

Reformer Barre Fusion with Amy (Box, Sticky Pad)

Flow

Exercise	Reps	Springs	Props	Direction
Bridge -Heels -Toes - Leg Pull -Toes - Leg Pull	30 sec. heels 3 leg pulls each side	3 heavy springs		Heels on bar/hips width, arms to ceiling
Leg Sways - Opposite Arm Sways	6 total			Arms & legs start to ceiling, legs together
Single Straight Leg Stretch	20 sec.			C-curve, legs parallel, pull hands behind calf
Footwork -Heels/Parallel -Pilates V/Toes - Heels Low -Wide V/Toes - Heels Low -Wide V/Heels	10 each position			Ballet arms on last wide V set
Side Lying Footwork -Parallel -Turned Out - Bottom Leg Extended -Repeat Each Position	10 each position	2 heavy springs		Headrest up/L ear on headrest, R foot on bar, L leg bent on carriage
Hands in Straps -Curl Up/Down -Beat, Beat, Out -Curl/Beat Combo.	20 sec. each	1 heavy or 1 medium		Bar down, hands in short straps, legs start in table top
Rollover	30- 45 sec.			Hands on carriage with straps, headrest down
Side Lying 1 Leg in Strap -Battements -Develope -Battements Close Front/Back	6-8 battements 3 developer 8 battements front/back			L ear on headrest, headrest up, lying on L side, L leg hovering, R foot in long strap
Elephant Variation -Both Feet Down -1 Leg Elephant (R Side) -1 Leg Elephant to Side (R) -Plank - Push-ups -Complete everything on L side	6-8 elephant 4 push-ups	1 medium or 1 heavy		Bar down

Exercise	Reps	Springs	Props	Direction
Repeat Elephant Variations / NO PUSH-UPS <i>(Complete everything on toes/heel against shoulder rest)</i>	6-8 each			
Side Kneeling Arms -1 Strap - Hug a Tree -1 Strap - Rotation (O Arm) -1 Strap - 4th/Side Bend Complete Side 2	4-6 each position	1 light		Face the side/kneeling away from shoulder rests, L hand in short strap Switch to R hand for side 2
Side Splits Section -Parallel -Turned Out/Arms in 2nd -Gliding Grande Plie Squat -Hold Plie - Carriage Press -Add Circular Arms Complete Side 2	3 each 10 carriage press/5 with arms	1 heavy		Bar down, R foot on platform, L foot on carriage Switch legs for side 2
Swan	3		Box	Long box on carriage, bar on low shelf, hips at edge, toes on bar/heels together
Pulling Straps - T Arms	8-10			Chest off edge, hold short straps, T arms, legs long behind you
Ending Standing Stretch	20 sec.			Reaching to ceiling/floor