



Den Danske Pilateskole

REFORMER ØVELSERNE – del 1:

Footwork Series

- Toes
- Arches
- Heels

Tendon Stretch

- One Hundred
- Leg Circles & Frogs
- 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
- Tree

Short Spine Massage

Semi Circles

Knee stretches series

- Round
- Arch
- Knees off

- Running
- Pelvic Lift
- Front Splits