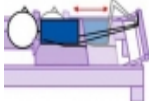
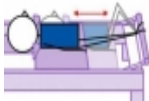
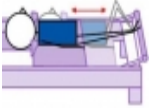
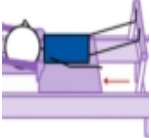
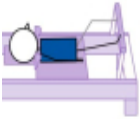
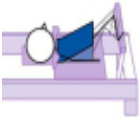


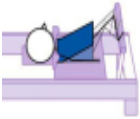
## 45-Minute Intermediate Pilates Reformer: Strength, Stability & Flow

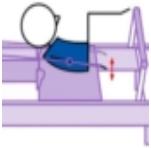
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| 00:10 |    | No straps                     | <b>Cues:</b> 3 mediums Footwork                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|       |    | Footwork<br>Heels<br>parallel | <p>Lie on your back with knees bent. Place your heels on the foot bar with feet together. Push out. Hold for a second then release. Repeat.</p> <p><b>Benefits:</b> Strengthens legs. Supports pelvic stability.</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> neutral spine</p> <p><b>Modifications:</b> Beginner: Use lighter tension for smoother control. Intermediate: Hold long legs for two seconds each rep. Advanced: Press out one leg, switch each repetition.</p> <p><b>Precautions :</b> Knee or ankle pain.</p> |
|       |  | Bird on<br>Perch              | <p>Lie on your back with knees bent and feet together. Arches on the foot bar. Push out, hold for a second then release. Repeat.</p> <p><b>Benefits:</b> Strengthens legs. Improves foot control.</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> arms reaching</p> <p><b>Modifications:</b> Beginner: Use lighter tension for easier control. Intermediate: Return in for four steady counts. Advanced: Press out one leg, switch each repetition.</p> <p><b>Precautions :</b> Knee or ankle pain.</p>                         |

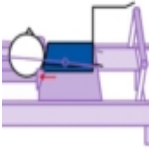
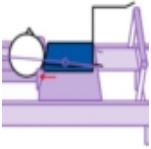
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|      |  | Balls Of Feet High Heels | <p>Lie on your back with knees bent. Place the balls of your feet on the foot bar in a Pilates V position. Heels together. Push out. Hold for a second then release. Repeat.</p> <p><b>Benefits:</b> Strengthens legs and calves.</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> move from core</p> <p><b>Modifications:</b> Beginner: Press halfway out and return smoothly. Intermediate: Return in for 4 steady counts. Advanced: Lift heels high, lower for 4 counts.</p> <p><b>Precautions :</b> Knee or ankle pain.</p>                                                                 |
|      |  | Double Heel Lift         | <p>Lie on your back with knees bent and heels on the foot bar, feet together (or slightly apart), and flexed. Inhale, press through your heels to extend your legs. Exhale, return to the starting position. Repeat.</p> <p><b>Benefits:</b> Strengthens legs and calves.</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> exhale, inhale</p> <p><b>Modifications:</b> Beginner: Use lighter tension for easier leg control. Intermediate: Lift heels slightly once legs are straight. Advanced: Press out one leg, switch each repetition.</p> <p><b>Precautions :</b> Knee or ankle pain.</p> |

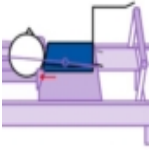
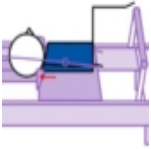
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|       |  | Running          | <p>Lie on your back with toes on the footbar, feet together, and arms by your sides. Straighten your legs. Lower the right heel, bend the left knee, and keep glutes engaged. Slide back, alternating legs while maintaining knee stability and focusing on controlled movement.</p> <p><b>Benefits:</b> Targets calves, hamstrings, quads, and glutes. Improves ankle strength.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/NpJYV2iVfZA">https://www.youtube.com/embed/NpJYV2iVfZA</a></p> <p><b>Cues:</b> return to heels</p> <p><b>Modifications:</b> Beginner: Keep feet flat on the footbar. Intermediate: Add light resistance for more challenge. Advanced: Perform at a faster pace with controlled movement.</p> <p><b>Precautions :</b> Hip, knee, or back issues.</p> |
| 00:10 |  | Bridge<br>w/ball | <p><b>Cues:</b> light = hard, BALL</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

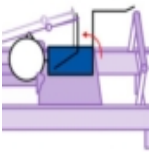
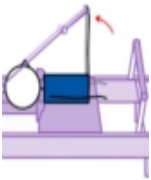
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|      |  | Pelvic tilt | <p>Lie supine with legs parallel, heels on the footbar, ankles dorsiflexed. Arms by hips, palms down, neutral pelvis and spine. Headrest down. Inhale. Exhale, roll the spine up into a bridge, creating a diagonal from shoulders to knees. Roll down one vertebra at a time. Repeat.</p> <p><b>Benefits:</b> Strengthens glutes. Mobilises the spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/NzlmrqN8nCc?si=3ckKhm90uAJA8AOq">https://www.youtube.com/embed/NzlmrqN8nCc?si=3ckKhm90uAJA8AOq</a></p> <p><b>Cues:</b> headrest down</p> <p><b>Modifications:</b> Beginner: Lift hips halfway and keep ribs soft. Intermediate: Lower for 4 steady counts. Advanced: Do not lower fully between repetitions.</p> <p><b>Precautions :</b> Low-back or hamstring pain.</p> <p><b>Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">Bridge pose (chair variation)</a></li> <li>2. <a href="#">Bridge pose (5 variations)</a></li> </ol> |

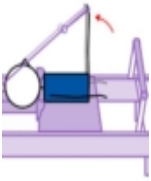
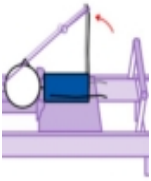
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|      |   | Bridge 3x        | <p>Lie supine with legs parallel, heels on the footbar, ankles dorsiflexed. Arms by hips, palms down, neutral pelvis and spine. Headrest down. Inhale. Exhale, roll the spine up into a bridge, creating a diagonal from shoulders to knees. Roll down one vertebra at a time. Repeat.</p> <p><b>Benefits:</b> Strengthens glutes. Mobilises the spine.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/NzlmrqN8nCc?si=3ckKhm90uAJA8AOq">https://www.youtube.com/embed/NzlmrqN8nCc?si=3ckKhm90uAJA8AOq</a></p> <p><b>Cues:</b> Relax neck, face</p> <p><b>Modifications:</b> Beginner: Lift hips halfway and keep ribs soft. Intermediate: Lower for 4 steady counts. Advanced: Do not lower fully between repetitions.</p> <p><b>Precautions :</b> Low-back or hamstring pain.</p> <p><b>Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">Bridge pose (chair variation)</a></li> <li>2. <a href="#">Bridge pose (5 variations)</a></li> </ol> |
|      |  | Bridge Leg Up 3x | <p>Lie with back on floor. Bend knees. Heels as close to sitting bones as possible. Arms by side. Palms down. Press inner feet and arms into floor. Push tailbone up to pubis. Lift buttocks until thighs are parallel to floor. Raise left leg up and lower to level of other leg (not to floor). Repeat raising and lowering of leg. Repeat on right leg.</p> <p><b>Benefits:</b> Eases back pain. Strengthens buttocks and hams. Core-stabalizer.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/it7omlQoi54?si=rfKKnwf_PGy_WzkF">https://www.youtube.com/embed/it7omlQoi54?si=rfKKnwf_PGy_WzkF</a></p> <p><b>Cues:</b> push through heel</p> <p><b>Modifications:</b> Swiss ball. Folded blanket under shoulders. Block under sacrum.</p> <p><b>Resources:</b></p> <ol style="list-style-type: none"> <li>1. <a href="#">Bridge pose (chair variation)</a></li> </ol>                                                                                             |

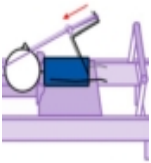
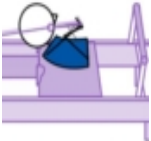
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|       |   | Bridge<br>Circle 3x | <p>Lie on your back with knees bent and feet grounded. Rest the ring between your hip bones and place your hands on top of it. Press your hips up against the ring. Straighten one leg, lower it, then lower your hips. Repeat, alternating legs.</p> <p><b>Benefits:</b> Strengthens abs and glutes.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/3HIBLsPMaHg">https://www.youtube.com/embed/3HIBLsPMaHg</a></p> <p><b>Cues:</b> Advanced</p> <p><b>Modifications:</b> Beginner Modification: Lift only partway to keep ribs heavy and avoid arching the back. Intermediate Modification: Lift until shoulders, hips, and knees create a long diagonal line. Advanced Modification: After each rep, roll down one vertebra at a time over 5 seconds.</p> |
| 00:10 |   | Midback             | <p><b>Cues:</b> 1 medium</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|       |  | Hundreds            | <p>Lie on your back with legs in tabletop position. Hold the short loops and extend your arms beside your body, parallel to the ground without touching the carriage. Inhale, nod your chin. Exhale, curl up towards your knees. Pulse arms 100 times.</p> <p><b>Benefits:</b> Builds core endurance.</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 med protect neck</p> <p><b>Modifications:</b> Beginner: Keep feet on the footbar for stability. Intermediate: Extend legs diagonally up to reduce load. Advanced: Extend legs to forty-five degrees and hold.</p> <p><b>Precautions :</b> Neck or low-back pain.</p>                                                  |

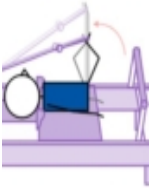
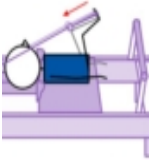
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|      |  | I 5x | <p>Spring tension (light to medium). Straps (inner loop across palms). Lie on your back, legs in the tabletop position. Start with arms out to the sides at a 45-degree angle. Reach the arms inwards towards the body and down towards the footbar. Create a scoop in of the arms from the shoulders and control the carriage back. Keep the collarbones wide. Maintain a neutral pelvis position.</p> <p><b>Benefits:</b> Releases tension in neck. Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214">https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214</a></p> <p><b>Cues:</b> pull w/midback</p> <p><b>Modifications:</b> Beginner: Place feet on the footbar for more stability. Intermediate: Take twice as long to return. Advanced: Extend legs to 45 degrees.</p> <p><b>Precautions :</b> Neck or shoulder pain.</p>    |
|      |  | Y 5x | <p>Spring tension (light to medium). Straps (inner loop across palms). Lie on your back, legs in the tabletop position. Start with arms out to the sides at a 45-degree angle. Reach the arms inwards towards the body and down towards the footbar. Create a scoop in of the arms from the shoulders and control the carriage back. Keep the collarbones wide. Maintain a neutral pelvis position.</p> <p><b>Benefits:</b> Releases tension in neck. Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214">https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214</a></p> <p><b>Cues:</b> not past shoulder</p> <p><b>Modifications:</b> Beginner: Place feet on the footbar for more stability. Intermediate: Take twice as long to return. Advanced: Extend legs to 45 degrees.</p> <p><b>Precautions :</b> Neck or shoulder pain.</p> |

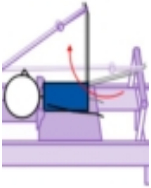
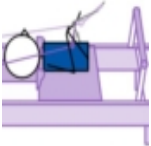
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|      |  | T 5x           | <p>Spring tension (light to medium). Straps (inner loop across palms). Lie on your back, legs in the tabletop position. Start with arms out to the sides at a 45-degree angle. Reach the arms inwards towards the body and down towards the footbar. Create a scoop in of the arms from the shoulders and control the carriage back. Keep the collarbones wide. Maintain a neutral pelvis position.</p> <p><b>Benefits:</b> Releases tension in neck. Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214">https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214</a></p> <p><b>Cues:</b> tabletop zip thigh</p> <p><b>Modifications:</b> Beginner: Place feet on the footbar for more stability. Intermediate: Take twice as long to return. Advanced: Extend legs to 45 degrees.</p> <p><b>Precautions :</b> Neck or shoulder pain.</p> |
|      |  | Arm circles 5x | <p>Spring tension (light to medium). Straps (inner loop across palms). Lie on your back, legs in the tabletop position. Start with arms out to the sides at a 45-degree angle. Reach the arms inwards towards the body and down towards the footbar. Create a scoop in of the arms from the shoulders and control the carriage back. Keep the collarbones wide. Maintain a neutral pelvis position.</p> <p><b>Benefits:</b> Releases tension in neck. Strengthens shoulders.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214">https://www.youtube.com/embed/ypDxv6hqqPQ?si=NeIPbQkFihNkVcTy&amp;start=214</a></p> <p><b>Cues:</b> tabletop zip thigh</p> <p><b>Modifications:</b> Beginner: Place feet on the footbar for more stability. Intermediate: Take twice as long to return. Advanced: Extend legs to 45 degrees.</p> <p><b>Precautions :</b> Neck or shoulder pain.</p> |

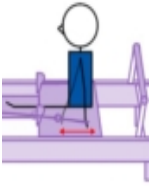
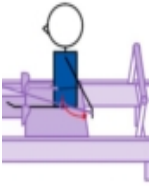
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|       |   | Tricep Extensions<br>5x | <p>Lie on your back, legs in tabletop, toes pointed. Hold short loops, arms extended beside body above the carriage. Inhale, bend elbows, reaching fingertips upward. Exhale, straighten arms. Repeat the movement 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> Add legs/ab crunch</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> |
| 00:10 |   | CORE Ball<br>opt        | <p><b>Cues:</b> 2 Med Long Straps</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|       |  | Leg Raises<br>8x        | <p>Lie on your back with long loops around your ankles. Press legs out and point your toes. Place arms by your sides. Inhale, lift legs perpendicular to the reformer, keeping your pelvis neutral. Exhale, press legs out and point your toes. Repeat.</p> <p><b>Benefits:</b> Strengthens lower abs and 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> move from core</p> <p><b>Modifications:</b> Beginner: Use lighter tension to reduce hip flexor strain. Intermediate: Lower for 4 steady counts. Advanced: Add small circles at the top of lift.</p> <p><b>Precautions :</b> Low-back or hip flexor pain.</p>                                                                                                                      |

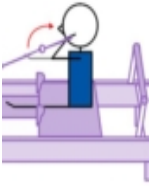
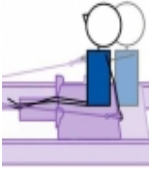
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|      |  | Pilates V<br>Raises 8x  | <p>Lie on your back with long loops around your ankles. Press legs out and point your toes. Place arms by your sides. Inhale, lift legs perpendicular to the reformer, keeping your pelvis neutral. Exhale, press legs out and point your toes. Repeat.</p> <p><b>Benefits:</b> Strengthens lower abs and 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> 45 degrees</p> <p><b>Modifications:</b> Beginner: Use lighter tension to reduce hip flexor strain. Intermediate: Lower for 4 steady counts. Advanced: Add small circles at the top of lift.</p> <p><b>Precautions :</b> Low-back or hip flexor pain.</p>     |
|      |  | Inverted V<br>Raises 8x | <p>Lie on your back with long loops around your ankles. Press legs out and point your toes. Place arms by your sides. Inhale, lift legs perpendicular to the reformer, keeping your pelvis neutral. Exhale, press legs out and point your toes. Repeat.</p> <p><b>Benefits:</b> Strengthens lower abs and 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> watch low back</p> <p><b>Modifications:</b> Beginner: Use lighter tension to reduce hip flexor strain. Intermediate: Lower for 4 steady counts. Advanced: Add small circles at the top of lift.</p> <p><b>Precautions :</b> Low-back or hip flexor pain.</p> |

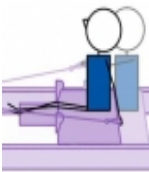
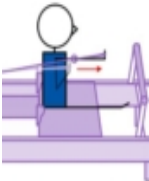
| Time | Image                                                                             | Pose                             | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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|      |  | Parallel<br>Leg Press<br>8x      | <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 legs and improves core stability.</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> straps over chins</p> <p><b>Modifications:</b> Beginner: Use lighter tension for easier control. Intermediate: Press out slowly for 4 steady counts. Advanced: Press out slower and keep pelvis completely still.</p> <p><b>Precautions :</b> Low-back or hip flexor pain.</p> |
|      |  | Butterfly<br>Stretch<br>Reformer | <p>Lie down and place long loops on your feet. Bend your knees and bring the soles of your feet together. Grab your feet, nod your chin, and fold forward. Push your tailbone down and hold for a few breaths. Release and repeat.</p> <p><b>Benefits:</b> Opens hips. Releases inner thigh tension.</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> Stretch</p> <p><b>Modifications:</b> Beginner: Keep knees higher and closer together. Intermediate: Pulse knees slightly while tailbone stays heavy. Advanced: Hold the fold for 5 slow breaths.</p> <p><b>Precautions :</b> Hip or knee pain.</p>                             |

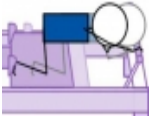
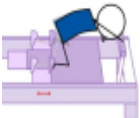
| Time | Image                                                                             | Pose                        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------|-----------------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      |  | Diamond<br>Leg Raises<br>8x | <p>Lie on your back and place long loops on your ankles. Extend your legs and keep your arms beside your body. Inhale, lift your legs perpendicular to the reformer. Bend your knees and bring your heels together. Exhale, press your legs out. Inhale, lift legs back to 90 degrees. Repeat.</p> <p><b>Benefits:</b> Strengthen core, 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> Small movement</p> <p><b>Modifications:</b> Beginner: Use lighter tension for easier pelvic control. Intermediate: Hold legs at 90 degrees for 5 seconds. Advanced: Add a small hip lift at 90 degrees.</p> <p><b>Precautions :</b> Low-back or hip flexor pain.</p> |
|      |  | Diamond II<br>Reformer      | <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> Improves hip mobility and core stability.</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> Keep shape</p> <p><b>Modifications:</b> Beginner: Use lighter tension for easier pelvic stability. Intermediate: Hold knees in for two seconds each rep. Advanced: Add a small hip lift at the bend.</p> <p><b>Precautions :</b> Low-back or hip flexor pain.</p>                  |

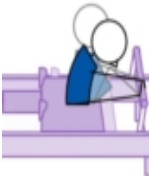
| Time  | Image                                                                               | Pose                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-------|-------------------------------------------------------------------------------------|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       |    | Leg Circles<br>Reformer | <p>Lie on your back with long loops on your feet. Extend legs at 45 degrees with heels together and toes pointed out. Exhale, push legs down, separate them, circle around, and bring them up to 90 degrees. Repeat, reversing the direction.</p> <p><b>Benefits:</b> Improves hip mobility and core control.</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> no ball, small cir</p> <p><b>Modifications:</b> Beginner: Use lighter tension for easier pelvic control. Intermediate: Hold legs at 90 degrees for two seconds. Advanced: Lower legs closer to carriage without pelvic shift.</p> <p><b>Precautions :</b> Low-back or hip pain.</p> |
|       |    | Reclining<br>Pigeon     | <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> no straps</p> <p><b>Modifications:</b> A) Keep bottom foot on carriage. B) Hold straps Instead of thigh. C) Deepen thigh pull. D) Hold longer. E) Combine with ankle circles.</p>                                                                                                                                                       |
| 00:10 |  | Upper<br>Body           | <p><b>Cues:</b> 1MED, short strap</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

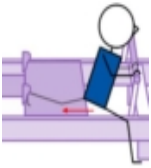
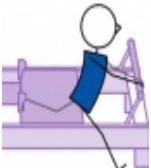
| Time | Image                                                                             | Pose                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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|      |  | Arm Extensions<br>6x | <p>Sit facing back of reformer. Extend legs. Hold short loops. Bring arms beside body. Inhale, lift arms slightly in front. Exhale, pull arms down and behind body. Repeat.</p> <p><b>Benefits:</b> Strengthens arms. Improves posture.</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> Facing tower, tall</p> <p><b>Modifications:</b> Beginner: Cross legs for better balance and comfort. Intermediate: Hold the reach behind for 2 seconds. Advanced: Lift legs slightly and keep pelvis steady.</p> <p><b>Precautions :</b> Neck or shoulder pain.</p>                                                |
|      |  | Tricep Curl<br>6x    | <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. Improves upper body endurance. Enhances core stability.</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> 90 degree bend</p> <p><b>Modifications:</b> Beginner: Use lighter springs for easier resistance. Intermediate: Perform with legs lifted off the carriage. Advanced: Add pulses at the end of each extension.</p> <p><b>Precautions :</b> Avoid locking elbows.</p> |

| Time | Image                                                                             | Pose              | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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|      |  | Bicep<br>Curls 6x | <p>Sit facing back of reformer. Extend legs. Hold short loops. Extend arms, palms facing up. Exhale, bend elbows. Inhale, straighten arms to start position. Repeat.</p> <p><b>Benefits:</b> Strengthens biceps. Improves arm control.</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> bis shoulder high</p> <p><b>Modifications:</b> Beginner: Cross legs to help you sit taller. Intermediate: Straighten arms over 4 slow counts. Advanced: 4 counts up, 4 counts down.</p> <p><b>Precautions :</b> Elbow or shoulder pain.</p>                                                                                                                                                                                                        |
|      |  | RollUp<br>Prep 4x | <p>Sit on the carriage facing the headrest, legs extended and crossed at the ankles. Hold straps in front. Exhale, pulling elbows back in a rowing motion. Inhale, extending arms and chest, looking up. Return to starting position. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders and biceps. Stabilises core. Strengthens spine. Improves posture. Opens chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/u236FJTYLZc">https://www.youtube.com/embed/u236FJTYLZc</a></p> <p><b>Cues:</b> Forward fold stret</p> <p><b>Modifications:</b> Beginner: Use lighter springs for a gentler range of motion. Intermediate: Increase arm range while maintaining controlled movement. Advanced: Add a deep chest opener at the extension phase.</p> <p><b>Precautions :</b> Avoid overstretching shoulders.</p> |

| Time  | Image                                                                               | Pose                        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-------|-------------------------------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|       |    | Full RollUp<br>4x           | <p>Sit on the carriage facing the headrest, legs extended and crossed at the ankles. Hold straps in front. Exhale, pulling elbows back in a rowing motion. Inhale, extending arms and chest, looking up. Return to starting position. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders and biceps. Stabilises core. Strengthens spine. Improves posture. Opens chest.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/u236FJTYLZc">https://www.youtube.com/embed/u236FJTYLZc</a></p> <p><b>Cues:</b> Slow back, exhale</p> <p><b>Modifications:</b> Beginner: Use lighter springs for a gentler range of motion. Intermediate: Increase arm range while maintaining controlled movement. Advanced: Add a deep chest opener at the extension phase.</p> <p><b>Precautions :</b> Avoid overstretching shoulders.</p> |
|       |    | Bow/Arrow<br>to Press 8x    | <p>Sit on carriage facing front of reformer. Extend legs. Hold short loops. Bend elbows, bring palms to shoulder level. Exhale, pull abdominals in, press arms out. Inhale, bend elbows. Repeat.</p> <p><b>Benefits:</b> Builds core strength and posture.</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> Turn around, add M</p> <p><b>Modifications:</b> Beginner: Cross legs for a steadier base of support. Intermediate: Press out over a full, slow exhale. Advanced: Lift legs slightly and keep them steady.</p> <p><b>Precautions :</b> Wrist, neck, or shoulder pain.</p>                                                                                                                                                      |
| 00:10 |  | Face<br>footbar on<br>knees | <p><b>Cues:</b> Drop Straps</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

| Time | Image                                                                             | Pose                              | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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|      |  | Kneeling<br>Arm Press<br>Reformer | <p>Use one heavy and one light spring. Place hands on the footbar with knees under hips. Press the carriage out, aligning the head with the arms. Inhale to pull the carriage back in. Exhale as you press away, keeping lower body still. Repeat.</p> <p><b>Benefits:</b> Strengthens shoulders and core stability.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/HIOFylfGiFs">https://www.youtube.com/embed/HIOFylfGiFs</a></p> <p><b>Cues:</b> Flat, straight spi</p> <p><b>Modifications:</b> Beginner: Use lighter tension to build control first. Intermediate: Return in for 4 steady counts. Advanced: Hover knees and press carriage out steadily.</p> <p><b>Precautions :</b> Wrist, knee, or shoulder pain.</p>                                                                                                          |
|      |  | Knee<br>Stretch<br>Reformer       | <p>Kneel on the reformer with hands on the footbar and soles against shoulder blocks, toes tucked. Pull abs in, sit back on heels, and round the spine slightly. Exhale, engage abs, lift knees off the platform. Inhale, straighten legs, slide platform back, squeezing thighs and glutes. Keep knees lifted, bend hips under, curl tailbone, and repeat.</p> <p><b>Benefits:</b> Knee strength. Targets hamstrings, quads, calves, and abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/NsObJ0g9epw">https://www.youtube.com/embed/NsObJ0g9epw</a></p> <p><b>Cues:</b> Drop 1 Med</p> <p><b>Modifications:</b> Beginner: Keep knees down and slide carriage gently. Intermediate: Keep knees hovering for the whole set. Advanced: Hover knees lower and keep them steady.</p> <p><b>Precautions :</b> Wrist or knee pain.</p> |

| Time | Image                                                                             | Pose                          | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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|      |  | Up Stretch<br>Reformer        | <p>Start in a plank position with hands on footbar and feet on carriage. Extend hips to press carriage away. Lengthen spine to neutral, then extend shoulders. To return, flex spine while keeping weight over heels.</p> <p><b>Benefits:</b> Torso, pelvis, shoulders and arms stability. Improves coordination.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/WgOMi1n15JY?start=24">https://www.youtube.com/embed/WgOMi1n15JY?start=24</a></p> <p><b>Cues:</b> Down dog</p> <p><b>Modifications:</b> A) Only lift hips slightly. B) Keep feet closer together. C) Take brief pauses at each phase. D) Pause at top of hip lift for 5 seconds. E) Add a Push-Up at end. F) Bring hands closer together.</p> <p><b>Precautions :</b> Knee pain. Avoid overarching.</p>                                                                                                                                                   |
|      |  | Monkey<br>Stretch<br>Reformer | <p>Place the balls of your feet hip-width apart on the bar and hold it. Inhale, press out to straighten your legs and lift your heels. Exhale, lower your heels and bend forward. Inhale, lift your heels again. Exhale, return to the starting position.</p> <p><b>Benefits:</b> Enhances hamstring flexibility, strengthens core, improves spinal articulation, promotes better posture. Stretches calves. Improves overall body alignment.</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 legs</p> <p><b>Modifications:</b> Beginner: Keep knees slightly bent when straightening legs. Intermediate: Add a slow roll-up through the spine on return. Advanced: Extend one leg fully while keeping the other bent.</p> <p><b>Precautions :</b> Avoid if you have lower back issues. Avoid locking knees to prevent strain.</p> |

| Time | Image                                                                             | Pose                             | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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|      |  | Scooter<br>Stretch<br>Reformer   | <p>Stand beside the Reformer, placing left knee on carriage and left foot near shoulder rest. Keep right foot on the floor. Square hips, hands on footbar. Exhale, press left leg back, lunge right knee forward, then return to start.</p> <p><b>Benefits:</b> Enhances hip mobility. Improves flexibility. Strengthens 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> Chest up, knee up</p> <p><b>Modifications:</b> Beginner: Use a lighter spring for less resistance. Intermediate: Add a slight forward bend to increase stretch. Advanced: Increase the range of motion with deeper lunge.</p> <p><b>Precautions :</b> Keep hips squared and knees aligned to avoid strain.</p> |
|      |  | Hamstring<br>Stretch<br>Reformer | <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> Straighten front l</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>                                                                                                    |

## Lesson Plan Description:

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