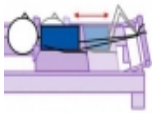
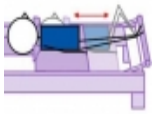
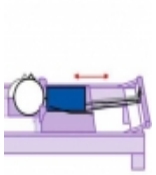
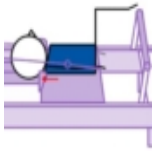
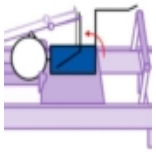
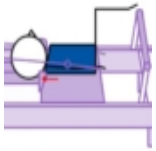
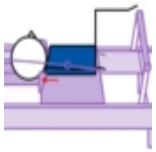
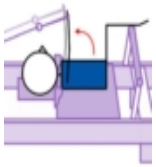
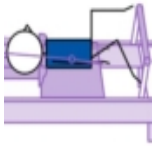
Reformer Flow: Full Body Workout

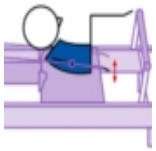
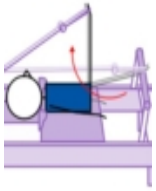
Time	Image	Pose	Description
0:15		Footwork	Start with a controlled footwork sequence to gently warm the body and establish alignment on the Reformer. Focus on smooth, rhythmic movement, steady breath, and maintaining a stable pelvis as the legs begin to build strength and connection.
		Footwork Arches	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 **Modifications:** Beginner: Reduce range, keep light spring tension. Intermediate: Add slow tempo with 3-second return phase. Advanced: Single-leg arches, opposite leg in tabletop. **Precautions :** Keep knees aligned. Avoid locking joints or strain.
		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 **Modifications:** Beginner: Press halfway out and return smoothly. Intermediate: Return in for 4 steady counts. Advanced: Lift heels high, lower for 4 counts. **Precautions :** Keep heels connected. Avoid ankle strain or wobbling.

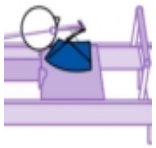
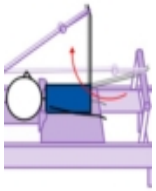
Time	Image	Pose	Description
		Footwork Balls Of Toes	Lie on back. Bend knees. Place balls of toes in Pilates V on foot bar, heels together. Push out. **Benefits:** Warm up lower body. **Video:** https://www.youtube.com/embed/ttIAqdCR6oU **Modifications:** Beginner: Press halfway out and return smoothly. Intermediate: Pulse one inch at full extension. Advanced: Press out one leg, switch each repetition. **Precautions :** Avoid toe gripping or ankle strain.
		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 **Modifications:** Beginner: Use lighter tension for smoother control. Intermediate: Hold long legs for two seconds each rep. Advanced: Press out one leg, switch each repetition. **Precautions :** Avoid locking knees or overextension.
0:15		Arms In Straps	Move into an arms in straps sequence to build upper body strength while challenging core stability. Focus on controlled, flowing movement, keeping the shoulders relaxed and anchored as the arms move with precision and the breath guides the rhythm.

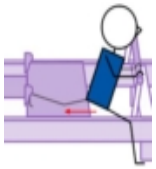
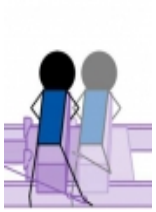
Time	Image	Pose	Description
		Arms in Straps: Lower & Lift	Lie on back, legs in table top position. Reach back, grab short loops. Extend arms beside body, parallel and above carriage. Inhale, press up. Exhale, glide shoulders down. Repeat 10 times. Challenge: Lift chest and head as you lower and lift 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:** Beginner: Feet down, reduce range, keep head relaxed. Intermediate: Maintain tabletop, slow tempo, emphasise shoulder stability. Advanced: Add chest lift and extend legs to 45°. **Precautions :** Avoid neck tension or rib flaring.
		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 **Modifications:** Beginner: Feet down, reduce range, keep elbows small. Intermediate: Maintain tabletop, slow tempo, control elbow tracking. Advanced: Add chest lift and extend legs to 45°. **Precautions :** Avoid shoulder lift or neck tension.

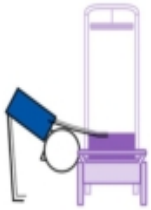
Time	Image	Pose	Description
		Arms in Straps: T Press or Angel Wings	Lie on back, legs in table top position. Reach back, grab short loops. Extend arms out to a T. Inhale, press arms back intowards body. Exhale, glide shoulders back out to a T. Repeat 10 times. Challenge: Extend head and chest into a crunch as you lower and lift arms. Bonus Extend legs to 45 or 90 with movement. **Benefits:** Releases tension in neck. Strengthens shoulders. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Feet down, reduce range, keep shoulders relaxed. Intermediate: Maintain tabletop, slow tempo, control arm path. Advanced: Add chest lift and extend legs to 45°. **Precautions :** Avoid shoulder strain or overreaching.
		Arms in Straps: Cheerleader	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. **Benefits:** Releases tension in neck. Strengthens shoulders. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Feet down, reduce range, keep shoulders relaxed. Intermediate: Maintain tabletop, slow tempo, control arm coordination. Advanced: Add chest lift and extend legs to 45°. **Precautions :** Avoid neck tension or rib flaring.

Time	Image	Pose	Description
		Supine Arm Extension Reformer	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. **Benefits:** Strengthens shoulders, arms, and lats. Improves core stability and control. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Perform with lighter resistance. Intermediate: Add a slight head lift. Advanced: Add a leg extension while pressing arms. **Precautions :** Avoid arching your back.
		Toe Dips Reformer	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. **Alternatives:** Double Leg Taps - together Scissors Windmill **Benefits:** Strengthens abdominals and lower back. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Keep knees bent, small toe taps. Intermediate: Lower toes further, maintain pelvic stability. Advanced: Extend opposite leg to 45°, alternate slowly. **Precautions :** Avoid arching or hip rocking.

Time	Image	Pose	Description
		Hundreds	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. **Benefits:** Strengthens abs, torso. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Head down, feet on carriage, slow arm pumps. Intermediate: Tabletop legs, chest lift, steady breath rhythm. Advanced: Legs extended low, increase tempo, maintain control. **Precautions :** Avoid neck strain or shallow breathing.
0:15		Feet In Straps	Transition into feet in straps to open the hips and create length through the legs while maintaining core support. Keep the movement smooth and controlled, allowing the pelvis to stay stable as the legs move with ease and precision.
		Leg Circles	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. **Benefits:** Strengthens legs, abs. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Precautions :** Avoid hip rocking.

Time	Image	Pose	Description
		Butterfly Stretch Reformer	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. **Benefits:** Opens hips. Releases inner thigh tension. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Keep knees higher and closer together. Intermediate: Pulse knees slightly while tailbone stays heavy. Advanced: Hold the fold for 5 slow breaths. **Precautions :** Hip or knee pain.
		Frog	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. 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. **Benefits:** Strengthens legs, abs. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Precautions :** Avoid arching or hip shifting.
0:15		Standing	Finish with a standing sequence to build strength, balance, and full-body coordination. Focus on controlled, grounded movement, maintaining alignment through the legs and pelvis while staying light and steady through the upper body.

Time	Image	Pose	Description
		Skater Reformer	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. **Benefits:** Strengthens hips. Improves coordination. **Video:** https://www.youtube.com/embed/blIqPI5mlM4?si=LopAqj-wt3iS_mR1 **Modifications:** Beginner: Hold foot bar, small range, focus on balance. Intermediate: Arms by sides, steady tempo, control carriage return. Advanced: Add weights, deeper bend, increase single-leg control. **Precautions :** Avoid if you have knee, hip, or balance-related injuries.
		Scooter Stretch	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. **Benefits:** Stretches hips. **Video:** https://www.youtube.com/embed/zTmaPnulw6Y **Modifications:** Beginner: Small range, hands on foot bar, keep hips square. Intermediate: Increase range, maintain control, steady pelvis alignment. Advanced: Deeper lunge, slower tempo, emphasise hip stability. **Precautions :** Avoid pelvic tilt or knee strain.
		Reverse Frog Kicks Reformer	Place longbox on carriage horizontally. Lie on box face down. Place loop over furthermost 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. **Alternatives:** Avoid lower back strain or twisting. **Benefits:** Stretches and stabilises hip muscles. Targets glutes and hamstrings. Core stability. **Video:** https://www.youtube.com/embed/3wgn0DngTT8?si=FvGJwPKes5qoZEim **Modifications:** Beginner: Avoid lifting foot too high. Intermediate: Hold frog position without kicking out. Advanced: Reach one or both arms forward while kicking.

Time	Image	Pose	Description
		Longbox Hip Stretch	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 **Modifications:** Beginner: Small lunge, hands on box for support. Intermediate: Deeper lunge, keep hips square, steady control. Advanced: Add gentle reach overhead, increase stretch depth. **Precautions :** Avoid overstriding or front knee strain.
		Longbox Hamstring Stretch	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 **Modifications:** Beginner: Slight bend in standing knee, small forward fold. Intermediate: Straighten front leg, hinge deeper, keep spine long. Advanced: Deep fold, draw chest to thigh, increase stretch. **Precautions :** Avoid rounding or locking front knee.
		Longbox Shoulder Stretch	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.

Lesson Plan Description:

This Pilates Reformer class delivers a balanced, full-body workout, building strength, improving flexibility, and refining alignment from start to finish. Flowing through four focused sections—**Footwork, Arms in Straps, Feet in Straps, and Standing**—you'll challenge different muscle groups while staying connected through the core. Move with control, breathe with intention, and keep your attention on quality over quantity as the whole body comes together.

You can create lesson plans like this using the Genie Lesson Planner