



Den Danske Pilateskole

REFORMER ØVELSERNE – det fulde repertoire:

Footwork
Hundred
Short spine massage

Coordination

1st long box

Pull straps
T straps
Backstroke
Teaser

Long stretch series

Long stretch
Down stretch
Up stretch
Elephant
One leg Elephant

Long back stretch

Stomach massage series

Round
Hands back
Reach
Twist

Short box series

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

Semi circles

Leg circles/Frogs

Knee stretches series

Round
Arch
Knees off

Running
Pelvic lift
Front splits