**REFORMER ADVANCED PROGRESSIONS**

**CROSSED LEG HIP OPENING**

Lie on carriage.  Place feet on footbar. Cross one leg over the other.

Extend and straighten leg keeping other leg crossed.  Bend in.

Extend and straighten leg extending top leg from hip.  Bend in.

Hold out position.  Bring straight leg to opposite side of body.  Sweep over body.

Straighten leg and bring it under other leg.  Press out.  Bend in.

NOTES:

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**ROWING**

Sit on reformer with back to springs.  Hold both straps in hands.

Roll back pulling arms to chest.

Open arms out at sides of body.

Round forward.

Circle arms behind back and over head.

Round torso up to sitting.

NOTES:

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**ROWING TO TEASER**

Sit on reformer with back to springs.  Hold both straps in hands.

Roll back pulling arms to chest.

Open arms out at sides of body.

Circle arms around lifting legs to teaser.

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**CAN CAN**

Lie on Reformer with straps on feet.   Knees bent and together.

Roll up to waist bringing knees over chest. Twist knees to side.  Roll torso to carriage without moving carriage, straightening legs.

Bend knees and roll up at side.  Bring knees center.  Roll down without moving carriage. Repeat other side.

Repeat movement rolling up on one side and down the other side.

Complete movement rolling up and down in center.

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**SWAN WITH TWIST**

Lie prone on box.

Place hands on foot bar.

Press out to straighten arms

Pull In

Press out to straighten arms

Lift to extend

Bend arms maintaining extension.

Lift to extension.

Press out to straighten arms.

Lower torso.

Bend arms.

Press out.

Lift one arm.

Rotate torso.

Bring carriage in keeping arm straight and lifting torso in extension.

Turn torso toward floor.

Release

Press out.

Lift one arm. Turn torso.

Bring carriage in and press out keeping arm straight and lifting torso in rotation.

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**STANDING TWIST**

Stand with feet crossed on shoulder rests and both hands on foot bar. Body is in “V” Position

Press carriage out & in

Move both hands across bar to opposite side of the direction feet are pointing

Press out & in

Pick up front foot and return hands to original position

Press out & in

As carriage goes out- bring lifted foot to back and bend. As carriage comes in, bring lifted foot to front.

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**BALANCE CONTROL**

**PREP:**

**LONG SPINE**

**V STRETCH**

**KNEELING LUNGE**

Plank

Single leg – add flex/point

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**CLARA SEMI-CIRCLE**

Lie on back on carriage. Place feet hip distance apart on the bar.

Roll to releve / roll torso up

Press torso out

Roll torso down, starting at throat and ending with heels under foot bar.

Lengthen spine on carriage, and bend knees.

Flex, extend legs out

Roll to releve and roll torso up

bend knees pulling carriage in

Roll torso down, starting at throat and ending by flexing feet under bar.

NOTES:

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**SEMI CIRCLE**

Lie on back on carriage. Place arms on shoulder rest. Place feet hip distance apart on the bar. Press torso off carriage toward floor. Roll to releve / roll torso up

Press torso out

Roll torso down, starting at throat and ending with heels under foot bar.

Lengthen spine on carriage, and bend knees.

Flex, extend legs out

Roll to releve and roll torso up

bend knees pulling carriage in

Roll torso down, starting at throat and ending by flexing feet under bar.

NOTES:

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**TENDON STRETCH**

**PREP**

**Monkey stretch**

Stand on Reformer round over. Place hands on shoulder rest.

 Bend knees. Curl toes under knees on carriage. Round up.

Round over. Hands reach to bar

 Tendon Stretch

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CROSSED LEG LONG SPINE

Lie on back with one foot in opposite strap-cross legs one leg in front of leg in strap

Long spine straps medium spring

Lower and lift legs 4 x

Roll up legs toward ceiling

Slide leg down the front to the knee cross and come up the back 4x -- Roll down

Lower to diagonal -- Lower and lift one leg 4 x

Place foot without strap over other leg ankle to ankle

Bend knees to chest- extend legs to diagonal. 4x

Take leg around the back

Roll up -- Cross around the leg and back

Roll down with leg behind

Lower and lift back leg 4x

Lift leg back up

Lower and raise both legs 4x

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