

BUILD

REFORMER PILATES LESSON PLANS

Greater resistance, technique and building strength.

Lesson Plan 1: Full Body Strength

Warm-Up:

Diaphragmatic breathing

Arm circles

Leg swings

Front stretch (*variations*)

Reformer Exercises :

Footwork series

Leg press with added resistance (both, single, leg through, leg over, turn out, pulse)

Kneeling front stretch, stand front stretch

Chest press with heavy springs

Arm work with dumbbells stationary (lat raise, front raise, fly, press, curl, pulse)

Single arm strap with opt to add DB in other hand

Back rowing with increased tension

Elephant with a focus on resistance

Strength Focus :

Scooter glute kicks- (full stretch, 1.2 stretch. Pulse, heel lifted)

Plank variations on the reformer

Footwork in straps

Cool Down :

Spinal stretch

Hip opener

Final relaxation

Lesson Plan 2: Core Strength

Warm-Up :

Deep breathing

Leg circles

Chest opener

Reformer Exercises :

Hundred (*variations*) (side, one arm, knee bent, legs up)

Long stretch series with focus on core stability

Teaser / relevant abdominal work

Coordination (add ball between feet)

Side Plank series

Footwork in straps with Ball

Strength Focus :

Plank variations on the reformer

Russian twists

Cool Down :

Seated stretch

Relaxation

Lesson Plan 3: Lower Body Strength

Warm-Up :

Pelvic tilts

Ankle circles

Leg swings

Reformer Exercises :

Leg press with heavy springs

Glute bridges (*variations*)

Side splits

Single-leg footwork

Inner thigh press

Lunges on the reformer

Strength Focus :

Squats with footbar

Calf raises on the reformer

Standing on reformer side leg work

Cool Down :

Hamstring stretch

Quad stretch

Savasana

Lesson Plan 4: Upper Body Strength

Warm-Up :

Shoulder rolls

Chest expansion

Arm circles

Reformer Exercises :

Chest press with heavy springs

Triceps press (*variations*)

Chest Flye (*variations*)

Back rowing series with increased tension

Mermaid stretch with added resistance

Sakata (side arm work)

Chest opener with resistance

Strength Focus :

Push-ups on the footbar

Push up variations, slide, narrow, wide etc.

Arm work with hand weights on the reformer

Cool Down :

Chest opener

Arm stretches
Final relaxation

Lesson Plan 5: Stability and Strength

Warm-Up :

Pelvic tilts
Roll-downs
Arm and leg reaches

Reformer Exercises :

Stability exercises on the reformer
kneeling arm work- front raise, circles, knee stretch (*variations*)
Teaser series with stability focus
Long back stretch with stability challenge
Swan dive with stability emphasis
Long Box swan exercises (*variations*)

Strength Focus :

Plank variations on the reformer
Leg pull front with resistance

Cool Down :

Side-lying leg lifts
Spine stretch forward
Relaxation

Lesson Plan 6: Power and Strength

Warm-Up :

Active breathing
Roll-ups
Arm reach and roll

Reformer Exercises :

Jump board series
Coordination with power (hands in straps) (*variations*)
Leg press with explosive movement
Elephant (*variations*)
Lunge series, with Flamingo lift, with kick back lift, Curtsey lunge, curtsey pulse

Strength Focus :

Plank variations on the reformer
Push-ups on the footbar
Short box plank, plank to press, single leg press (*variations*) hands on bar

Cool Down :

Forward bend
Spinal twist
Shavasana

Lesson Plan 7: Dynamic Strength

Warm-Up :

Diaphragmatic breathing

Leg circles

Chest opener

Reformer Exercises :

Footwork series with dynamic movements

Coordination with agility focus

Side splits with dynamic range of motion

Back rowing with quick tempo

Mermaid stretch (*variations*)

Kneeling side facing arm work- single arm row, cross body row/ draw the sword, lateral lean

Kneeling side facing leg work, hand on shoulder pad, 1 kneel & 1 foot on bar (*variations*)

Strength Focus :

Dynamic lunges on the reformer

Plank variations with dynamic movements

Cool Down :

Child's pose

Seated stretch

Recovery poses

Lesson Plan 8: Progressive Strength

Warm-Up :

Deep breathing

Roll-downs

Arm circles

Front stretch (*variations*)

Reformer Exercises :

Progressive resistance on footwork series

Gradual increase in tension for chest press and triceps press

Progressive resistance in leg press and side splits

Combination/ hands in straps , progressive

Gradual resistance for back rowing series- (*variations*)

Pec dec, tricep press, kneeling tricep press.

Standing on Reformer squats to stand. Use poles if need – omit if necessary

Strength Focus :

Progressive plank variations on the reformer

Incremental increase in hand weights for arm work

Cool Down :

Hamstring stretch

Figure 4

Quad stretch

Recovery stretches