



## REFORMER PILATES LESSON PLANS

Improving endurance, body conditioning and overall strength.

### Lesson Plan 1: Core Foundations

#### Warm-Up :

Deep Breathing

Pelvic Tilts

Arm Circles

#### Core Activation :

Footwork on the Reformer

Pelvic Curl

Hundred

Single Leg Circles

#### Upper Body Toning :

Arm Series with Springs

Chest Expansion

Back Rowing

#### Cool Down and Stretching :

Spine Stretch Forward

Swan Prep

Child's Pose

### Lesson Plan 2: Glute and Leg Sculpt

#### Warm-Up :

Roll Down

Hundred

Leg Circles

#### Leg and Glute Activation :

Footwork on the Reformer (Variations)

Side Splits

Lunges on the Reformer

Single Leg Press

#### Core and Upper Body Integration :

Coordination

Rowing Series

Triceps Press

#### Cool Down and Stretching :

Mermaid Stretch

Swan Dive

Seated Forward Bend

## Lesson Plan 3: Total Body Burn

### Warm-Up :

Deep Breathing

Roll Down

Hundred

### Full Body Engagement :

Long Stretch Series

Coordination

Short Box Series

Jump Board Series

### Upper Body and Core Toning :

Arm Circles with Springs

Teaser

Knee Stretches Round Back

Lunge series, add cardio, Pilates ball, little jump/ hop/ heel lift.

### Cool Down and Stretching :

Cat-Cow Stretch

Swan Prep

Spine Twist

## Lesson Plan 4: Cardio and Strength Fusion

### Warm-Up :

The Hundred

Roll Over

Jumping Series

### Cardio Challenge :

Cardio-Tramp Rebounder

Jump Board Lunges

Running on the Reformer

### Total Body Sculpting :

Long Stretch Series

Twist and Reach

Elephant

### Resistance and Power :

Rowing Series

Arm Circles with Springs

Side Splits

### Cool Down and Stretching :

Child's Pose

Swan Prep

Seated Forward Bend

## Lesson Plan 5: Pilates for Flexibility

### Warm-Up :

Deep Breathing

Chest Opener

Spine Stretch Forward

### Flexibility Flow :

Short box sit up series

Short box climb the tree

Short box straddle sit sideways. Oblique & abdominal work (*variations*)

Long box- Swan dive (off other end) Swan, Prone laying shoulder press, single arm

Long box- kneeling gute kick, straight leg lift, circles, dinkey R&L

### Lengthening and Stretching :

Mermaid Stretch

Sidel lying single leg in straps (*variations*)

### Balance and Stability :

Teaser

Stomach massage (*variations*)

Glute bridge series (*variations*)

### Cool Down :

Cat-Cow Stretch

Child's Pose

Spine Twist

## Lesson Plan 6: Upper Body Sculpt

### Warm-Up :

Deep Breathing

Roll Down

Hundred

### Upper Body Focus :

Arm Circles with Springs

Chest Expansion

Back Rowing

Triceps Press

Pull Straps Series

### Core Integration :

Coordination

Teaser Progressions

Knee Stretches Round Back

### Cool Down and Stretching :

Mermaid Stretch

Swan Dive

Seated Forward Bend

## Lesson Plan 7: Core Stability and Flexibility

### Warm-Up :

Deep Breathing

Pelvic Tilts

Arm Circles

### Core and Flexibility :

Footwork on the Reformer

Hundred

Single Leg Circles

Tower on the Reformer

Swan Dive

### Lower Body Activation :

Legs in straps, Circles, press, wide, V, raise, long spine, play about with long spine

Side Splits, kneeling side splits, warrior 2 lunges, warrior 2 lunges with arms

Lunges on the Reformer

### Cool Down and Stretching :

Mermaid Stretch

Saw

Child's Pose

## Lesson Plan 8: Dynamic Power and Balance

### Warm-Up :

The Hundred

Roll Over

Leg Circles

### Power and Balance :

Jump Board Series

Running on the Reformer

### Total Body Sculpting :

Plank press/ plank pike/ plank dips. Add DBS/ pilates ball for additional challenge/

Long Stretch Series

Reverse ab crunches, hold the top/back of the reformer frame + use 1 light spring,

Elephant, both legs / single leg. Curved and flat. + leg lift R&L

### Cool Down and Stretching :

Cat-Cow Stretch

Swan Prep

Seated Forward Bend