

## ESSENTIAL MATWORK

\* Indicates exercises to be accomplished within the first five sessions

### WARM UP & PRINCIPLES

* BREATHING	
* IMPRINT AND RELEASE	
* HIP RELEASE	
* SPINAL ROTATION	
* CAT STRETCH	
* HIP ROLLS	
* SCAPULA ISOLATION	
* ARM CIRCLES	
* HEAD NODS	
* ELEVATION AND DEPRESSION OF SCAPULAE	

### EXERCISES

* AB PREP	5 to 10 reps
* BREAST STROKE PREPS 1 2 3	3 to 5 reps
* SHELL STRETCH	
* HUNDRED	10 sets
* HALF ROLL BACK	5 to 8 reps
ROLL UP	5 to 8 reps
* ONE LEG CIRCLE	5 reps
* SPINE TWIST	3 to 5 reps
* ROLLING LIKE A BALL	8 to 10 reps
* SINGLE LEG STRETCH	8 to 10 reps
* OBLIQUES	8 to 10 reps

* DOUBLE LEG STRETCH	5 to 10 reps
* SCISSORS	8 to 10 reps
SHOULDER BRIDGE PREP	3 to 6 reps
* ROLL OVER PREP	6 to 8 reps
* HEEL SQUEEZE PRONE	8 to 10 reps
ONE LEG KICK PREP	5 to 8 reps
BREAST STROKE	5 to 8 reps
* SHELL STRETCH	
SAW	3 to 5 reps
NECK PULL PREP	5 to 8 reps
OBLIQUES ROLL BACK	3 to 5 reps
SIDE KICK	8 to 10 reps
SIDE LEG LIFT SERIES 1 2 3 4 5	5 to 10 reps
* SPINE STRETCH FORWARD	3 to 5 reps
TEASER PREP	3 to 5 reps
SINGLE LEG EXTENTION	6 to 8 reps
* SWAN DIVE PREP	5 to 8 reps
SWIMMING PREP	2 to 4 reps
* SHELL STRETCH	
LEG PULL FRONT PREP	3 to 6 reps
SEAL	8 to 10 reps
SIDE BEND PREP	3 to 5 reps
PUSH UP PREP	5 to 10 reps





## ESSENTIAL REFORMER

\* Indicates exercises to be accomplished within the first five sessions

EXERCISES		
* FOOTWORK	3 or 4 springs	10 to 12 reps
1 TOES APART HEELS TOGETHER		
2 WRAP TOES ON BAR		
3 HEELS ON BAR		
4 HIGH HALF TOE		
5 LOWER & LIFT		
* SECOND POSITION	3 or 4 springs	10 to 12 reps
1 PARALLEL		
2 Laterally rotated		
3 Medially rotated		
SINGLE LEG	2 or 3 springs	5 to 10 reps
1 ONE LEG BENT		
2 BICYCLE		
3 SINGLE HEEL		
* HUNDRED	2 or 3 springs	10 sets
* BEND & STRETCH	2 springs	10 reps
1 PARALLEL		
2 Laterally rotated		
3 Medially rotated		
* LIFT & LOWER	2 springs	5 reps
1 PARALLEL		
2 Laterally rotated		
* ADDUCTOR STRETCH	2 springs	5 reps
SHORT SPINE - PREP/FULL	2 springs	5 reps
* MIDBACK SERIES	1 or 2 springs	5 reps
1 TRICEPS PRESS		
2 STRAIGHT DOWN		
3 FORTY FIVE DEGREES		
4 SIDE		
5 CIRCLES		
BACK ROWING PREPS	1 or 2 springs	5 to 10 reps
*1 PLOW		
*2 OPEN ELBOWS		
*3 AIRPLANE		
*4 BICEPS CURLS		
*5 TRICEPS		
6 ROLL-DOWN		
7 ROLL-DOWN WITH BICEPS CURLS		
8 ROLL-DOWN WITH OBLIQUES		
* SIDE ARM PREPS SITTING	1/2 or 1 spring	5 to 10 reps
1 INTERNAL ROTATION		
2 EXTERNAL ROTATION		
3 ADDUCTION		

4 ABDUCTION		
* SIDE TWIST SITTING	1/2 or 1 spring	5 reps
* FRONT ROWING PREPS	1 or 2 springs	5 reps
1 STRAIGHT FORWARDS		
2 SECOND POSITION		
3 OFFERING		
STOMACH MASSAGE	2 or 3 springs	10 reps
PREP		
1 AIRPLANE		
2 TRICEPS		

LONG BOX		
ARMS PULLING STRAPS	1/2 or 1 spring	5 reps
1 PLOW		
2 AIRPLANE		
3 TRICEPS		

SHORT BOX		
ROUND BACK	2 springs	5 reps
STRAIGHT BACK	2 springs	5 reps
TWIST	2 springs	5 reps
TREE	2 springs	3 reps

ELEPHANT	1 or 2 springs	10 reps
1 ROUND BACK		
2 STRIAIGHT BACK		

* MERMAID	1 spring	3 to 5 reps
LEG CIRCLES	2 springs	10 reps
1 PARALLEL		
2 Laterally rotated		
3 Medially rotated		

KNEE STRETCHES	2 springs	10 reps
PREP		
1 ROUND BACK		
2 STRAIGHT BACK		

* RUNNING	2 or 3 springs	20 to 60 reps
* HIP LIFT	2 or 3 springs	10 reps

HIP ROLLS	2 or 3 springs	5 to 10 reps
* PREP		
FULL		

* SINGLE THIGH STRETCH	2 springs	5 reps
SIDE SPLITS	1/2 to 2 springs	8 to 10 reps
1 ABDUCTION		
2 ADDUCTION		



## ADVANCED REFORMER

EXERCISES		
FOOTWORK 1 2 3 4 5	3 or 4 springs	10 to 12 reps
SECOND POSITION 1 2 3	3 or 4 springs	10 to 12 reps
HUNDRED	2 or 3 springs	10 sets
SHORT SPINE	2 springs	5 reps
COORDINATION	2 springs	5 reps
BACK ROWING 1 2	1 or 2 springs	5 reps
FRONT ROWING 1 2 3 4	1 or 2 springs	5 reps

FIRST LONG BOX		
SWAN DIVE PREP	2 springs	3 sets
ARMS PULLING STRAPS 1 2 3	1 spring	5 reps
BACK STROKE	1 or 2 springs	5 reps
TEASER PREP 1 2 3 4 5	1 spring	4 reps
BREAST STROKE 1 2	1 spring	5 reps
HORSEBACK PREP 1 2 3 4	1 spring	4 reps

LONG STRETCH	1 or 2 springs	5 reps
DOWN STRETCH	2 springs	2 sets
UP STRETCH 1 2 3 4	1 or 2 springs	5 reps
ARABESQUE / ATTITUDE PREP	1 or 2 springs	5 reps
LONG BACK STRETCH PREP	2 springs	3 reps
STOMACH MASSAGE 1 2 3 4 5 6	2 or 3 springs	5 to 10 reps
TENDON STRETCH PREP 1 2 3 4	2 springs	5 reps
OVERHEAD PREP	2 springs	5 reps
SEMI CIRCLE	2 springs	3 reps
CHEST EXPANSION 1 2	1 or 2 springs	6 reps
THIGH STRETCH 1 2	3 springs	5 reps
SIDE ARM WORK 1 2 3 4 5	1 or 2 springs	5 reps
REVERSE EXPANSION 1 2 3 4 5	1 or 2 springs	4 reps
SNAKE PREP	1 or 2 springs	3 reps
TWIST	1 or 2 springs	3 reps
CORKSCREW	2 springs	3 reps
BALANCE CONTROL	2 springs	2 reps

SECOND LONG BOX		
ROCKING	2 springs	5 reps
FEET PULLING STRAPS	2 springs	5 reps
SWIMMING	2 springs	4 sets
SWAN DIVE	2 springs	5 reps
GRASSHOPPER	2 springs	5 reps

SHORT BOX		
ROUND BACK	2 springs	5 reps
STRAIGHT BACK	2 springs	5 reps
TWIST WITH ROUND BACK	2 springs	3 reps
LEAN 1 2 3	2 springs	3 reps
TREE 1 2 3	2 springs	3 reps
MERMAID 1 2 3	2 springs	3 to 5 reps

ELEPHANT 1 2	1 or 2 springs	10 reps
LEG CIRCLES 1 2 3	2 springs	10 reps
LONG SPINE	2 or 3 springs	3 reps
KNEE STRETCHES 1 2 3 4 5	2 springs	10 reps
RUNNING	3 or 4 springs	20 to 60 reps
HIP LIFT	2 or 3 springs	10 reps
SHOULDER BRIDGE	2 or 3 springs	3 reps
HIP ROLLS	2 or 3 springs	5 to 10 reps
SINGLE THIGH STRETCH	2 springs	5 reps
FRONT SPLITS	2 springs	5 reps
BACK SPLITS	1 or 2 springs	5 reps
SIDE SPLITS 1 2 3 4 5 6 7 8 9	1/2 to 2 springs	8 to 10 reps
CONTROL FRONT 1 2 3	1 or 2 springs	6 reps
CONTROL BACK	1 or 2 springs	6 reps
HIGH BRIDGE 1 2	2 springs	5 reps
STAR PREP 1 2 3	1 or 2 springs	5 reps

# COMPLETE LADDER BARREL

ESSENTIAL     INTERMEDIATE     ADVANCED

## STRETCHES

BALLET STRETCHES 1 rep

## FEET ON LADDER

SIDE BEND 8 to 10 reps

OBLIQUES WITH FLEXION 5 reps

ROTATION PRONE 5 reps

SWAN DIVE PREP 3 reps

## HANDS ON LADDER

LOWER & LIFT 5 to 10 reps

LEG CIRCLES 8 reps

SCISSORS 4 sets

BEATS 4 sets

SWAN DIVE 5 reps

GRASSHOPPER 5 reps

## SIDE-LYING

SIDE LEG LIFTS 1 2 3 5 to 10 reps

SCISSORS 4 sets

ONE ARM PRESS 5 to 10 reps

## SHORT BOX SERIES

ROUND BACK - HALF 5 reps

ROUND BACK - FULL 5 reps

STRAIGHT BACK 5 reps

TWIST 5 reps

TWIST WITH ROUND BACK 3 reps

LEAN 1 3 reps

LEAN 2 3 3 reps

TREE - HALF 3 reps

TREE 1 3 reps

TREE 2 3 3 reps

## SITTING

SCISSORS

BICYCLE

LOWER & LIFT

LEG CIRCLES

HIP TWIST

HORSEBACK

## FLAT BACK

SCISSORS

BICYCLE

LOWER & LIFT

LEG CIRCLES

CORKSCREW

HANDSTAND









# INTERMEDIATE / ADVANCED CADILLAC

INTERMEDIATE  ADVANCED

## ROLL-DOWN BAR

- NECK PULL
- ROLL-DOWN WITH BACK EXTENSION
- TWIST WITH PULSES
- PORT DE BRAS PREP
- SIDE BEND PREP
- TWIST AROUND THE WORLD
- THIGH STRETCH
- AIRPLANE

## ROLL-DOWN BAR STANDING

- TRICEPS LUNGE

## TRAPEZE

- BALLET STRETCHES STANDING
- SPREAD EAGLE
- PULL UP
- REVERSE PULL UP
- WALKOVER
- SCISSORS IN AIR
- BICYCLE IN AIR
- TUCK INTO FLEXION & EXTENSION

## PUSH-THRU BAR SPRINGS FROM ABOVE

- SIT-UP COMBO
- TEASER SERIES 1 2 3 4 5
- PUSH-THRU WITH FEET PREP 1 2 3
- CAT
- PUSH-THRU ON STOMACH
- MERMAID WITH ROTATION
- SIDE BODY TWIST
- PUSH-THRU ON BACK WITH EXTENSION
- BRIDGE 1 2

## HANGING FROM UPRIGHTS

- SPREAD EAGLE

## HANGING FROM HORIZONTALS

- KNEE RAISES
- KNEE RAISES WITH OBLIQUES
- CIRCLES
- BEATS

## PUSH-THRU BAR SPRINGS FROM BELOW

- MONKEY
- GUILLOTINE PREP
- HIP OPENER
- TEASER SERIES 1 2 3 4 5

## ARM SPRINGS

- BACK ROWING 1 2
- FRONT ROWING 1 2 3 4 5
- FLYING EAGLE WITH LEG SPRINGS

## ARM SPRINGS STANDING

- SIDE TWIST STANDING
- REVERSE EXPANSION 1 2 3 4 5
- OFFERING
- HUG A TREE
- BUTTERFLY
- PUNCHES
- FENCER LUNGES PREP 1 2
- SQUATS

## LEG SPRINGS

- BEATS
- SHORT SPINE
- LONG SPINE
- MAGICIAN CIRCLES
- MAGICIAN BEATS
- MAGICIAN WALKS

## LEG SPRINGS SIDE-LYING

- SCISSORS
- OVALS 1 2
- SIDE KICK STRETCH
- DEVELOPÉ
- ROND DE JAMBE

## FUZZY HANGING STRAPS

- BALLET STRETCHES
- SPREAD EAGLE
- ABDOMINAL CURLS
- HALF HANG
- FULL HANG 1 2