

Class Plan for Reformer- Whose Side Are You On?

Points to consider

- Focus on shifts in weight distribution
- Vary which side you begin with, do not always start with the right for example.
- Be aware of shifts in pelvic or scapular alignment.



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| Standing push down Single arm Press up | |
| Single footwork Toes- single leg straight stretch Arches- single leg stretch Heels- one leg circle | |
| Single arm press- Straight arm press Adduction Tricep press | |

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| Coordination | |
| Stomach Massage- single leg- round One hand behind head-hands back | |
| Swan prep- single arm | |
| Tree | |

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| Side bend | |
| Corkscrew | |
| Elephant One arm One leg | |
| Knee Stretch One arm | |

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| Snake/Twist | |
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