
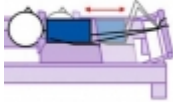
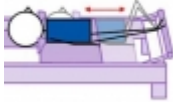
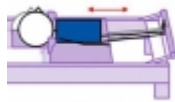
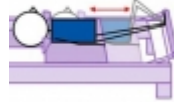

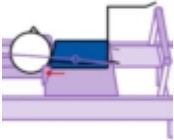
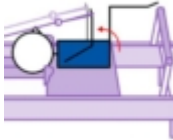
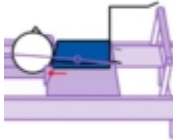
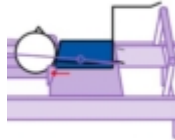
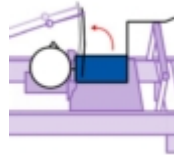
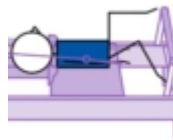
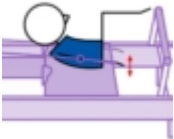

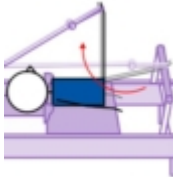
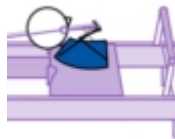
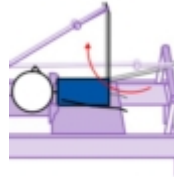

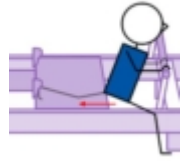


Reformer Flow: Full Body Workout

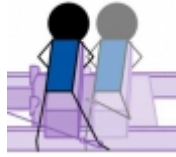
 <p>Footwork</p>	 <p>Footwork Arches</p>	 <p>Footwork Balls Of Feet</p>	 <p>Footwork Balls Of Toes</p>	 <p>Footwork Heels</p>	 <p>Arms In Straps</p>
 <p>Arms in Straps: Lower & Lift</p>	 <p>Arms in Straps: Tricep Press</p>	 <p>Arms in Straps: T Press or Angel Wings</p>	 <p>Arms in Straps: Cheerleader</p>	 <p>Supine Arm Extension Reformer</p>	 <p>Toe Dips Reformer</p>
 <p>Hundreds</p>	 <p>Feet In Straps</p>	 <p>Leg Circles</p>	 <p>Butterfly Stretch Reformer</p>	 <p>Frog</p>	 <p>Standing</p>



Skater Reformer



Scooter Stretch



**Reverse Frog Kicks
Reformer**



Longbox Hip Stretch



**Longbox Hamstring
Stretch**



**Longbox Shoulder
Stretch**

Lesson Plan Description:

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

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