



Den Danske Pilateskole

REFORMER ØVELSERNE – det fulde repertoire:

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

Tendon stretch one leg

Short box series

Round

Reach

Side to side

Twist and reach

Around the world

Tree

Short spine massage/High frog

Semi circles

Headstand front

Headstand back

Chest expansion

Thigh stretch

Arm circles

Swakate

Snake/twist

Headstand w/ straps

Corkscrew

Tic toc

Balance control off

2nd Long box

Swimming

Rocking

Grasshopper

Long spine massage

Leg circles/Frogs

Mermaid

High bridge

Knee stretches series

Round

Arch

Knees off

Running

Pelvic lift

Control push up front/back

Star

Side splits

Front splits

Russian splits

Grande Ecarte

Russian squat