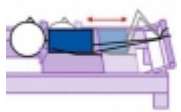
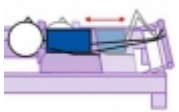
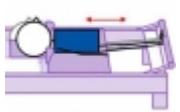
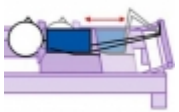
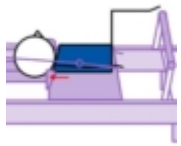
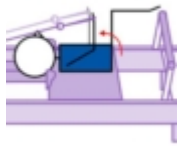
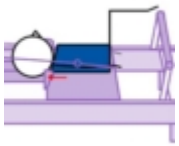
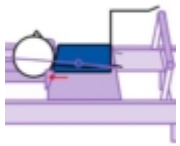
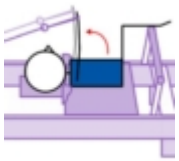
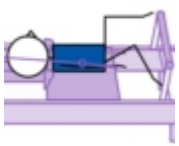
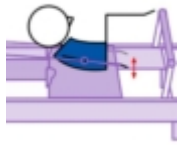
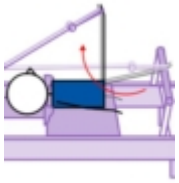
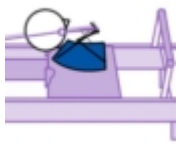
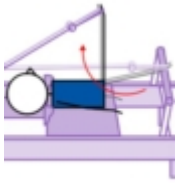
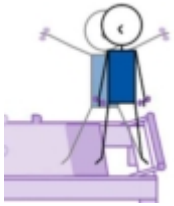
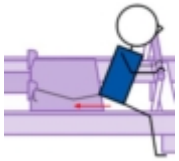
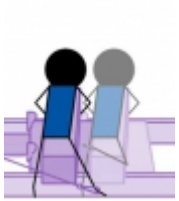
Reformer Flow: Full Body Workout

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

 **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