
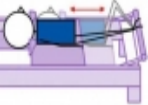
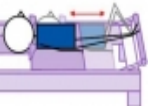
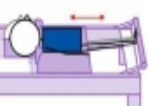
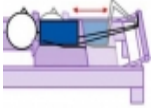

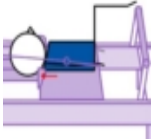
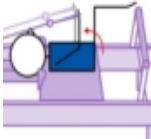
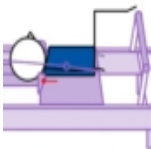
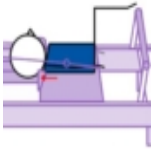
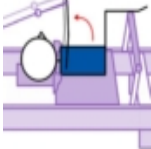
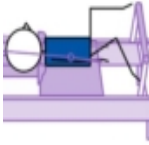
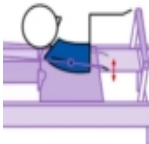

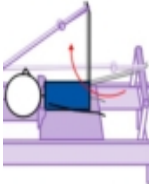


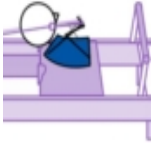
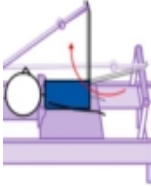

Reformer Flow Full Body


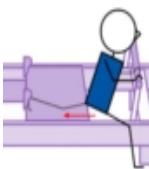
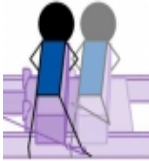
Time	Image	Pose	Description
0:05		FOOTWORK	
		Footwork Arches	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. Benefits: Warm up lower body. Video: https://www.youtube.com/embed/ttIAqdCR6oU
		Footwork Balls Of Feet	Lie on back. Bend knees. Place balls of feet in Pilates V on foot bar, heels together. Push out. Benefits: Warm up lower body. Video: https://www.youtube.com/embed/ttIAqdCR6oU
		Footwork Balls Of Toes	Lie on back. Bend knees. Place balls of toes in Pilates V on foot bar, heels together. Push out. Benefits: Warm up lower body. Video: https://www.youtube.com/embed/ttIAqdCR6oU





Time	Image	Pose	Description
		Footwork Heels	Lie on back. Bend knees. Place heels of feet on foot bar, feet together. Push out. Benefits: Warm up lower body. Video: https://www.youtube.com/embed/ttIAqdCR6oU
0:05		Arms In Straps	
		Arms in Straps: Lower & Lift	Lie on back, legs in table top position. Reach back, grab short loops. Extend arms beside body, parallel and above carriage. Inhale, press up. Exhale, glide shoulders down. Repeat 10 times. Challenge: Lift chest and head as you lower and lift arms. Bonus Extend legs to 45 or 90 with movement. Benefits: Releases tension in neck. Strengthens shoulders. Video: https://www.youtube.com/embed/zTmaPnulw6Y Modifications: 1 Red Spring - No chest lift. Feet on Footbar.
		Arms in Straps: Tricep Press	Lie on back, legs in table top position, toes pointed. Reach back, grab short loops. Extend arms beside body, parallel to ground, above carriage. Inhale, bend elbows, reach finger tips to ceiling. Exhale, straighten arms. Repeat 10 times. Challenge: Extend head and chest into a crunch as you lower and lift arms. Bonus Extend legs to 45 or 90 with movement. Benefits: Strengthens triceps, abs. Video: https://www.youtube.com/embed/zTmaPnulw6Y

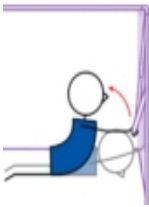
Time	Image	Pose	Description
		<p>Arms in Straps: T Press or Angel Wings</p>	<p>Lie on back, legs in table top position. Reach back, grab short loops. Extend arms out to a T. Inhale, press arms back intowards body. Exhale, glide shoulders back out to a T. Repeat 10 times. Challenge: Extend head and chest into a crunch as you lower and lift arms. Bonus Extend legs to 45 or 90 with movement.</p> <p>Benefits: Releases tension in neck. Strengthens shoulders.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
		<p>Arms in Straps: Cheerleader</p>	<p>Lie on back, legs in table top position. Reach back, grab short loops. Extend arms out to a T. Inhale, press arms back intowards body. Exhale, glide shoulders back out to a T. Repeat 10 times. Challenge: Extend head and chest into a crunch as you lower and lift arms. Bonus Extend legs to 45 or 90 with movement.</p> <p>Benefits: Releases tension in neck. Strengthens shoulders.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
		<p>Supine Arm Extension Reformer</p>	<p>Lie on your back with legs in tabletop. Grab short loops and extend arms parallel above the carriage. Inhale, raise arms towards the ceiling, then press down using your lats to return to start. Repeat.</p> <p>Benefits: Strengthens shoulders, arms, and lats. Improves core stability and control.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p> <p>Modifications: Beginner: Perform with lighter resistance. Intermediate: Add a slight head lift. Advanced: Add a leg extension while pressing arms.</p> <p>Precautions : Avoid arching your back.</p>

Time	Image	Pose	Description
		<p>Toe Dips Reformer</p>	<p>Lie on back, legs in table top position, toes pointed. Reach back, grab short loops. Extend arms beside body, parallel to ground above mat. Dip right toe down towards springs without moving left leg. Exhale, return leg to start. Repeat on left leg. Continue by alternating between legs.</p> <p>Alternatives: Double Leg Taps - together Scissors Windmill</p> <p>Benefits: Strengthens abdominals and lower back.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
		<p>Hundreds</p>	<p>Lie on back, legs in table top position. Grab short loops. Extend arms beside body, parallel to ground without touching carriage. Inhale, nod chin. Exhale, fold up towards knees. Pulse 100 times. Challenge extend legs out</p> <p>Benefits: Strengthens abs, torso.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
<p>0:05</p>		<p>Feet In Straps</p>	
		<p>Leg Circles</p>	<p>Lie on back. Place long loops on feet. Extend legs at 45 degrees. Bring heels together, toes pointed out. Exhale, push legs down. Separate legs, make a circle and bring up to 90 degrees. Repeat, reverse in opposite direction.</p> <p>Benefits: Strengthens legs, abs.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>

Time	Image	Pose	Description
		<p>Butterfly Stretch Reformer</p>	<p>Lie down and place long loops on your feet. Bend your knees and bring the soles of your feet together. Grab your feet, nod your chin, and fold forward. Push your tailbone down and hold for a few breaths. Release and repeat.</p> <p>Benefits: Opens hips. Releases inner thigh tension.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p> <p>Modifications: Beginner: Keep knees higher and closer together. Intermediate: Pulse knees slightly while tailbone stays heavy. Advanced: Hold the fold for 5 slow breaths.</p> <p>Precautions : Hip or knee pain.</p>
		<p>Frog</p>	<p>Lie on back. Place long loops on feet. Extend legs at 45 degrees. Bring heels together, toes pointed out. Exhale, push legs out to straight, inhale pelvis and abs engage as your bring legs back in. You want to stop your ROM when pelvis starts to come up to stay neutral. Pause: lift heels up about 3 inches, open legs wide and stay externally rotated, bring legs back in to center without moving the carriage. Keep tension in the straps as you move</p> <p>Benefits: Strengthens legs, abs.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
<p>0:05</p>		<p>Standing</p>	

Time	Image	Pose	Description
		<p>Skater Reformer</p>	<p>Stand parallel on the front platform (hold weights for extra challenge). Step one foot onto the carriage, bend both legs, and shift weight onto the platform leg. Exhale to push the carriage out, then inhale to return to centre.</p> <p>Benefits: Strengthens hips. Improves coordination.</p> <p>Video: https://www.youtube.com/embed/blqPI5mIM4?si=LopAqj-wt3iS_mR1</p> <p>Modifications: A) Reduce step width for controlled balance. B) Slow tempo. C) Stay higher verses sinking deeply. D) Add a small pulse. E) Lift heel on supporting leg during push out. F) Deepen the squat.</p> <p>Precautions : Avoid if you have knee, hip, or balance-related injuries.</p>
		<p>Scooter Stretch</p>	<p>Stand beside reformer. Place left knee on carriage, left foot towards shoulder rest. Keep right foot on floor. Square hips. Place hands on foot bar. Exhale, press left leg back. Lunge right knee forward. Return to start. Watch for your pelvis tilting and staying center to keep hips square, carriage leg is bending an pressing out, standing leg is stable, knee stays in line with ankle. Try a slight internal rotation of the standing leg to help keep square if needed</p> <p>Benefits: Stretches hips.</p> <p>Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
		<p>Reverse Frog Kicks Reformer</p>	<p>Place longbox on carriage horizontally. Lie on box face down. Place loop over furthestmost foot. Bend leg with loop on foot so knee turns out to side and foot points slightly upward. On exhale, kick leg out to side. Inhale, return to frog position.</p> <p>Benefits: Stretches and stabilises hip muscles. Targets glutes and hamstrings. Core stability.</p> <p>Video: https://www.youtube.com/embed/3wgn0DngTT8?si=FvGJwPKes5qoZEim</p> <p>Modifications: A) Avoid lifting foot too high. B) Hold frog position without kicking out. C) Hold extension briefly. D) Flex foot during kick. E) Reach one or both arms forward while kicking.</p>

Time	Image	Pose	Description
		<p>Longbox Hip Stretch</p>	<p>Place right foot on box. Keep left foot on ground, leg straight. Lunge forward, square hips. Repeat on opposite leg. Benefits: Stretches hips. Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
		<p>Longbox Hamstring Stretch</p>	<p>Place right foot on box. Keep left foot on ground, leg straight. Straighten right leg, bend forward bringing head to knee. Repeat on opposite leg. Benefits: Stretches hamstrings, calves. Video: https://www.youtube.com/embed/zTmaPnulw6Y</p>
		<p>Longbox Shoulder Stretch</p>	<p>Stand with legs straight and feet wider than hip-width apart. Place hands on the box and stretch your pelvis backward. Bend down, keeping your forearms and hands on the box. Benefits: Releases shoulders and upper back tightness. Video: https://www.youtube.com/embed/zTmaPnulw6Y Modifications: Beginner: Soften knees to reduce hamstring pull. Intermediate: Walk hands forward and lower chest. Advanced: Lower chest further while keeping spine long. Precautions : Shoulder or wrist pain.</p>
		<p>PTB One Leg Teaser Cadillac</p>	<p>Grab bar, lie down facing bar. Bend knees, press bar overhead. Bend elbows, nod chin, roll up while hollowing abs. Straighten right leg out, extend arms overhead. Point toes, squeeze knees together. Roll down to start. Repeat on opposite leg. Benefits: Strengthens abs, back, hips. Video: https://www.youtube.com/embed/UCh9aV7Wy0</p>

Time	Image	Pose	Description
		PTB Swan Cadillac	<p>Lie on stomach, place hands on bar. Extended arms wider than shoulder width apart. Keep head in line with shoulders. Inhale, push shoulders down. Exhale, press into bar, lift and extend torso. Lift through abs, squeezing glutes, hamstrings. Exhale, lower down to start. Repeat.</p> <p>Benefits: Expands chest. Stretches abs, hip flexors, quads.</p> <p>Video: https://www.youtube.com/embed/UCh9aV7Wy0</p>

Lesson Plan Description:

This Pilates Reformer lesson plan focuses on a full-body workout, targeting strength, flexibility, and alignment. The workout is divided into four sections: Footwork, Arms in Straps, Feet in Straps, and Standing exercises. Each section is designed to work different muscle groups while maintaining core engagement and proper form. Each exercise should be performed with attention to form and breath, maintaining a mindful connection to your body throughout the workout.

You can create lesson plans like this using the [Genie Lesson Planner](#)