

Reformer Strap Workout

8-6-18

Exercise Type	Level	Intensity	Equipment
Pilates	Intermediate	Medium	Pilates Reformer

Description	Merrithew Springs Color Code System
Definitely a favorite for most people on the Reformer strap work is great for mobility and strength. This workout is intermediate level and perfect workout for those who love the straps and want a challenging workout.	Reformer: Full Tension - Red 50% Tension - Blue 25% Tension - White

Workout

Exercise	Recommended Springs	Equipment Set-up and Notes	Reps
Back Row Position Roll Down Add Extension at Top Add Extension at Bottom Roll Down with Obliques	2 Heavy Springs	Seated on carriage facing back, legs over Headrest, Straps in hands	5 each
Seated facing side Spine Twist Overhead Press / Side Bend <i>Repeat on other side</i>	1 Heavy Spring	Hold Strap in far hand Strap in closest hand	5 each
Front Rowing Position Reaches Forward Add Flexion and Extension of Spine Offering	1 Heavy Spring	Seated on carriage facing front, Straps in hands	5 each
Feet in Straps Bend and Stretch Lift and Lower Reciprocal Frog - Forward and Reverse Stag Short Spine Reverse Short Spine Straps Crossed Bend and Stretch (Hip Distance Apart) Add Abduction Leg Circles Single Leg Bend and Stretch Reciprocal Add Lift and Lower <i>Repeat on other leg</i> <i>Then, Repeat series with opposite strap</i>	2 Heavy Springs 1 Heavy Spring	Supine on Carriage with straps on feet.	5 each

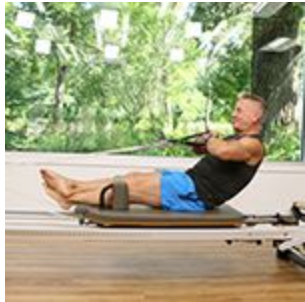
Exercise	Springs	Equipment Set-up and Notes	Reps
Reverse Teaser Series Roll Down Add Legs Table Top Add Extension Off End Add Extended Legs	1 Heavy Spring	Seated on Carriage facing back with enough room behind to roll down.	5 of each
Reverse Crunches Leg Pulls Leg Circles	1-2 Heavy Springs	Supine on Carriage with head at Spring end. Straps on thighs by knees.	5 each
Side Lying Arm Work Lat Pull (Strap up to Elbow) Biceps Curl Overhead Press Arm and Torso Circles	1 Light Spring 1 Very Light Spring	Side Lying on Carriage with seat against back Shoulder Rest, legs folded around front Shoulder Rest.	5 of each
Side Lying Leg Work Bend and Stretch Side Kick Lift Leg to Ceiling <i>Repeat on other side</i>	1 Heavy Spring	Side Lying on Carriage with head resting on arm on Headrest, bottom leg folded on Carriage and Strap on top foot.	5 of each
Standing Facing Side Side to Side Lunge Add Rotation	1 Heavy Spring	Stand on floor facing Carriage with closest Strap in hands. Hinge Forward at hips.	3-5 each
Long Box - Prone over Headrest end Lat Pull (Straps Crossed) Unilateral Plow <i>Repeat on other side</i> Surfer Prone over Spring end Biceps Curls Overhead Press Side Lying Long Arm Lat Pull Triceps Press <i>Repeat on other side</i> Seated Facing Back Biceps Curls Triceps Kickbacks Facing Front Chest Press Overhead Throw Offering	1 Light to 1 Heavy Spring	Lay on Box. Prone over Headrest. Prone over Spring end. Side Lying on Headrest. Seated on Box facing back.	3-5 each

Programming Tips

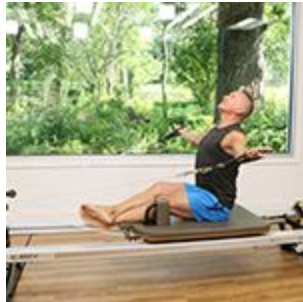
The recommended springs are for a Merrithew® Reformer. Other manufacturer's Reformers will need different springs. Please be sure that you or your clients and classes are ready for all of these exercises. Proper assessment and progressions must be completed with each participant in order to assure a safe and effective workout.

Quick Reference Photos

Back Rowing Position



Roll Down



Add Extension at Top

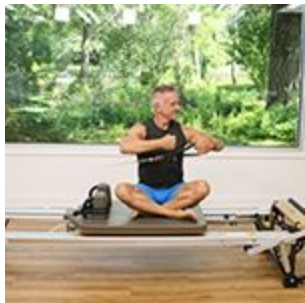


Add Extension at Top

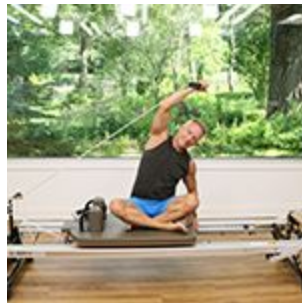


Roll down with Obliques

Seated Facing Side

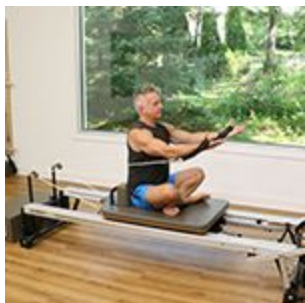


Spine Twist using Back Hand

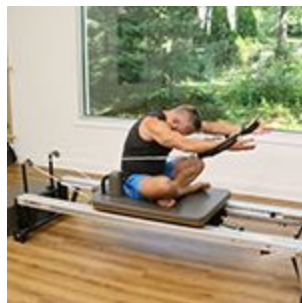


Bicep Curl / Overhead Press / Side Bend

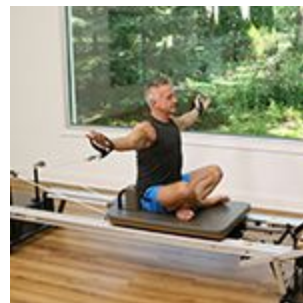
Front Rowing Position



Reach Forward



Add Flex and Extend Spine



Offering

Feet in Straps



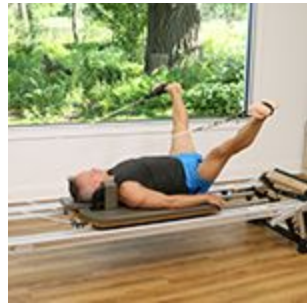
Bend and Stretch



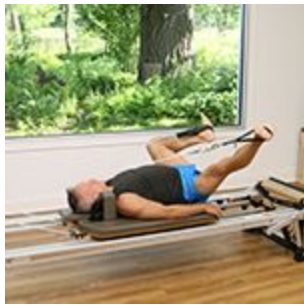
Lift and Lower



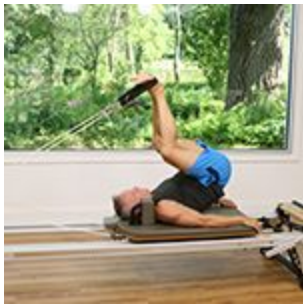
Reciprocal



Frog Forward and Reverse



Stag



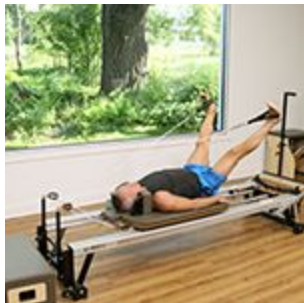
Short Spine



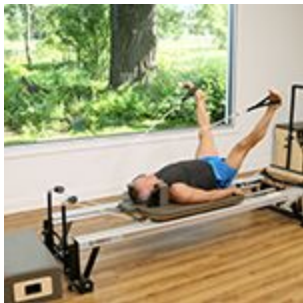
Reverse Short Spine



Crossed Bend and Stretch



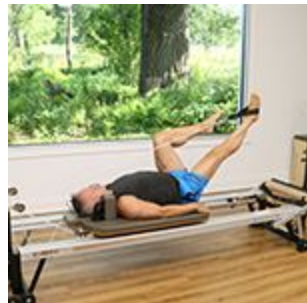
Add Abduction



Circles



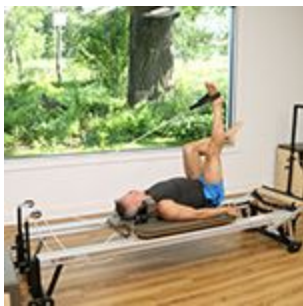
Stag



Single Bend and Stretch

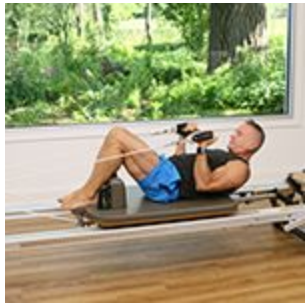


Add Reciprocal



Add Lift and Lower

Side Kneeling Series



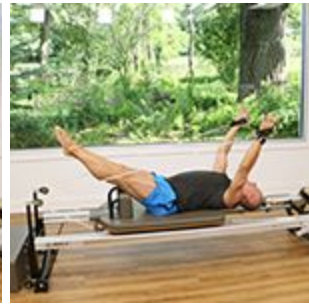
Spine Twist



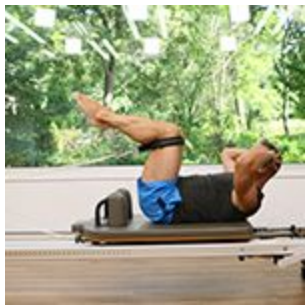
Backhand



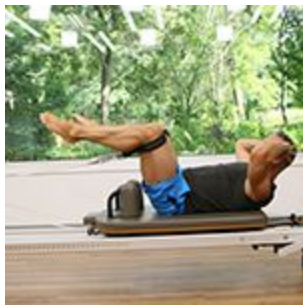
Side Bend Overhead Press



Reverse Crunches



Leg Pulls



Add Leg Circles

Side Lying Strap Work



Lateral Raise



Biceps Curls



Shoulder Press



Arm and Torso Circles

Stand Facing Side of Carriage



Side to Side Lunge



Add Rotation

Long Box Prone over Headrest



Lat Pull with Ropes Crossed



Unilateral Plow



Surfer

Long Box Prone over Spring End



Biceps Curls



Overhead Press

Side Lying on Long Box

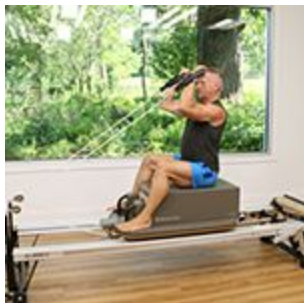


Side Lying Lat Pull

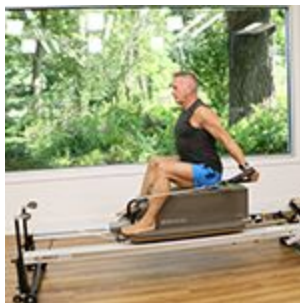


Triceps Press

Seated on Long Box Facing Back

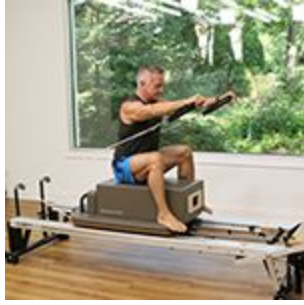


Biceps Curls

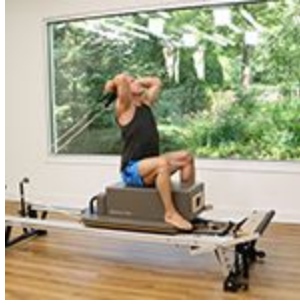


Triceps Kickbacks

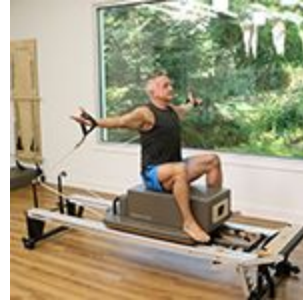
Seated on Long Box Facing Front



Chest Press



Overhead Throw



Offering