

Strap Up

Exercise	Reps	Springs	Props	Direction
Jackknife in straps	3 mins	1 heavy		Lying on the carriage, arms down to start, feet in straps and Pilates V position. Roll spine up and knees come towards shoulders, roll down and push legs out. Move this on by keeping the spine off the carriage and placing the hands on the bottom for support. Push out into straps. Then do a final round with straight legs lifting and lowering.
Single Hand Strap Hundreds	2 mins	1 heavy		One hand in adjacent strap. Roll up and extend legs together out and hold. Once up, fly free arm back and start to pump hand in strap up and down. Swap sides after 1 min.

Opening Flow

Flow

Exercise	Reps	Springs	Props	Direction
Squat and Strap Pull	3 mins	1 medium		Standing beside reformer, feet hip width distant apart. One hand in strap. Squat and pull strap, elbow coming into ribs. Stand and

				release. Hold for final 1 min to pulse squat.
Lat and Oblique Pull Ups	2 mins	1 medium		Kneeling on carriage, one side up against shoulder block, hands up on the frame in front. First pull up with just arms, shoulders coming over wrists then complete by using lower body to pull carriage in more. Hold at end to just do Oblique pull using just the lower body.
Twisted Pull Through	1 min	1 medium		Four point kneel on the carriage. Opposite arm threads under body to grab strap. Pull it through to come out of the twist.
REPEAT SQUAT AND STRAP PULL ON THE OTHER SIDE				
REPEAT LAT AND OBLIQUE PULL UPS ON THE OTHER SIDE				
REPEAT TWISTED PULL THROUGH ON THE OTHER SIDE				

Flow 2

Exercise	Reps	Springs	Props	Direction
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Side Kneeling leg in strap	2 mins	1 medium		One hand on headrest, other behind head, one knee down on carriage, opposite foot in strap. Whilst remaining in the side kneel push out and in with the strap. Then pulse tiny kicks forward. Then do semi circles, tapping the floor and lifting back up. Hold to rotate upper body to carriage.
Side Bends with Strap	2 mins	1 medium		Kneeling, hand furthest away holds strap and create side bend shape with free hand overhead. Pull strap to lengthen and restock spine, taking arms to T.
REPEAT SIDE KNEELING LEG IN STRAP ON THE OTHER SIDE				
REPEAT SIDE BENDS WITH STRAP ON THE OTHER SIDE				

Flow 3

Exercise	Reps	Springs	Props	Direction
Split stretch walks	2mins	1 light	Box	Box on the floor beside reformer. Hands on box at foot bar end. One foot on platform other against shoulder block. Legs extended, walk the hands up and down the box to increase and decrease split. Hold at the end.
Push Up and Knee Tap Holds	2 mins	1 light		Hands on foot bar, feet on front edge of the carriage. Bend elbows, hold to lift one knee in and tap footbar, extend leg and the push up. Repeat directly on the other side.
REPEAT SPLIT STRETCH WALKS ON THE OTHER SIDE				