

Exercise	Experienced exerciser	Beginner
Roll down to push up	Onto carriage	Onto footbar
Footwork-toes, arches, heels, tendon stretch		
Hamstring stretch	Carriage out & add in single leg tendon stretch	Perform with carriage in.
Stomach Series	Sideways on reformer	One foot on footbar
Long box on		
Swan prep	Add in prone leg series with carriage out	
Rowing preps sat on box- tall & in c curve	Add in teaser	
Long Stretch		On knees if needed

Mermaid Stretch	Joseph Pilates mermaid	
Frogs		
Circles		
Flat Corkscrew	Add in full overhead	
Short box on		
Round	Add in 100 Ab pulses Ab pulses on twist	Add in 100
Twist	Add in lean	
Knee Stretches		No knees off
Roll down to push up		