
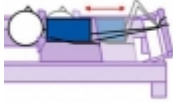
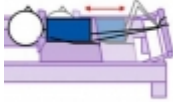
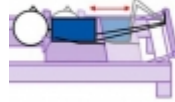
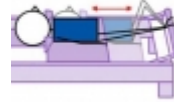
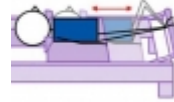





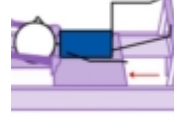
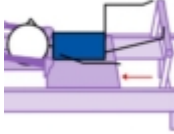
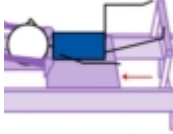
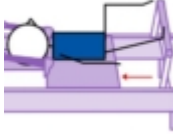
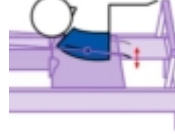

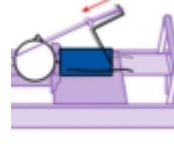
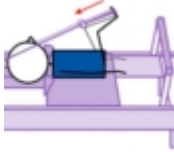
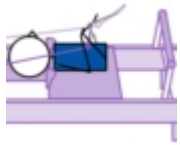

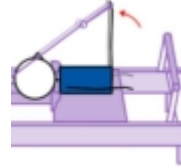
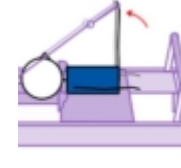
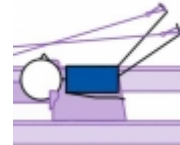

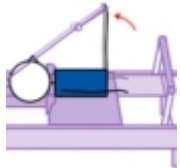
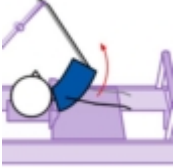

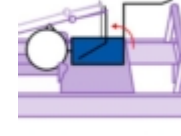
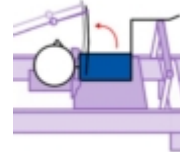
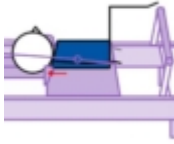
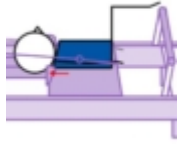
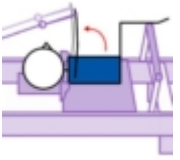

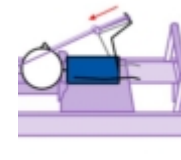
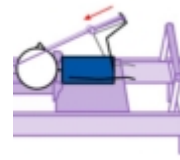
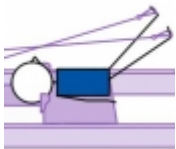
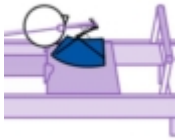

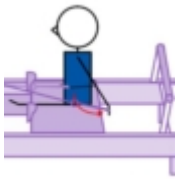
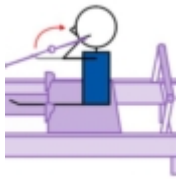
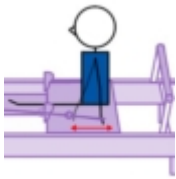
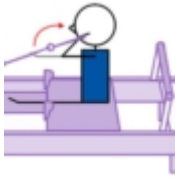
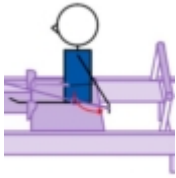
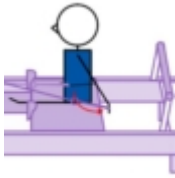
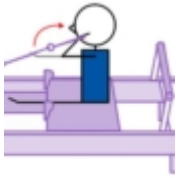


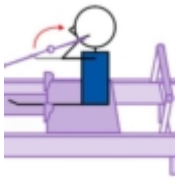
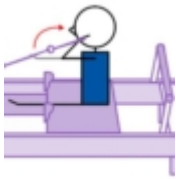

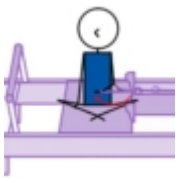
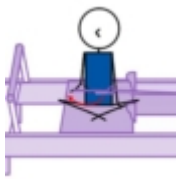
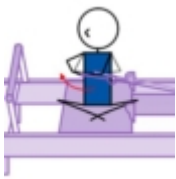
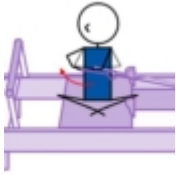
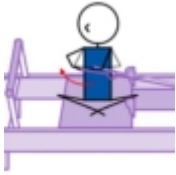

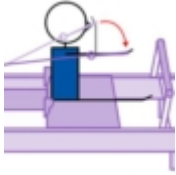
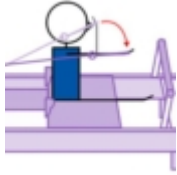
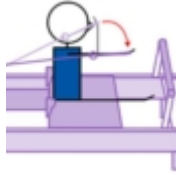

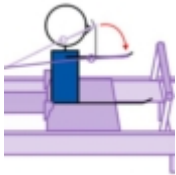
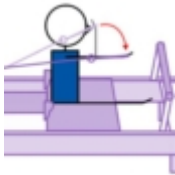
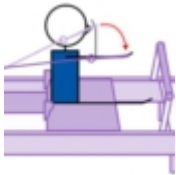

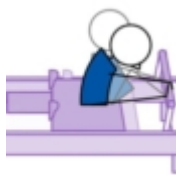
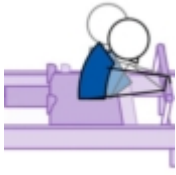
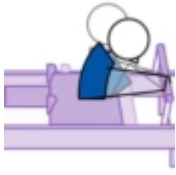
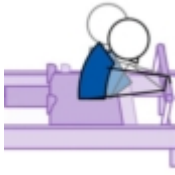
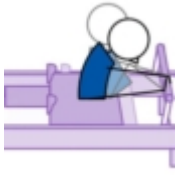

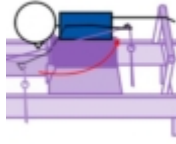



Stott Reformer Repertoire: Essential & Intermediate





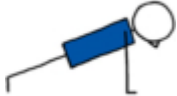
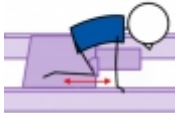
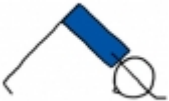
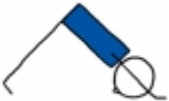


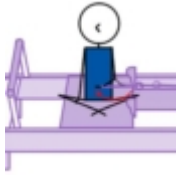
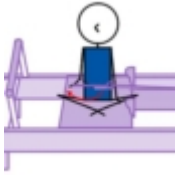
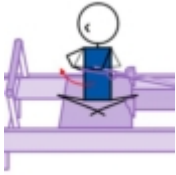
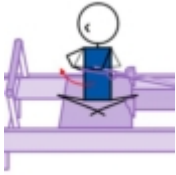
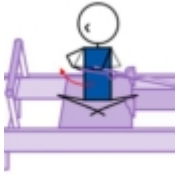
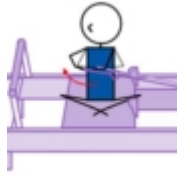
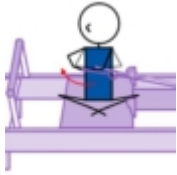

 <p>Footwork</p>	<p>TOES APART</p>  <p>FOOTWORK 1</p>	<p>TOES WRAP ON BAR</p>  <p>FOOTWORK 2</p>	<p>HEELS ON BAR</p>  <p>FOOTWORK 3</p>	<p>HIGH HALF TOE</p>  <p>FOOTWORK 4</p>	<p>LOWER & LIFT</p>  <p>FOOTWORK 5</p>
 <p>Second Position</p>	<p>PARALLEL</p>  <p>SECOND POSITION 1</p>	<p>LATERALLY ROTATED</p>  <p>SECOND POSITION 2</p>	<p>Medially Rotated</p>  <p>SECOND POSITION 3</p>	 <p>Single Leg</p>	<p>ONE LEG BENT</p>  <p>SINGLE LEG 1</p>
<p>BICYCLE</p>  <p>SINGLE LEG 2</p>	<p>DEVELOPE\`</p>  <p>SINGLE LEG 3</p>	<p>SINGLE HEAL</p>  <p>SINGLE LEG 4</p>	 <p>HUNDREDS</p>	 <p>Bend & Stretch</p>	<p>PARALLEL</p>  <p>BEND & STRETCH 1</p>







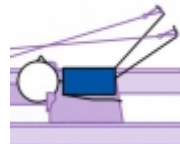
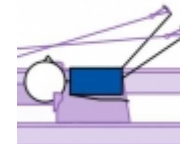
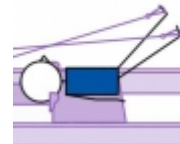

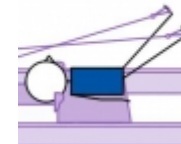

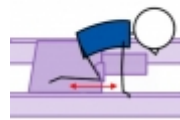
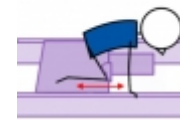
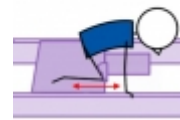
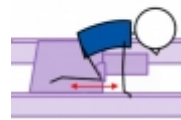

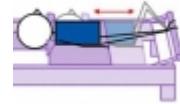
<p>LATERAL ROTATED</p>  <p>BEND & STRETCH 2</p>	<p>MEDIALLY ROTATED</p>  <p>BEND & STRETCH 3</p>	 <p>Lower & Lift</p>	<p>LEGS EXT PARALLEL</p>  <p>LOWER & LIFT 1</p>	<p>LEGS EXT LATERAL</p>  <p>LOWER & LIFT 2</p>	<p>LEGS EXT & PARA</p>  <p>ADDUCTOR STRETCH</p>
 <p>Short Spine</p>	<p>PREP</p>  <p>SHORT SPINE</p>	<p>FULL</p>  <p>SHORT SPINE</p>	 <p>Midback Series</p>	<p>TRICEP PRESS</p>  <p>MIDBACK SERIES</p>	<p>STRAIGHT DOWN</p>  <p>MIDBACK SERIES</p>
<p>45 DEGREES</p>  <p>MIDBACK SERIES</p>	<p>SIDE</p>  <p>MIDBACK SERIES</p>	<p>CIRCLES</p>  <p>MIDBACK SERIES</p>	 <p>Coordination</p>	<p>TT & DIAMOND</p>  <p>BEATS</p>	<p>LEGS EXT & LAT</p>  <p>FROG</p>

<p>LEGS EXT & LAT</p>  <p>STAG</p>	<p>FLX FWD & TT</p>  <p>COORDINATION</p>	<p>.</p>  <p>Back Rowing (part I)</p>	<p>PLOW</p>  <p>BACK ROWING PREPS 1</p>	<p>OPEN ARMS</p>  <p>BACK ROWING PREPS 2</p>	<p>AIRPLANE</p>  <p>BACK ROWING PREPS 3</p>
<p>BICEPS CURLS</p>  <p>BACK ROWING PREPS 4</p>	<p>TRICEPS</p>  <p>BACK ROWING PREPS 5</p>	<p>ROLL DOWN</p>  <p>BACK ROWING PREPS 6</p>	<p>ROLL w BICEP CURL</p>  <p>BACK ROWING PREPS 7</p>	<p>ROLL w OBLIQUES</p>  <p>BACK ROWING PREPS 8</p>	 <p>Back Rowing (part II)</p>
<p>ROUND BACK</p>  <p>BACK ROWING 1</p>	<p>STRAIGHT BACK</p>  <p>BACK ROWING 2</p>	 <p>Side Arm</p>	<p>INTERNAL ROTATION</p>  <p>SIDE ARM PREPS SEATED 1</p>	<p>EXTERNAL ROTATION</p>  <p>SIDE ARM PREPS SEATED 2</p>	<p>ADDUCTION</p>  <p>SIDE ARM PREPS SEATED 3</p>

<p>ABDUCTION</p>  <p>SIDE ARM PREPS SEATED 4</p>	<p>SIDE TWIST SITTING</p>  <p>SIDE TWIST SITTING</p>	<p>Front Rowing (part I)</p>  <p>Front Rowing (part I)</p>	<p>STRAIGHT FORWARD</p>  <p>FRONT ROWING PREPS 1</p>	<p>SECOND POSITION</p>  <p>FRONT ROWING PREPS 2</p>	<p>OFFERING</p>  <p>FRONT ROWING PREPS 3</p>
<p>Front Rowing (part II)</p>  <p>Front Rowing (part II)</p>	<p>ARM CIRCLES</p>  <p>FRONT ROWING 1</p>	<p>ROUND FWD & CIRCLE</p>  <p>FRONT ROWING 2</p>	<p>SALUTE</p>  <p>FRONT ROWING 3</p>	<p>Stomach</p>  <p>Stomach</p>	<p>PREP</p>  <p>STOMACH MASSAGE 1</p>
<p>ROUND BACK</p>  <p>STOMACH MASSAGE 2</p>	<p>STRAIGHT BACK</p>  <p>STOMACH MASSAGE 3</p>	<p>REACHING</p>  <p>STOMACH MASSAGE 4</p>	<p>TWIST</p>  <p>STOMACH MASSAGE 5</p>	<p>Arms Pulling</p>  <p>Arms Pulling</p>	<p>PLOW</p>  <p>ARMS PULLING STRAPS</p>

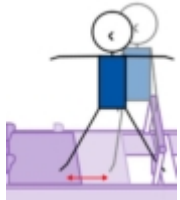
<p>AIRPLANE</p>  <p>ARMS PULLING STRAPS 2</p>	<p>TRICEPS</p>  <p>ARMS PULLING STRAPS 3</p>	 <p>Backstroke</p>	<p>LONGBOX</p>  <p>BACKSTROKE PREP</p>	 <p>Feet Pulling Straps</p>	<p>HAMSTRING CURLS</p>  <p>FEET PULLING STRAPS 1</p>
<p>KNEELING 1 LEG PUL</p>  <p>FEET PULLING STRAPS 2</p>	<p>KNEE LIFT</p>  <p>FEET PULLING STRAPS 3</p>	<p>SIDE LYING 1 LEG</p>  <p>FEET PULLING STRAPS 4</p>	 <p>Short Box</p>	 <p>ROUND BACK</p>	<p>USE POLE</p>  <p>STRAIGHT BACK</p>
 <p>TWIST</p>	<p>USE POLE</p>  <p>TWIST w ROUND BACK</p>	<p>USE POLE</p>  <p>LEAN</p>	 <p>TREE PREP</p>	 <p>TREE</p>	 <p>Mermaid</p>

<p>SIDE BEND IN STRAP</p>  <p>MERMAID SHORT BOX</p>	<p>HAWK IN STRAP</p>  <p>MERMAID SHORT BOX</p>	<p>BOW & ARROW STRAP</p>  <p>MERMAID SHORT BOX</p>	 <p>Elephant</p>	<p>TOES ON HEADREST</p>  <p>LONG STRETCH</p>	<p>KNEEL FLXED OVER</p>  <p>DOWN STRETCH</p>
<p>FEET SHOULDER RES</p>  <p>UP STRETCH</p>	<p>ROUND BACK</p>  <p>ELEPHANT 1</p>	<p>FLAT BACK</p>  <p>ELEPHANT 2</p>	 <p>Kneeling Side Arm</p>	<p>INTERNAL ROTATION</p>  <p>KNEELING SIDE ARM PREPS 1</p>	<p>EXTERNAL ROTATION</p>  <p>KNEELING SIDE ARM PREPS 2</p>
<p>ADDUCTION</p>  <p>KNEELING SIDE ARM PREPS 3</p>	<p>ABDUCTION</p>  <p>KNEELING SIDE ARM PREPS 4</p>	<p>LONG ARM ADDUCTION</p>  <p>KNEELING SIDE TWIST 5</p>	<p>LONG ARM ABDUCTION</p>  <p>KNEELING SIDE TWIST 6</p>	<p>KNEELING</p>  <p>KNEELING SIDE TWIST</p>	 <p>Kneel Reverse Expansion</p>

<p>STRAIGHT FORWARD</p>  <p>KNEEL REVERSE EXPANSIONS 1</p>	<p>TEARDROPS OUTWARD</p>  <p>KNEEL REVERSE EXPANSIONS 2</p>	<p>TEARDROPS INWARD</p>  <p>KNEEL REVERSE EXPANSIONS 3</p>	<p>SALUTE</p>  <p>KNEEL REVERSE EXPANSIONS 4</p>	<p>BICEP CURL</p>  <p>KNEEL REVERSE EXPANSIONS 5</p>	 <p>Leg Circles</p>
<p>PARALLEL</p>  <p>LEG CIRCLES 1</p>	<p>LATERAL</p>  <p>LEG CIRCLES 2</p>	<p>MEDIAL</p>  <p>LEG CIRCLES 3</p>	 <p>Long Spine</p>	<p>ADD & ABD</p>  <p>LONG SPINE EXTENDED STRAP</p>	 <p>Knee Stretches</p>
<p>ROUND BACK</p>  <p>KNEE STRETCHES 1</p>	<p>STRAIGHT BACK</p>  <p>KNEE STRETCHES 2</p>	<p>EXTENDED BACK</p>  <p>KNEE STRETCHES 3</p>	<p>KNEES OFF</p>  <p>KNEE STRETCHES 4</p>	 <p>Running</p>	<p>RECOVER</p>  <p>RUNNING</p>

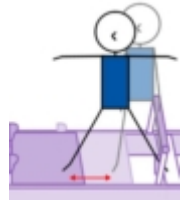
 <p>Hips</p>	<p>1 INCH</p>  <p>HIP LIFT</p>	<p>ARTICULATE</p>  <p>HIP ROLLS</p>	 <p>Thighs</p>	<p>FOOT BAR & SHOULDE</p>  <p>SINGLE THIGH STRETCH</p>	<p>FLOOR STANDING</p>  <p>SINGLE THIGH STRETCH MODIFICATION</p>
 <p>Front Splits</p>	<p>STANDING CARRIAGE</p>  <p>FRONT SPLITS</p>	<p>FRONT KNEE BENT</p>  <p>FRONT SPLITS MODIFICATION</p>	 <p>Back Splits</p>	<p>FACE PULLY</p>  <p>BACK SPLITS</p>	<p>HOLD SHOULDER REST</p>  <p>BACK SPLITS MODIFICAITON</p>
 <p>Side Splits</p>	<p>ABDUCTION</p>  <p>SIDE SPLITS 1</p>	<p>ADDUCTION</p>  <p>SIDE SPLITS 2</p>	<p>PLIE OUT</p>  <p>SIDE SPLITS 3</p>	<p>PLIE IN</p>  <p>SIDE SPLITS 4</p>	<p>CARRIAGE LEG PRESS</p>  <p>SIDE SPLITS 5</p>

PLATFORM LEG PRESS



SIDE SPLITS 6

SKATING

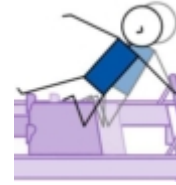


SIDE SPLITS 7



Star

KNEES DOWN



STAR PREP

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](#)