

Reformer Refined (No Props)

Flow

Exercise	Reps	Springs	Props	Direction
Kneeling Plank -Down Stretch -Hold Bent Elbows - Tricep Push-ups	10 down stretch 30 sec. tricep push-ups	1 light/1 blue		Bar up, feet against shoulder rests, hands on bar
4 Pt. Kneeling (1 Hand in Strap) -1 Arm Bicep Curl (1 Leg Lifted) -Hold Curl - Pulse -Donkey Kicks -Donkey Lifts/Pulses -Tippy Bird Push-ups	10 curls 20 sec. pulses 10 donkey kicks 10 donkey lifts/pulses -8 tricep push-ups			R hand in short strap, hands on front of carriage, R knee behind you on carriage, L leg extended behind you
1/2 Kneeling (1 Hand in Strap) -Alt. Serving/Calf Raise -Overhead Tricep Press	6-8 serving/ calf raise 10 tricep presses			R knee stays down, L foot comes forward one carriage, hand stays in short strap
Standing Series -Alt. Floor Lunge/Hinge -Calf Raises Only -Pulses -Lunge Stretch -Heavy Scooters -Lunge Stretch -Floor Curtsy/Rainbow Sweep	10 each 10 sec. stretch 20 scooters 5 sec. stretch 10 curtsy/ rainbow	***Change to 1 medium & 1 light for scooter		L foot on floor/L side of machine, R foot against shoulder rest
Kneeling Plank -REPEAT Down Stretch/Tricep Push-up	Reps listed above	1 light		Start with down stretch again
Side 2 -Kneeling 1 Arm Bicep Curl/ Donkey Kick/Lift Section	Reps listed above			L hand in strap
Side 2 -1/2 Kneeling Serving Arm/ Overhead Tricep Press	Reps listed above			R foot forward

Exercise	Reps	Springs	Props	Direction
Side 2 Standing Series -Lunge/Calf Raise/Pulse/Heavy Scooter/Curtsey	Reps listed above	Start on 1 light *change to 1 light & 1 medium for scooters		R side of machine
Sumo Squat Hold (Hands in Straps/Straddle Carriage) -Alt. Row/Calf Raise -Hold - Pulses -Push Carriage Away -Seated Side Stretch	10 each 10 sec. stretches	1 medium/1 red		Straddle machine/facing risers, hands in short straps, cross straps, elbows narrow
4 Pt. Kneeling -Kneeling Lat Pull -Reverse Abs	10 each			Hands on frame/facing risers, knees against shoulder rests
Footwork -Heels/Parallel -Halfway In - Hold/Pulses -Toes/Parallel -Calf Raise/Bend -Pulse Calf Raise -Halfway In - Hold/Pulses -Pilates V -Halfway In - Pulses -Prancing -Heels/Wide -Halfway in - Pulses	30 sec. full presses 10 sec. hold 15 sec. pulses 30 sec. toes full/calf raise 15 sec. hold/pulses 10 Pilates V full press 15 sec. Pulses 10 heels wide full press 10 pulses	All springs		Heels on bar, hips width, 3 counts out/1 count in
Feet in Straps -Lowers/Lifts -Giant Circles -Stretches	5 up/down 5 circles each way 10 sec. each stretch	2 medium/2 red		Feet in long or short straps