

CADILLAC

REVERSE MONKEY

Place spring on Cadillac from below I tower bar. Use safety strap;
Lie on Cadillac in reverse monkey position. Place feet on bar;
Press legs up to straighten. Bend.

NOTES: _____

RUSSIAN SQUATS AND STANDING LEG STRETCH

Stand on Cadillac. Hold Tower bar;
Bend and Straighten legs. Repeat with single leg;
Place one foot on bar. Bend and straighten. Bend and straighten to ceiling;
Press upward;
Repeat side.

NOTES: _____

STANDING LEG SPRINGS

Stand on the floor at the end of the Cadillac. Hold the leg straps in hands.

Knee Bends

Single Leg

THIGH LIFT

Kneel on trap table facing the open end; straight arms extend to wood bar;
Press bar down using shoulder blades, and release up;
Repeat 3 - 5 times;
Hinge straight back, lift up without changing the position of the hip and spine;
Repeat 3 - 5 times.

NOTES: _____

CHEST EXPANSION

Sit on the heels with a straight spine, facing the open end/bar, hands on the bar;
Press the body straight up, and lower back down to the heels;
Press the arms down to the thighs and release the bar back up;
Inhale press the arms down to torso/towards the thighs;
Exhale turn the head right/left and bring the head back to center;
Keep exhaling and release arms to front;
(Alternate starting sides of turning the head -- first right then left);
Repeat Standing;
Repeat Standing. ADD: Knee bends.

NOTES: _____

REFORMER

CHEST EXPANSION

Sit on heels with straight spine facing head rest; knees against shoulder rests;
Hold straps;
Lift up into a kneeling position;
Bring the arms back behind the torso at sides and release to the front;
Repeat 3 – 5 times;
Inhale, press the arms back behind torso at sides;
Exhale turn the head right/left and bring the head back to center;
Keep exhaling and release arms to front;
(Alternate starting sides of turning the head -- first right then left);
Repeat 4 times.

NOTES: _____

STANDING SINGLE LEG STRETCH

Stand behind reformer, facing carriage. Place 1 foot on carriage with knee bent;
Extend leg, bend in. Extend leg. Lift heel. Lower heel. Bend in;
Repeat with other leg.

NOTES: _____

BALANCE CONTROL WITH LEG LIFTS

Kneel on carriage. Place hands on shoulder rests. Place feet on foot bar;
Bring body to plank position. Press arms out;
Pull in under shoulder;
Flex & point feet;
Lift one leg. Flex and point feet;
Repeat other leg.

NOTES: _____

RUSSIAN SQUAT – ALL SPRINGS

Stand on reformer holding straps in hand facing away from springs bend and straighten legs;
Single Leg;
Lift one leg. Bend and straighten. Repeat with other leg.

8° ENCONTRO BRASILEIRO DE PILATES



NOTES: _____

RUSSIAN SQUAT

Bend/Pull Straps/Straighten;
Round over, bending knees/Straighten;
Round over, bending Knees/Single Leg/Straighten.

NOTES: _____

