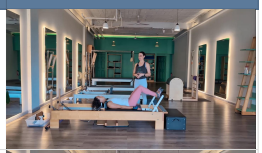
Move Your Spine 1

	Style	Apparatus	Level	Props
	Pilates	Reformer	All	

	Exercise	Springs	Layers	Reps	Notes	Photo
Warm Up	Footwork	3 - 4	Parallel Arches, Pilates V, Bird on a Perch, Heels, Tendon Stretch	10 ish of each	Add pulses if you like	
Warm Up	Bridging	3 - 4	Bridge , add pushing the carriage out and in	5 ish	Focus on articulating the spine and imagining you move one verterbra at a time	
Warm Up	Hands in straps	1.5 - 2	Lower and Lift, Open the side, circles in both directions, Chest Lifts, The Hundred	5 of each	Take your time and layer in as much as you want here	
Abs	Roll Downs	1 - 2	Roll Downs, Roll Downs with Twist	5 is of each	Focus on spine articulation	
Pull / Push	Rows & Overhead Press	1	Rows, add over head press, add straight arm lift (next exercise)	10 of each	The first set of rows can be with a heavier spring if you want to elicit more strength	
Push	Straight Arm Lift	1			This is optional and can be layered into the previous exercise	
Legs	Lunges	1	Lunges, add heel raises	10 - 15		
Abs / Stretch	Elephant	1.5 - 2	Elephant	10		
Spinal Moves	One Leg Elephant with Spine Articulation	1 - 1.5	One Leg Elephant with Spine Articulation	5 ish	Focus on taking the front knee as low as possible to moving your spine as much as possible	
Legs	Lunges Other Side	1	Lunges, add heel raises	10 - 15		
Pull	Long Box Pulling Straps	1	Pulling Straps, add circles	10 - 15	Slow and controlled	

Spinal Moves	Swan	1	Swan	5 - 8	Focus on peeling up and down	
Spinal Moves	Short Box	All	Spine Articulation Round, Spine Articulation Twist, Side to Side	10 - 15	Focus on articulating the spine	
Spinal Moves / Abs	Up Stretch	1 - 2	Up stretch	6 - 8	Focus on articulating the spine	
Spinal Moves	Down Stretch	1.5 - 2	Down Stretch	6 - 8	Focus on getting the hips as low as possible and keeping the gaze up	
Legs	Knee Stretches	2	Round, Arch, Knees Off	10 of each	Focus on maintaining the spine shape while moving the legs	
Stretch	Tendon Stretch Prep	1 - 1.5	Tendon Stretch Prep (Sitting on the bar)	5 ish	Flex the feet to start the movement	
Stretch / Abs	Tendon Stretch	1 - 2	Tendon Stretch	6 - 8	Keep the hips in front of the bar, and start the movement by flexing the feet	
Cool Down	Mermaid	1	Mermaid	3 of each		
Cool Down	Standing Roll Down	NA	Standing Roll Down	1