



Den Danske Pilateskole

REFORMER ØVELSERNE:

Footwork
Hundred
Overhead
Coordination

Rowing series

- 1)
 - 2)
 - 3)
 - 4)
- Shaving
Hug

1st long box

Pull straps
T straps
Backstroke
Teaser
Breastroke

Hamstring stretch
Horseback

Long stretch series

Long stretch
Down stretch
Up stretch
Elephant
One leg Elephant

Long back stretch

Stomach massage series

Round
Hands back
Reach
Twist

Tendon stretch

Short box series

Round
Reach
Side to side
Twist and reach
Around the world
Tree

Short spine massage/High frog

Semi circles
Chest expansion
Thigh stretch
Arm circles
Snake/twist
Corkscrew

Tic toc
Balance control off
Long spine massage
Leg circles/Frogs
Mermaid

Knee stretches series

Round
Arch
Knees off

Running
Pelvic lift
Control push up front/back
Star
Side splits
Front splits
Russian splits