Frog, ~ Frog with articulation
- Bridging
- Supine Armwork; ~ arm lowers, ~ 100, ~ circles, ~ forearm archs, ~ Coordination
- Roll down & up
- Seated armwork facing straps; ~ chest expansion, ~ Bow & Arrow
- Armwork sideways; ~ Waltz, ~ exo & endo rotation
- Kneeling abdominals facing back, (all 4's) ~ Hip extension
- Kneestretch, ~ Downstretch (banana), ~ Lungstretch
- "Longbox" overhead press, ~ Swan
- 'Shortbox' abdominals
- Standing Side splits
- Elephant

Have Fun working on the Reformer 😊

Pilates Salutes,
Suus Wilms



