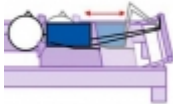
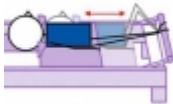
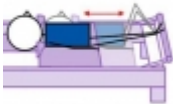
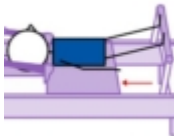
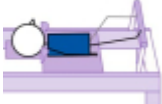
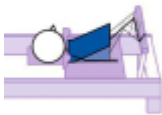
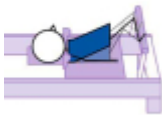
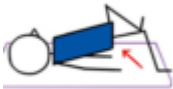
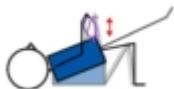
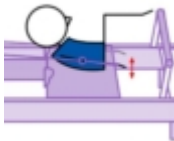
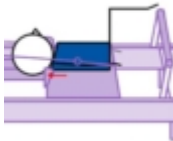
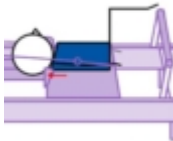
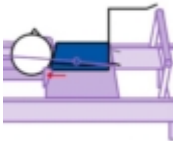
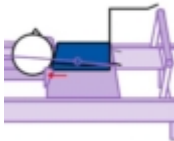
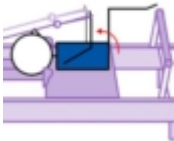
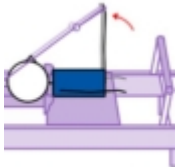
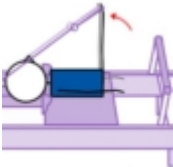
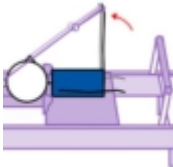
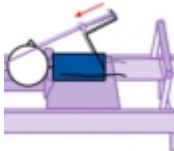
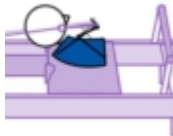
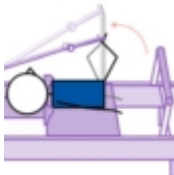
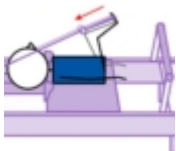
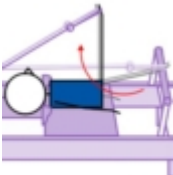
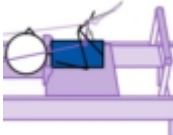
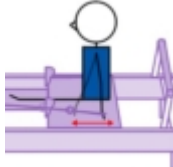
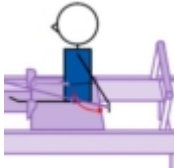
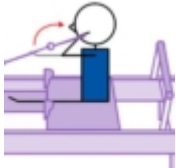
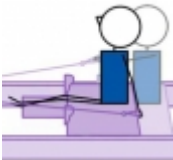
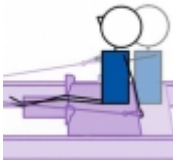
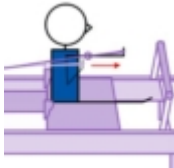
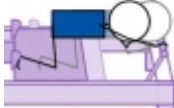
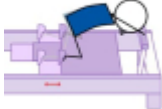
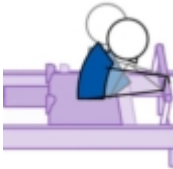
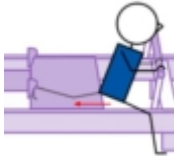


45-Minute Intermediate Pilates Reformer: Strength, Stability & Flow

3 mediums Footwork  No straps	neutral spine  Footwork Heels parallel	arms reaching  Bird on Perch	move from core  Balls Of Feet High Heels	exhale, inhale  Double Heel Lift	return to heels  Running
light = hard, BALL  Bridge w/ball	headrest down  Pelvic tilt	Relax neck, face  Bridge 3x	push through heel  Bridge Leg Up 3x	Advanced  Bridge Circle 3x	1 medium  Midback
1 med protect neck  Hundreds	pull w/midback  I 5x	not past shoulder  Y 5x	tabletop zip thigh  T 5x	tabletop zip thigh  Arm circles 5x	Add legs/ab crunch  Tricep Extensions 5x

2 Med Long Straps  CORE Ball opt	move from core  Leg Raises 8x	45 degrees  Pilates V Raises 8x	watch low back  Inverted V Raises 8x	straps over chins  Parallel Leg Press 8x	Stretch  Butterfly Stretch Reformer
Small movement  Diamond Leg Raises 8x	Keep shape  Diamond II Reformer	no ball, small cir  Leg Circles Reformer	no straps  Reclining Pigeon	1MED, short strap  Upper Body	Facing tower, tall  Arm Extensions 6x
90 degree bend  Tricep Curl 6x	bis shoulder high  Bicep Curls 6x	Forward fold stret  RollUp Prep 4x	Slow back, exhale  Full RollUp 4x	Turn around, add M  Bow/Arrow to Press 8x	Drop Straps  Face footbar on knees

Flat, straight spi  Kneeling Arm Press Reformer	Drop 1 Med  Knee Stretch Reformer	Down dog  Up Stretch Reformer	Straight legs  Monkey Stretch Reformer	Chest up, knee up  Scooter Stretch Reformer	Straighten front l  Hamstring Stretch Reformer
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Lesson Plan Description:

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