



Den Danske Pilateskole

REFORMER ØVELSERNE – fulde repertoarer:

Footwork Series

Toes
Arches
Heels

Tendon Stretch

One Hundred

(Frog & Leg Circles)

Overhead

Coordination

Rowing Series

1)
2)
3)
4)
Shaving
Hug

1st Long Box

Pull Straps
T - Straps
Backstroke
Teaser
Breaststroke
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 & Back Bend

Arm Circles

Swakate

Snake & Twist

Headstand w/Straps

Corkscrew

Tic Toc

Balance Control Off

2nd Long Box

Grasshopper
Swimming
Rocking

Long Spine Massage

Leg Circles & Frog

Mermaid

High bridge

Knee Stretch Series

Round
Arch
Knees Off

Running

Pelvic lift

Control Push Up Front

Control Push Up Back

Star

Side Splits

Front Splits

Russian Splits

Grande Echarde

Russian Squat