

Class Plan for Reformer for a Beginner



Points to consider

- Focus on a few teaching points, make sure you don't overload the client. Remember they do not need to know all you do just enough to perform the move!
- Leave out the technical talk! Keep your language simple
- Keep the reps low, between 5-8, you could also repeat the move.
- Focus on stability, choose exercises which give a large base of support.
- Always keep in mind why the client is attending
- Keep them MOVING!
- Keep spring & equipment changes to a minimum
- Remember they do not need to get it perfect in the first session-be aware of over-correcting and stifling the movement.
- You will see a lot of bad technique before you see the good!

Exercise	Instruction	Teaching Points	Notes
Body awareness and breath	Lying supine, focus on breathing, taking each breath deeper and fuller Focus on how the body feels on the mat. As you breath in feel a sense of lightness and as you breath out a sense of heaviness as the bones sink into the carriage. Breath in and find space in the spine, breath out keeping that space etc	Use this time to observe the client, how they breath, where they hold tension, alignment through the body etc	Add in arm raises, arm lifts out to sides with the breath
Spine rotations	Take arms out to the sides, palms up, knees bent, feet on the floor. Take knees over to one side and return	Only take knees as far as ribcage stays connected	Change hand position if palms up us too aggressive

Exercise	Instruction	Teaching Points	Notes
Footwork Heels on Single leg heels on	Heels on the footbar, feet flexed, in parallel. Inhale to press away, exhale to return Perform with single heel on	Do not let foot rock, focus on slight change at the ankle joint As press away use the breath to find the space in the spine and then control the return. Tailbone down	
Footwork Toes on Single leg V position Single leg	As above	As above	
Foot raises	Toes on, press away to full plantar flexion, ripple through the foot to lower the heels under the bar. Inhale to lift sequentially back up	Imagine the foot in like the spine and articulate through Be aware of the heel turning in as they stretch Keep both big toe and little toe on the bar	
Circles with bent knees	Bring the straps around the top of the thighs and keep the knees bent. Circle the thigh bone around the hip socket	Keep the tailbone heavy Focus on even circles over the hip sockets	
Frog	Feet in straps, in V position. Exhale to press away, inhale to return	Tailbone heavy V shape of the feet mirrors V shape of the thighs Keep the angle of the straps equal as you press away.	

Exercise	Instruction	Teaching Points	Notes
Short spine prep	Feet in straps, legs parallel. Exhale to lower the legs, inhale to lift as far as sacrum can stay down.	Tail bone heavy Focus on using back of the leg to lower the legs	
Supine arm series Arm press Reverse arrow Circles	Straps in hands, arms to ceiling, knees in hook position. Press arms down to the carriage. Arms outstretched draw to sides. Circle arms	Use head support in needed to align Move slightly away from shoulder rests Keep wrists long Chest open	
Round back	Seated on the short box, feet under the strap. Flex through the spine.	Keep strong through the legs Articulate sequentially Focus on equal curve through the spine Knees together	Use ball between knees if needed
Spine twist on short box	Seated on the short box, feet under the strap. Rotate through the spine.	Keep anchored through the sit bones Focus on ribcage spinning on top of pelvis Lift up out of the waist	
Arm series Offering Raises	Seated on the short box, hands in straps, palms up elbows by sides. Extend arms forwards, open, draw in and return. Lift arms up and lower	Keep lifted out of waist Eyes forwards If neck feels strained add in a head turn and you extend the arms Keep knees together	
Swan dive	On long box, chest on the box, hands on the foot bar. Press away and then extend the spine, focusing on opening the front of the body.	Legs together if possible Pivot and open at the front of the shoulder Keep the low back long Make the curve even	
Side splits with spinal movements	Standing one foot on carriage, other on foot plate, feet parallel. Inhale to press away, exhale to return. Add in rotations & side bends	Focus on standing alignment Keep inner arch lifted Eyes forwards	