
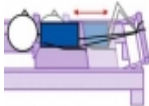
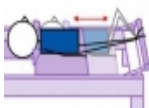
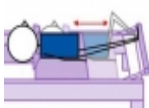
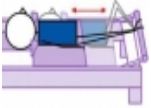
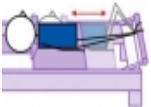

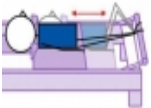
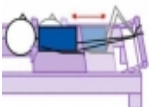
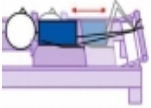

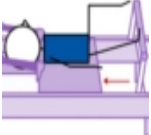
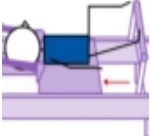
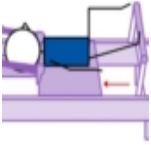
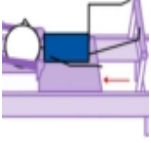
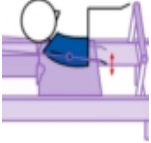



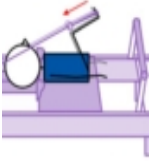
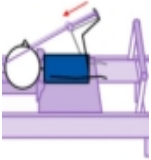
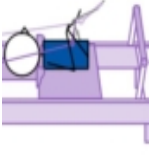

## Stott Reformer Repertoire: Essential & Intermediate

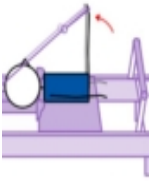
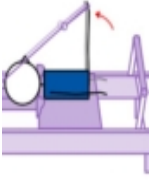
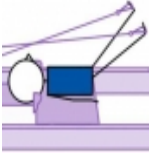

Time	Image	Pose	Description
0:10		Footwork	Start with foundational reformer footwork to warm the lower body, connect the feet to the pelvis, and establish steady carriage control before the class gets more interesting.
		FOOTWORK 1	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> TOES APART
		FOOTWORK 2	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> TOES WRAP ON BAR
		FOOTWORK 3	Lie on back. Bend knees. Place heels of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> HEALS ON BAR

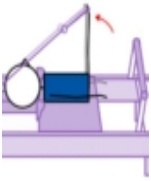
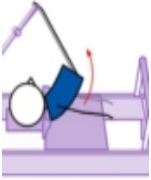

Time	Image	Pose	Description
		FOOTWORK 4	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> HIGH HALF TOE
		FOOTWORK 5	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> LOWER & LIFT
0:10		Second Position	Explore parallel, laterally rotated, and medially rotated leg positions to challenge hip control, foot placement, and lower-body alignment.
		SECOND POSITION 1	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> PARALLEL
		SECOND POSITION 2	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> LATERALLY ROTATED

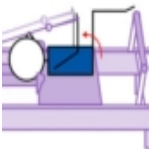
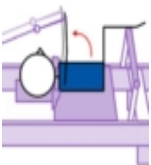
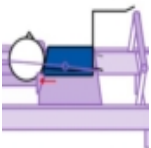
Time	Image	Pose	Description
		SECOND POSITION 3	Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out. <b>Benefits:</b> Warm up lower body. <b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a> <b>Cues:</b> Medially Rotated
0:10		Single Leg	Move into unilateral leg work to strengthen the abdominals, glutes, and hamstrings while improving pelvic stability and side-to-side balance.
		SINGLE LEG 1	Lie on back, bend knees. Place right heel on foot bar, left leg in table top position. Inhale, press right heel, slide out without moving left leg. Exhale, return to start. Switch legs. <b>Benefits:</b> Strengthens abdominals, glutes, and hamstrings. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> ONE LEG BENT
		SINGLE LEG 2	Lie on back, bend knees. Place right heel on foot bar, left leg in table top position. Inhale, press right heel, slide out without moving left leg. Exhale, return to start. Switch legs. <b>Benefits:</b> Strengthens abdominals, glutes, and hamstrings. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> BICYCLE

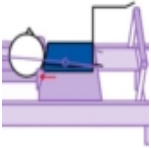
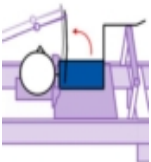

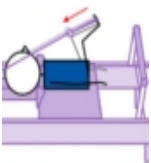
Time	Image	Pose	Description
		SINGLE LEG 3	<p>Lie on back, bend knees. Place right heel on foot bar, left leg in table top position. Inhale, press right heel, slide out without moving left leg. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens abdominals, glutes, and hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> DEVELOPE\'</p>
		SINGLE LEG 4	<p>Lie on back, bend knees. Place right heel on foot bar, left leg in table top position. Inhale, press right heel, slide out without moving left leg. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens abdominals, glutes, and hamstrings.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> SINGLE HEAL</p>
		HUNDREDS	<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.</p> <p><b>Benefits:</b> Strengthens abs, torso.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p>
0:10		Bend & Stretch	<p>Add feet-in-straps work to challenge abdominal support, leg control, hip organisation, and smooth movement through the straps.</p>

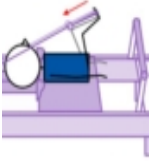
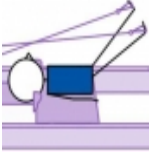
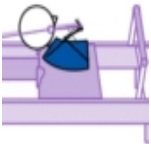

Time	Image	Pose	Description
		BEND & STRETCH 1	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs out. Place arms beside body. Inhale, bend knees and bring towards chest while flexing feet. Keep pelvis neutral. Exhale, press legs out, point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PARALLEL</p>
		BEND & STRETCH 2	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs straight out. Point and separate toes. Place arms beside body. Inhale, bend, and separate knees. Flex feet. Bring knees to chest. Keep pelvis in neutral. Exhale, press legs out. Point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abdominals, hips, and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> LATERAL ROTATED</p>
		BEND & STRETCH 3	<p>Lie on back. Place long loops on feet. Lift right leg to table top position. Bend left leg, place left ankle on right knee. Hold back of right thigh. Bring right thigh towards chest. Repeat on opposite leg.</p> <p><b>Benefits:</b> Stretches hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> MEDIALY ROTATED</p>
0:10		Lower & Lift	<p>Use controlled leg lowering and lifting to develop abdominal strength, hip stability, and precise movement without letting the pelvis go on holiday.</p>

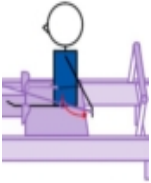
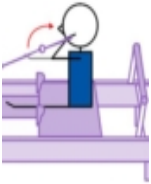
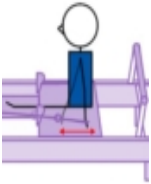
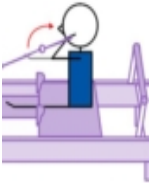
Time	Image	Pose	Description
		LOWER & LIFT 1	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs out. Point toes. Place arms beside body. Inhale, lift legs perpendicular to reformer. Keep pelvis neutral. Exhale, press legs out, point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> LEGS EXT PARALLEL</p>
		LOWER & LIFT 2	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs out. Point toes. Place arms beside body. Inhale, lift legs perpendicular to reformer. Keep pelvis neutral. Exhale, press legs out, point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> LEGS EXT LATERAL</p>
		ADDUCTOR STRETCH	<p>Use medium to heavy springs. Place feet in straps. Bend legs into tabletop position. On an exhale, stretch legs out into an X-position. Return to tabletop as you inhale.</p> <p><b>Benefits:</b> Strengthens hips, core, and thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WB_9HBnupKA">https://www.youtube.com/embed/WB_9HBnupKA</a></p> <p><b>Cues:</b> LEGS EXT &amp; PARA</p>
0:10		Short Spine	<p>Introduce spinal articulation and supported inversion work to stretch the back body, mobilise the spine, and encourage controlled rolling through the carriage.</p>

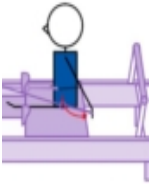
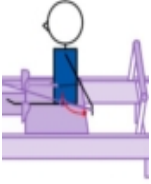
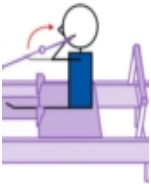
Time	Image	Pose	Description
		SHORT SPINE	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs out. Point toes. Place arms beside body. Inhale, lift legs perpendicular to reformer. Keep pelvis neutral. Exhale, press legs out, point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PREP</p>
		SHORT SPINE	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs out, point toes. Place arms beside body. Inhale, lift legs perpendicular to carriage. Slowly peel spine off carriage bringing feet beyond head. Keep arms on carriage. Stay for a few breaths. Inhale, roll down to start. Repeat.</p> <p><b>Benefits:</b> Stretches and massages spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> FULL</p>
0:10		Midback Series	<p>Strengthen the arms, shoulders, lats, triceps, and abdominals while asking the torso to stay calm, steady, and quietly heroic.</p>



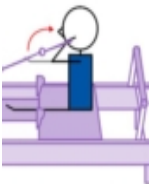
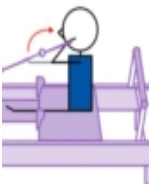
Time	Image	Pose	Description
		MIDBACK SERIES	<p>Lie on your back, legs in tabletop, toes pointed. Hold short loops, arms extended beside body above the carriage. Inhale, bend elbows, reaching fingertips upward. Exhale, straighten arms. Repeat the movement 10 times with controlled breaths.</p> <p><b>Benefits:</b> Strengthens triceps and upper body. Improves core stability. Enhances overall arm control and coordination.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> TRICEP PRESS</p> <p><b>Modifications:</b> Beginner: Perform with feet resting on carriage. Intermediate: Extend legs straight to increase core engagement. Advanced: Add a chest lift during arm extensions.</p> <p><b>Precautions :</b> Avoid if you have shoulder, elbow, or wrist injuries.</p>
		MIDBACK SERIES	<p>Lie on back, legs in table top position. Reach back, grab short loops. Extend arms beside body, parallel and above carriage. Inhale, raise arms reaching fingers towards ceiling. Use lats to press down to start position. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulder extensors, abdominals, and dorsi.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> STRAIGHT DOWN</p>
		MIDBACK SERIES	<p>Lie on back, legs in table top position. Reach back, grab short loops. Extend arms beside body, parallel and above carriage. Inhale, shrug shoulders up. Exhale, glide shoulders down. Repeat 10 times.</p> <p><b>Benefits:</b> Releases tension in neck. Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> 45 DEGREES</p>


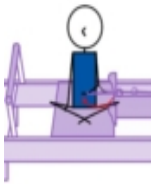
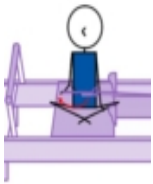
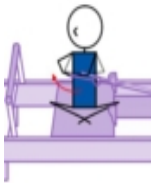
Time	Image	Pose	Description
		MIDBACK SERIES	<p>Lie on back, legs in table top position. Reach back, grab short loops. Extend arms beside body, parallel and above carriage. Inhale, shrug shoulders up. Exhale, glide shoulders down. Repeat 10 times.</p> <p><b>Benefits:</b> Releases tension in neck. Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> SIDE</p>
		MIDBACK SERIES	<p>Lie on back, legs in table top position. Reach back, grab short loops. Extend arms beside body, parallel and above carriage. Inhale, raise arms reaching fingers towards ceiling. Use lats to press down to start position. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulder extensors, abdominals, and dorsi.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> CIRCLES</p>
0:10		Coordination	<p>Combine arm, leg, and abdominal control in a more complex sequence that challenges timing, breath, and whole-body organisation.</p>
		BEATS	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs straight out. Point and separate toes. Place arms beside body. Inhale, bend, and separate knees. Flex feet. Bring knees to chest. Keep pelvis in neutral. Exhale, press legs out. Point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abdominals, hips, and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> TT &amp; DIAMOND</p>

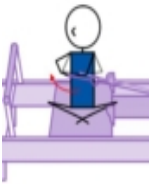
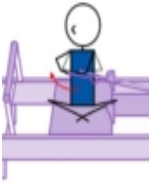

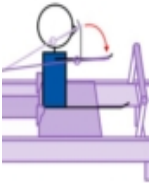
Time	Image	Pose	Description
		FROG	<p>Lie on back. Place long loops on fulcrum of ankles. Press legs straight out. Point and separate toes. Place arms beside body. Inhale, bend, and separate knees. Flex feet. Bring knees to chest. Keep pelvis in neutral. Exhale, press legs out. Point toes. Repeat.</p> <p><b>Benefits:</b> Strengthens abdominals, hips, and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> LEGS EXT &amp; LAT</p>
		STAG	<p>Use medium to heavy springs. Place feet in straps. Bend legs into tabletop position. On an exhale, stretch legs out into an X-position. Return to tabletop as you inhale.</p> <p><b>Benefits:</b> Strengthens hips, core, and thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WB_9HBnupKA">https://www.youtube.com/embed/WB_9HBnupKA</a></p> <p><b>Cues:</b> LEGS EXT &amp; LAT</p>
		COORDINATION	<p>Lie down. Place long loops on feet. Bend knees. Bring soles of feet together. Grab onto feet. Nod chin. Fold forward. Push tailbone down. Stay for a few breaths.</p> <p><b>Benefits:</b> Stretches pelvis.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> FLX FWD &amp; TT</p>
0:10		Back Rowing (part I)	<p>Use seated strap work to strengthen the arms, shoulders, upper back, and abdominals while developing posture, spinal control, and coordination.</p> <p><b>Cues:</b> .</p>

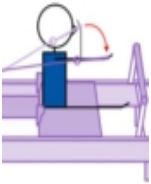
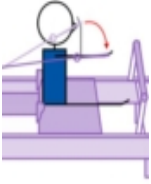

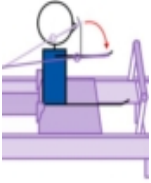
Time	Image	Pose	Description
		BACK ROWING PREPS 1	<p>Sit on carriage facing back of reformer. Extend legs. Hold short loops, bend elbows bringing arms beside body. Exhale, straighten arms behind. Inhale, return to start. Repeat.</p> <p><b>Benefits:</b> Strengthens triceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PLOW</p>
		BACK ROWING PREPS 2	<p>Sit facing back of reformer. Extend legs. Hold short loops. Extend arms, palms facing up. Exhale, bend elbows. Inhale, straighten arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens biceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> OPEN ARMS</p>
		BACK ROWING PREPS 3	<p>Sit facing back of reformer. Extend legs. Grab onto short loops. Bring arms beside body. Inhale, lift arms. Exhale, pull arms down and behind body. Repeat.</p> <p><b>Benefits:</b> Strengthens arms and abdominals. Opens chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> AIRPLANE</p>
		BACK ROWING PREPS 4	<p>Sit facing back of reformer. Extend legs. Hold short loops. Extend arms, palms facing up. Exhale, bend elbows. Inhale, straighten arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens biceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> BICEPS CURLS</p>

Time	Image	Pose	Description
		<p>BACK ROWING PREPS 5</p>	<p>Sit on carriage facing back of reformer. Extend legs. Hold short loops, bend elbows bringing arms beside body. Exhale, straighten arms behind. Inhale, return to start. Repeat.</p> <p><b>Benefits:</b> Strengthens triceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> TRICEPS</p>
		<p>BACK ROWING PREPS 6</p>	<p>Sit on carriage facing back of reformer. Extend legs. Hold short loops, bend elbows bringing arms beside body. Exhale, straighten arms behind. Inhale, return to start. Repeat.</p> <p><b>Benefits:</b> Strengthens triceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ROLL DOWN</p>
		<p>BACK ROWING PREPS 7</p>	<p>Sit facing back of reformer. Extend legs. Hold short loops. Extend arms, palms facing up. Exhale, bend elbows. Inhale, straighten arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens biceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ROLL w BICEP CURL</p>

Time	Image	Pose	Description
		BACK ROWING PREPS 8	<p>Take a seat on carriage facing headrests with legs stretched out between them. Ankles crossed. On inhale, reach arms straight out sitting tall. On exhale, begin to roll back into the C-curve position. On inhale, bring arms into chest and hold halfway back. On exhale, twist to right side and extend arms. Close arms. Return to centre. Twist the other way. Rollback up to starting position.</p> <p><b>Benefits:</b> Strengthens obliques and shoulders. Develops coordination.</p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=6aJJSe19xug">https://www.youtube.com/watch?v=6aJJSe19xug</a></p> <p><b>Cues:</b> ROLL w OBLIQUES</p>
00:10		Back Rowing (part II)	
		BACK ROWING 1	<p>Sit facing back of reformer. Extend legs. Hold short loops. Extend arms, palms facing up. Exhale, bend elbows. Inhale, straighten arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens biceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ROUND BACK</p>
		BACK ROWING 2	<p>Sit facing back of reformer. Extend legs. Hold short loops. Extend arms, palms facing up. Exhale, bend elbows. Inhale, straighten arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens biceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> STRAIGHT BACK</p>


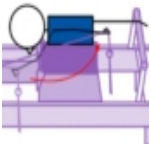
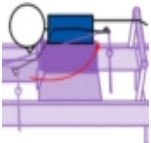
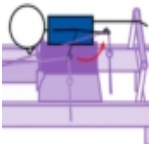
Time	Image	Pose	Description
0:10		Side Arm	Focus on rotator cuff strength, shoulder stability, spinal rotation, and side-body control through seated arm and twist variations.
		SIDE ARM PREPS SEATED 1	Sit cross legged on reformer. Hold short loop in left hand. Rest right hand by hip. Bend left arm close to body. Exhale, press left arm towards right hip. Inhale, return left arm to start. Repeat on other side. <b>Benefits:</b> Strengthens rotator cuff muscles. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> INTERNAL ROTATION
		SIDE ARM PREPS SEATED 2	Sit cross legged on reformer. Hold long loop in right hand. Rest left hand by hip. Bend right arm. Exhale, push right hand out by side bringing forearm perpendicular to shoulder. Inhale, return to start. <b>Benefits:</b> Strengthens external rotator cuff muscles. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> EXTERNAL ROTATION
		SIDE ARM PREPS SEATED 3	Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center. <b>Benefits:</b> Stretches, strengthens back. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> ADDUCTION


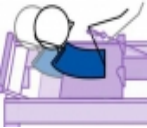

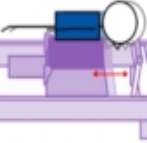
Time	Image	Pose	Description
		SIDE ARM PREPS SEATED 4	Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center. <b>Benefits:</b> Stretches, strengthens back. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> ABDUCTION
		SIDE TWIST SITTING	Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center. <b>Benefits:</b> Stretches, strengthens back. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a>
0:10		Front Rowing (part I)	Continue seated upper-body work with forward-facing rowing patterns that build arm strength, shoulder control, postural endurance, and abdominal support.
		FRONT ROWING PREPS 1	Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows bringing palms to shoulder level. Exhale, press palms down keeping elbows parallel to carriage. Return to start. <b>Benefits:</b> Strengthens triceps and abdominals. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> STRAIGHT FORWARD

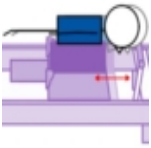
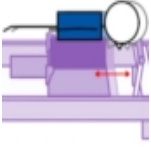
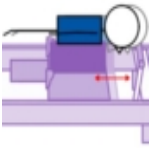

Time	Image	Pose	Description
		<p>FRONT ROWING PREPS 2</p>	<p>Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows bringing palms to shoulder level. Exhale, press palms down keeping elbows parallel to carriage. Return to start.</p> <p><b>Benefits:</b> Strengthens triceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> SECOND POSITION</p>
		<p>FRONT ROWING PREPS 3</p>	<p>Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows bringing palms to shoulder level. Exhale, press palms down keeping elbows parallel to carriage. Return to start.</p> <p><b>Benefits:</b> Strengthens triceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> OFFERING</p>
00:10		<p>Front Rowing (part II)</p>	
		<p>FRONT ROWING 1</p>	<p>Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows bringing palms to shoulder level. Exhale, press palms down keeping elbows parallel to carriage. Return to start.</p> <p><b>Benefits:</b> Strengthens triceps and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ARM CIRCLES</p>

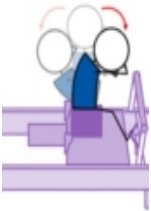
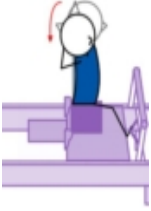
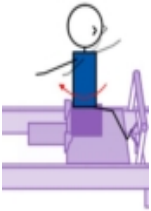
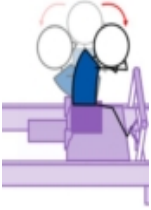
Time	Image	Pose	Description
		FRONT ROWING 2	Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows bringing palms to shoulder level. Exhale, press palms down keeping elbows parallel to carriage. Return to start. <b>Benefits:</b> Strengthens triceps and abdominals. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> ROUND FWD & CIRCLE
		FRONT ROWING 3	Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows bringing palms to shoulder level. Exhale, press palms down keeping elbows parallel to carriage. Return to start. <b>Benefits:</b> Strengthens triceps and abdominals. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> SALUTE
0:10		Stomach	Return to the footbar for a strong seated series that challenges hips, legs, abdominals, spinal shape, and reformer rhythm.
		STOMACH MASSAGE 1	Place balls of feet on the bar, hip-width apart. Hold bar. Inhale, press out and straighten legs. Lift heels. Exhale, lower heels. Bend forward. Inhale, lift heels. Exhale and return to start. <b>Benefits:</b> Stretches hips. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> PREP

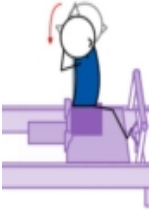
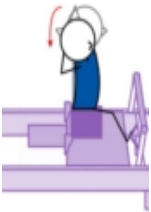
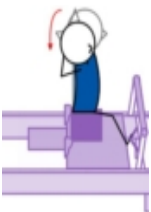

Time	Image	Pose	Description
		STOMACH MASSAGE 2	<p>Place balls of feet on the bar, hip-width apart. Hold bar. Inhale, press out and straighten legs. Lift heels. Exhale, lower heels. Bend forward. Inhale, lift heels. Exhale and return to start.</p> <p><b>Benefits:</b> Stretches hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ROUND BACK</p>
		STOMACH MASSAGE 3	<p>Place balls of feet on the bar, hip-width apart. Hold bar. Inhale, press out and straighten legs. Lift heels. Exhale, lower heels. Bend forward. Inhale, lift heels. Exhale and return to start.</p> <p><b>Benefits:</b> Stretches hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> STRAIGHT BACK</p>
		STOMACH MASSAGE 4	<p>Place balls of feet on the bar, hip-width apart. Hold bar. Inhale, press out and straighten legs. Lift heels. Exhale, lower heels. Bend forward. Inhale, lift heels. Exhale and return to start.</p> <p><b>Benefits:</b> Stretches hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> REACHING</p>
		STOMACH MASSAGE 5	<p>Place balls of feet on the bar, hip-width apart. Hold bar. Inhale, press out and straighten legs. Lift heels. Exhale, lower heels. Bend forward. Inhale, lift heels. Exhale and return to start.</p> <p><b>Benefits:</b> Stretches hips.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> TWIST</p>




Time	Image	Pose	Description
0:10		Arms Pulling	Move onto the long box to strengthen the back body, arms, triceps, legs, and abdominals while opening the chest and improving extension control.
		ARMS PULLING STRAPS	<p>Lie down. Place box under stomach. Face back of reformer. Hold straps. Extend legs. Exhale, pull arms towards thighs. Slightly raise upper body. Inhale, return arms to start.</p> <p><b>Benefits:</b> Strengthens abs, arms, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PLOW</p>
		ARMS PULLING STRAPS 2	<p>Lie down. Place box under stomach. Face back of reformer. Hold straps. Extend legs. Exhale, pull arms towards thighs. Slightly raise upper body. Inhale, return arms to start.</p> <p><b>Benefits:</b> Strengthens abs, arms, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> AIRPLANE</p>
		ARMS PULLING STRAPS 3	<p>Lie face down. Place box under stomach. Face back of reformer. Hold onto straps. Bend elbows, bring arms perpendicular to floor. Inhale, extend arms behind. Exhale, return arms to start. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, triceps, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> TRICEPS</p>


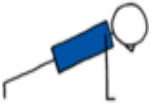
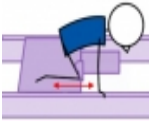
Time	Image	Pose	Description
0:10		Backstrook	Add a compact long-box core challenge using straps, hip flexors, and abdominal control. Small movement. Big opinions from the abs.
		BACKSTROKE PREP	Use medium springs. Face head rest. Place loops over legs (above knees on thighs). Lie down. Extend legs to a 45 degree angle. Support head with hands. Exhale, curl everything into centre. Inhale, return to start. <b>Benefits:</b> Strengthens core and hip flexors. <b>Video:</b> <a href="https://www.youtube.com/watch?v=n_8A1oCg9s">https://www.youtube.com/watch?v=n_8A1oCg9s</a> <b>Cues:</b> LONGBOX
0:10		Feet Pulling Straps	Use prone and kneeling strap variations to develop posterior-chain strength, shoulder stability, hamstring control, and full-body coordination.
		FEET PULLING STRAPS 1	Lie on stomach, head towards bar, box under torso. Place right hand on side of bar. Squeeze legs, point toes. Exhale, scoop shoulders down. Press out. Inhale, pull back in. Switch arms. <b>Benefits:</b> Strengthens shoulders. <b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a> <b>Cues:</b> HAMSTRING CURLS

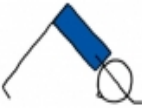
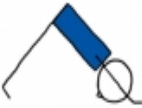
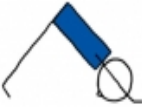
Time	Image	Pose	Description
		FEET PULLING STRAPS 2	<p>Lie on stomach, head towards bar, box under torso. Place right hand on side of bar. Squeeze legs, point toes. Exhale, scoop shoulders down. Press out. Inhale, pull back in. Switch arms.</p> <p><b>Benefits:</b> Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> KNEELING 1 LEG PUL</p>
		FEET PULLING STRAPS 3	<p>Lie on stomach, head towards bar, box under torso. Place right hand on side of bar. Squeeze legs, point toes. Exhale, scoop shoulders down. Press out. Inhale, pull back in. Switch arms.</p> <p><b>Benefits:</b> Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> KNEE LIFT</p>
		FEET PULLING STRAPS 4	<p>Lie on stomach, head towards bar, box under torso. Place right hand on side of bar. Squeeze legs, point toes. Exhale, scoop shoulders down. Press out. Inhale, pull back in. Switch arms.</p> <p><b>Benefits:</b> Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> SIDE LYING 1 LEG</p>
0:10		Short Box	<p>Work through round back, straight back, twist, lean, tree prep, and tree variations to strengthen the abdominals, mobilise the spine, and challenge seated control.</p>


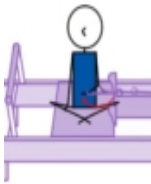
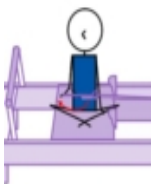
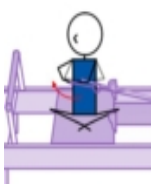
Time	Image	Pose	Description
		ROUND BACK	<p>Sit on box, feet under straps. Clasp wrists, glide shoulders down. Exhale, curl abdominals, roll back on box. Inhale, lift arms. Exhale, round forward. Inhale, straighten back. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, legs, back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p>
		STRAIGHT BACK	<p>Sit on box, feet under straps. Bend elbows, place hands behind head. Exhale, bend to right keeping left hip down. Inhale, lift up. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches, strengthens obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> USE POLE</p>
		TWIST	<p>Sit on box, feet under straps. Spread arms apart in a 'T' shape. Exhale, twist right in 3 counts. Inhale, return to center. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches, strengthens spine. Strengthens abs, legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p>
		TWIST w ROUND BACK	<p>Sit on box, feet under straps. Clasp wrists, glide shoulders down. Exhale, curl abdominals, roll back on box. Inhale, lift arms. Exhale, round forward. Inhale, straighten back. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, legs, back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> USE POLE</p>

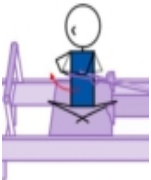
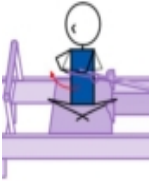
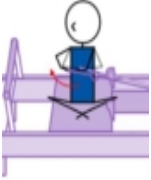
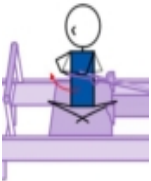
Time	Image	Pose	Description
		LEAN	<p>Sit on box, feet under straps. Bend elbows, place hands behind head. Exhale, bend to right keeping left hip down. Inhale, lift up. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches, strengthens obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> USE POLE</p>
		TREE PREP	<p>Sit on box, feet under straps. Bend elbows, place hands behind head. Exhale, bend to right keeping left hip down. Inhale, lift up. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches, strengthens obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p>
		TREE	<p>Sit on box, feet under straps. Bend elbows, place hands behind head. Exhale, bend to right keeping left hip down. Inhale, lift up. Repeat on opposite side.</p> <p><b>Benefits:</b> Stretches, strengthens obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p>
0:10		Mermaid	<p>Add lateral flexion and rotation to lengthen the side body, strengthen the obliques, and give the spine a well-earned change of direction.</p>




Time	Image	Pose	Description
		<p>MERMAID SHORT BOX</p>	<p>Sit on carriage. Bend left leg, swing foot behind. Bend right leg, press foot against left inner thigh. Place right hand on edge of foot bar. Inhale, lift left hand up. Extend left arm, bend to right. Inhale, raise left arm. Exhale, lower arm. Lift right arm, bend to left side. Return to start.</p> <p><b>Benefits:</b> Lengthens and strengthens lateral obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> SIDE BEND IN STRAP</p>
		<p>MERMAID SHORT BOX</p>	<p>Sit on carriage. Bend left leg, swing foot behind. Bend right leg, press foot against left inner thigh. Place right hand on edge of foot bar. Inhale, lift left hand up. Extend left arm, bend to right. Inhale, raise left arm. Exhale, lower arm. Lift right arm, bend to left side. Return to start.</p> <p><b>Benefits:</b> Lengthens and strengthens lateral obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> HAWK IN STRAP</p>
		<p>MERMAID SHORT BOX</p>	<p>Sit on carriage. Bend left leg, swing foot behind. Bend right leg, press foot against left inner thigh. Place right hand on edge of foot bar. Inhale, lift left hand up. Extend left arm, bend to right. Inhale, raise left arm. Exhale, lower arm. Lift right arm, bend to left side. Return to start.</p> <p><b>Benefits:</b> Lengthens and strengthens lateral obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> BOW&amp; ARROW STRAP</p>




Time	Image	Pose	Description
0:10		Elephant	Progress into stronger weight-bearing reformer work to build shoulder stability, wrist strength, core control, hamstring length, and carriage awareness.
		LONG STRETCH	<p>Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Finger tips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold.</p> <p><b>Benefits:</b> Strengthens arms, wrists, spine. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/pSWYGXSNjdE">https://www.youtube.com/embed/pSWYGXSNjdE</a></p> <p><b>Cues:</b> TOES ON HEADREST</p> <p><b>Modifications:</b> Knees on floor.</p> <p><b>Precautions :</b> Carpal tunnel syndrome</p>
		DOWN STRETCH	<p>Face headrests in a tabletop position. Extend one leg straight back above footbar. Pulse bottom knee in and out with control.</p> <p><b>Benefits:</b> Stabilizes torso, strengthens core, shoulders, and hips.</p> <p><b>Cues:</b> KNEEL FLXED OVER</p>


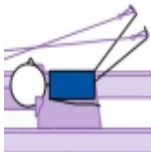
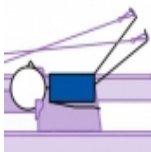
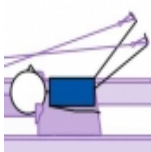
Time	Image	Pose	Description
		UP STRETCH	<p>Stand tall. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Cues:</b> FEET SHOULDER RES</p> <p><b>Modifications:</b> Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p><b>Precautions :</b> Pregnant. HBP. Headache.</p>
		ELEPHANT 1	<p>Stand tall. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Cues:</b> ROUND BACK</p> <p><b>Modifications:</b> Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p><b>Precautions :</b> Pregnant. HBP. Headache.</p>
		ELEPHANT 2	<p>Stand tall. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw.</p> <p><b>Benefits:</b> Stretches spine, hams, shoulders. Calms nervous system.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ayRU3ecmPbl?rel=0">https://www.youtube.com/embed/ayRU3ecmPbl?rel=0</a></p> <p><b>Cues:</b> FLAT BACK</p> <p><b>Modifications:</b> Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p><b>Precautions :</b> Pregnant. HBP. Headache.</p>


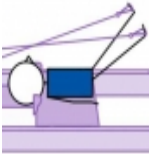

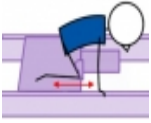
Time	Image	Pose	Description
0:10		Kneeling Side Arm	Challenge shoulder stability, trunk rotation, and side-body strength from kneeling, where balance and control become slightly more “don’t wobble, don’t wobble.”
		KNEELING SIDE ARM PREPS 1	<p>Sit cross legged on reformer. Hold short loop in left hand. Rest right hand by hip. Bend left arm close to body. Exhale, press left arm towards right hip. Inhale, return left arm to start. Repeat on other side.</p> <p><b>Benefits:</b> Strengthens rotator cuff muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> INTERNAL ROTATION</p>
		KNEELING SIDE ARM PREPS 2	<p>Sit cross legged on reformer. Hold long loop in right hand. Rest left hand by hip. Bend right arm. Exhale, push right hand out by side bringing forearm perpendicular to shoulder. Inhale, return to start.</p> <p><b>Benefits:</b> Strengthens external rotator cuff muscles.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> EXTERNAL ROTATION</p>
		KNEELING SIDE ARM PREPS 3	<p>Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center.</p> <p><b>Benefits:</b> Stretches, strengthens back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ADDUCTION</p>

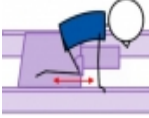
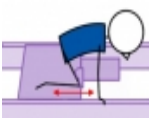
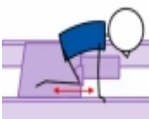

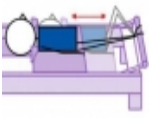
Time	Image	Pose	Description
		KNEELING SIDE ARM PREPS 4	<p>Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center.</p> <p><b>Benefits:</b> Stretches, strengthens back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ABDUCTION</p>
		KNEELING SIDE TWIST 5	<p>Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center.</p> <p><b>Benefits:</b> Stretches, strengthens back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> LONG ARM ADDUCTION</p>
		KNEELING SIDE TWIST 6	<p>Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center.</p> <p><b>Benefits:</b> Stretches, strengthens back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> LONG ARM ABDUCTION</p>
		KNEELING SIDE TWIST	<p>Sit cross legged on reformer. Hold long loop with both hands. Extend arms in front keeping shoulders down, hands in front of breast bone. Exhale, twist to right without lowering arms. Inhale, return to center.</p> <p><b>Benefits:</b> Stretches, strengthens back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> KNEELING</p>


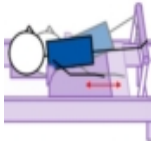
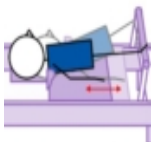

Time	Image	Pose	Description
0:10		Kneel Reverse Expansion	Build upper-body strength, postural control, and core stability with kneeling reverse arm patterns including teardrops, salute, and bicep curl variations.
		KNEEL REVERSE EXPANSIONS 1	<p>Hold onto both handles. Lean forward while spreading arms to the sides (making a "T" with your arms). With your core engaged return to the starting position with control. This counts as one rep. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/HHHw3tjEho0?start=94">https://www.youtube.com/embed/HHHw3tjEho0?start=94</a></p> <p><b>Cues:</b> STRAIGHT FORWARD</p> <p><b>Precautions :</b> Injuries to your shoulder, wrist, elbow, or neck.</p>
		KNEEL REVERSE EXPANSIONS 2	<p>Hold onto both handles. Lean forward while spreading arms to the sides (making a "T" with your arms). With your core engaged return to the starting position with control. This counts as one rep. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/HHHw3tjEho0?start=94">https://www.youtube.com/embed/HHHw3tjEho0?start=94</a></p> <p><b>Cues:</b> TEARDROPS OUTWARD</p> <p><b>Precautions :</b> Injuries to your shoulder, wrist, elbow, or neck.</p>

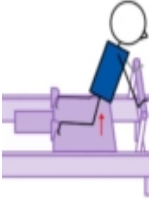
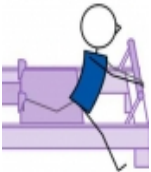

Time	Image	Pose	Description
		KNEEL REVERSE EXPANSIONS 3	<p>Hold onto both handles. Lean forward while spreading arms to the sides (making a "T" with your arms). With your core engaged return to the starting position with control. This counts as one rep. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/HHHw3tjEho0?start=94">https://www.youtube.com/embed/HHHw3tjEho0?start=94</a></p> <p><b>Cues:</b> TEARDROPS INWARD</p> <p><b>Precautions :</b> Injuries to your shoulder, wrist, elbow, or neck.</p>
		KNEEL REVERSE EXPANSIONS 4	<p>Hold onto both handles. Lean forward while spreading arms to the sides (making a "T" with your arms). With your core engaged return to the starting position with control. This counts as one rep. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/HHHw3tjEho0?start=94">https://www.youtube.com/embed/HHHw3tjEho0?start=94</a></p> <p><b>Cues:</b> SALUTE</p> <p><b>Precautions :</b> Injuries to your shoulder, wrist, elbow, or neck.</p>
		KNEEL REVERSE EXPANSIONS 5	<p>Hold onto both handles. Lean forward while spreading arms to the sides (making a "T" with your arms). With your core engaged return to the starting position with control. This counts as one rep. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders, core and back. Improves posture by opening up your shoulders and strengthening your upper back.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/HHHw3tjEho0?start=94">https://www.youtube.com/embed/HHHw3tjEho0?start=94</a></p> <p><b>Cues:</b> BICEP CURL</p> <p><b>Precautions :</b> Injuries to your shoulder, wrist, elbow, or neck.</p>

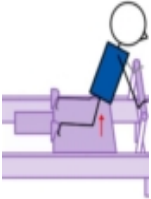
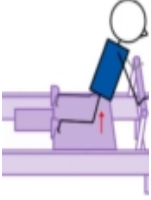

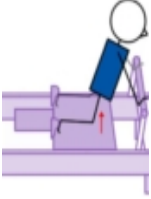
Time	Image	Pose	Description
0:10		Leg Circles	Return to feet-in-straps for circular leg patterns that strengthen the hips, core, and thighs while demanding smooth, even carriage control.
		LEG CIRCLES 1	<p>Use medium to heavy springs. Place feet in straps. Bend legs into tabletop position. On an exhale, stretch legs out into an X-position. Return to tabletop as you inhale.</p> <p><b>Benefits:</b> Strengthens hips, core, and thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WB_9HBnupKA">https://www.youtube.com/embed/WB_9HBnupKA</a></p> <p><b>Cues:</b> PARALLEL</p>
		LEG CIRCLES 2	<p>Use medium to heavy springs. Place feet in straps. Bend legs into tabletop position. On an exhale, stretch legs out into an X-position. Return to tabletop as you inhale.</p> <p><b>Benefits:</b> Strengthens hips, core, and thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WB_9HBnupKA">https://www.youtube.com/embed/WB_9HBnupKA</a></p> <p><b>Cues:</b> LATERAL</p>
		LEG CIRCLES 3	<p>Use medium to heavy springs. Place feet in straps. Bend legs into tabletop position. On an exhale, stretch legs out into an X-position. Return to tabletop as you inhale.</p> <p><b>Benefits:</b> Strengthens hips, core, and thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WB_9HBnupKA">https://www.youtube.com/embed/WB_9HBnupKA</a></p> <p><b>Cues:</b> MEDIAL</p>

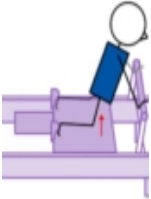


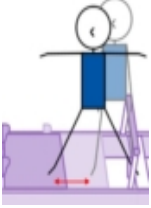
Time	Image	Pose	Description
0:10		Long Spine	Add a stronger strap-based challenge for hip control, abdominal support, adduction, abduction, and long spinal organisation.
		LONG SPINE EXTENDED STRAP	<p>Use medium to heavy springs. Place feet in straps. Bend legs into tabletop position. On an exhale, stretch legs out into an X-position. Return to tabletop on as you inhale.</p> <p><b>Benefits:</b> Strengthens hips, core, and thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WB_9HBnupKA">https://www.youtube.com/embed/WB_9HBnupKA</a></p> <p><b>Cues:</b> ADD &amp; ABD</p> <p><b>Modifications:</b> A) Keep legs higher. B) Knees slightly bent. C) Add a hold at full extension. D) Add small pulses at full extension.</p>
0:10		Knee Stretches	Use round back, straight back, extended back, and knees-off variations to challenge core strength, shoulder stability, and controlled carriage movement.
		KNEE STRETCHES 1	<p>Face headrests in a tabletop position. Extend one leg straight back above footbar. Pulse bottom knee in and out with control.</p> <p><b>Benefits:</b> Stabilizes torso, strengthens core, shoulders, and hips.</p> <p><b>Cues:</b> ROUND BACK</p>


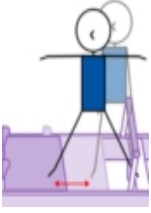
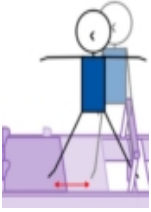
Time	Image	Pose	Description
		KNEE STRETCHES 2	<p>Face headrests in a tabletop position. Extend one leg straight back above footbar. Pulse bottom knee in and out with control.</p> <p><b>Benefits:</b> Stabilizes torso, strengthens core, shoulders, and hips.</p> <p><b>Cues:</b> STRAIGHT BACK</p>
		KNEE STRETCHES 3	<p>Face headrests in a tabletop position. Extend one leg straight back above footbar. Pulse bottom knee in and out with control.</p> <p><b>Benefits:</b> Stabilizes torso, strengthens core, shoulders, and hips.</p> <p><b>Cues:</b> EXTENDED BACK</p>
		KNEE STRETCHES 4	<p>Face headrests in a tabletop position. Extend one leg straight back above footbar. Pulse bottom knee in and out with control.</p> <p><b>Benefits:</b> Stabilizes torso, strengthens core, shoulders, and hips.</p> <p><b>Cues:</b> KNEES OFF</p>
0:10		Running	<p>Bring the body back towards recovery with a lighter rhythmic footwork pattern to release the calves, reset the legs, and calm the nervous system.</p>
		RUNNING	<p>Lie on back. Bend knees. Place arches of feet on foot bar, feet together. Push out.</p> <p><b>Benefits:</b> Warm up lower body.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ttIAqdCR6oU">https://www.youtube.com/embed/ttIAqdCR6oU</a></p> <p><b>Cues:</b> RECOVER</p>

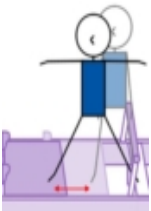
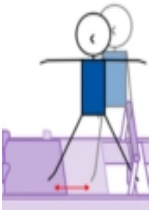


Time	Image	Pose	Description
0:10		Hips	Use hip lift and hip roll variations to strengthen the abdominals and obliques while improving pelvic control and spinal articulation.
		HIP LIFT	<p>Lie on back. Bend knees, place heels on bar. Extend arms beside body. Exhale, curl pelvis under, roll hips up through the spine. Inhale, press carriage out, straighten legs. Exhale, draw carriage back in. Inhale, bring hips down. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> 1 INCH</p>
		HIP ROLLS	<p>Lie on back. Bend knees, place heels on bar. Extend arms beside body. Exhale, curl pelvis under, roll hips up through the spine. Inhale, press carriage out, straighten legs. Exhale, draw carriage back in. Inhale, bring hips down. Repeat.</p> <p><b>Benefits:</b> Strengthens abs, obliques.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ARTICULATE</p>
0:10		Thighs	Add thigh stretch and standing modification work to strengthen the legs and abdominals while stretching the hamstrings, inner thighs, and groin.

Time	Image	Pose	Description
		SINGLE THIGH STRETCH	<p>Sit on knees. Extend arms. Place hands on the sides of the bar. Shift upper body towards bar. Lift knees up a quarter inch without moving the carriage. Hold for a couple of breaths. Lower down.</p> <p><b>Benefits:</b> Strengthens legs and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> FOOT BAR &amp; SHOULDE</p>
		SINGLE THIGH STRETCH MODIFICATION	<p>With a medium spring, stand next to the left of the carriage. Place hands on foot bar. Press right foot into head rest. Slide carriage back while extending front leg. Breathe deeply.</p> <p><b>Benefits:</b> Stretches hamstrings, inner thigh, and groin.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/p1C9DU_YOXA">https://www.youtube.com/embed/p1C9DU_YOXA</a></p> <p><b>Cues:</b> FLOOR STANDING</p> <p><b>Modifications:</b> Beginner: Keep a soft bend to reduce hamstring strain. Intermediate: Flex front foot and hinge deeper from hips. Advanced: Go deeper while keeping spine long.</p> <p><b>Precautions :</b> Hamstring or low-back pain.</p>
0:10		Front Splits	<p>Challenge lower-body strength, hip mobility, balance, and control with split-based work that asks the carriage to move smoothly – not dramatically.</p>

Time	Image	Pose	Description
		FRONT SPLITS	<p>Sit on knees. Extend arms. Place hands on the sides of the bar. Shift upper body towards bar. Lift knees up a quarter inch without moving the carriage. Hold for a couple of breaths. Lower down.</p> <p><b>Benefits:</b> Strengthens legs and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> STANDING CARRRIAGE</p>
		FRONT SPLITS MODIFICATION	<p>Sit on knees. Extend arms. Place hands on the sides of the bar. Shift upper body towards bar. Lift knees up a quarter inch without moving the carriage. Hold for a couple of breaths. Lower down.</p> <p><b>Benefits:</b> Strengthens legs and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> FRONT KNEE BENT</p>
0:10		Back Splits	<p>Continue split work with a different orientation to build leg strength, pelvic stability, and careful control through a larger range of movement.</p>
		BACK SPLITS	<p>Sit on knees. Extend arms. Place hands on the sides of the bar. Shift upper body towards bar. Lift knees up a quarter inch without moving the carriage. Hold for a couple of breaths. Lower down.</p> <p><b>Benefits:</b> Strengthens legs and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> FACE PULLY</p>

Time	Image	Pose	Description
		<p>BACK SPLITS MODIFICATION</p>	<p>Sit on knees. Extend arms. Place hands on the sides of the bar. Shift upper body towards bar. Lift knees up a quarter inch without moving the carriage. Hold for a couple of breaths. Lower down.</p> <p><b>Benefits:</b> Strengthens legs and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> HOLD SHOULDER REST</p>
0:10		<p>Side Splits</p>	<p>Finish the standing split series with abduction, adduction, pli�, skating, and leg-press variations to strengthen the hips and outer thighs.</p>
		<p>SIDE SPLITS 1</p>	<p>Use 1-1.5 springs to increase resistance and target hips. Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lift arms parallel to floor. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens hips, outer thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ABDUCTION</p>
		<p>SIDE SPLITS 2</p>	<p>Use 1-1.5 springs to increase resistance and target hips. Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lift arms parallel to floor. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens hips, outer thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> ADDUCTION</p>

Time	Image	Pose	Description
		SIDE SPLITS 3	<p>Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lifting arms parallel to floor. Exhale, return to start.</p> <p><b>Benefits:</b> Stretches inner thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PLIE OUT</p>
		SIDE SPLITS 4	<p>Use 1-1.5 springs to increase resistance and target hips. Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lift arms parallel to floor. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens hips, outer thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PLIE IN</p>
		SIDE SPLITS 5	<p>Use 1-1.5 springs to increase resistance and target hips. Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lift arms parallel to floor. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens hips, outer thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> CARRIAGE LEG PRESS</p>

Time	Image	Pose	Description
		SIDE SPLITS 6	<p>Use 1-1.5 springs to increase resistance and target hips. Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lift arms parallel to floor. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens hips, outer thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> PLATFORM LEG PRESS</p>
		SIDE SPLITS 7	<p>Use 1-1.5 springs to increase resistance and target hips. Stand with one foot on reformer, one foot on carriage. Keep feet hip width distance apart, parallel to each other. Inhale, press carriage out. Lift arms parallel to floor. Exhale, return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens hips, outer thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/zTmaPnulw6Y">https://www.youtube.com/embed/zTmaPnulw6Y</a></p> <p><b>Cues:</b> SKATING</p>
0:10		Star	<p>End with a strong side-body challenge that develops shoulder stability, core strength, lateral control, and the quiet confidence required to stay on the reformer.</p>
		STAR PREP	<p>Kneel on carriage facing one side with one hand on the footbar. Press carriage away with top arm as you simultaneously extend opposite leg and arm. Keep spine in neutral.</p> <p><b>Benefits:</b> Strengthens core and shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/watch?v=N1Ten-3ci8Q">https://www.youtube.com/watch?v=N1Ten-3ci8Q</a></p> <p><b>Cues:</b> KNEES DOWN</p>

## Lesson Plan Description:

**Stott Reformer Repertoire:** Essential & Intermediate

**Class Aim:** Build strength with precision, improve whole-body alignment, develop core control, and give students a clear pathway from **essential reformer patterns** into more demanding **intermediate exercises**.

**Class Journey:** The sequence begins with **footwork** to warm the lower body and establish connection through the feet, legs, pelvis, and centre. It then **progresses into:** single-leg work, feet-in-straps, abdominal control, short spine, rowing, stomach massage, short box, long stretch-style exercises, kneeling arm work, leg circles, knee stretches, hip work, thigh stretches, splits, and stronger finishing challenges.

**Best For:** Students with previous reformer experience who are comfortable with spring changes, footbar changes, straps, short box work, kneeling work, and more coordinated reformer transitions. Teachers can **shorten the plan** by choosing one or two exercises from each section, or expand it into a **longer workshop-style class** by slowing down the transitions and adding more teaching detail.

**Teacher Notes:** **Adjust spring settings, repetitions, range of movement, and exercise choices** to suit the student's level, equipment, injuries, and confidence. As always with the reformer, control is more important than speed – *no one wins a prize for launching the carriage across the room like a tiny Pilates bobsleigh.*

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