

# Pilates Reformer Exercises

## BEGINNER & INTERMEDIATE



Footwork [1] [2]



Hundred [1] [2]



Short Spine Massage [1] [2]



Coordination [1] [2]



Pulling Straps I [1] [2]



T-Pull [1] [2]



Backstroke Swimming [1] [2]



Teasers [1] [2]



Round Back [1] [2]



Straight Back [1] [2]



Side to Side [1] [2]



Twist & Reach [1] [2]



Tree [1] [2]



Side Sit Up [1] [2]



Long Stretch [1] [2]



Down Stretch [1] [2]



Up Stretch [1] [2]



Elephant [1] [2]



Long Back Stretch [1] [2]



Stomach Massage Round [1] [2]



Stomach Massage Hands Back [1] [2]



Stomach Massage Reach [1] [2]



Stomach Massage Twist [1] [2]



Semicircle [1] [2]



Leg Circles & Frog [1] [2]



Kneeling Knee Stretches - Round [1] [2]



Kneeling Knee Stretches - Archway [1] [2]



Kneeling Knee Stretches - Knees Off [1] [2]



Running [1] [2]



Pelvic Lift [1] [2]



Side Split [1] [2]



Front Split [1] [2]

Level:  
 [1] Beginner  
 [2] Intermediate  
 [3] Suggested number of springs  
 Suggested spring setting is based on a reformer with 4 equal springs.

# Advanced Pilates For Beginners Step Plan For Creators

**Rose Army**



## **Advanced Pilates For Beginners Step Plan For Creators:**

## **Advanced Pilates For Beginners Step Plan For Creators** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Advanced Pilates For Beginners Step Plan For Creators**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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