

Reformer for Pre- Natal Client



Exercise	Instruction	Notes
Breathing focus on all fours 1. Cat 2. Side Cat 3. Thread the needle	Kneeling on carriage, hands on foot bar. 1. Exhale to flex through the spine sequentially. Inhale to extend. 2. Laterally flex through the spine, drawing the shoulder towards the hip on the same side 3. Taking one arm and thread it through past the supporting hand, allowing thoracic spine to rotate and elbow to bend.	Focus on lumbar movement Keep supported through the lumbar spine in extension
Wrist stretch	Pull back on footbar into rest position creating stretch in the wrists	Keep knees wide to accommodate the size of the bump s they pull back into rest position
Footwork 1. Heels on 2. V-position 3. Parallel, toes on.	Placing a large mini ball under the thoracic spine to bring the spine forwards but without abdominal strain. Inhale to press away Exhale to control the return	
Foot raises	Parallel feet, toes on. Inhale to extend, exhale to drop heels under bar, inhale to lift and exhale to return	Focus on articulation through the foot. Keep weight equal through the toes. As the stretch happens, be aware that the foot remains parallel

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Prances	Parallel feet, toes on. Drop one heel under, other foot as high on toes as possible. Switch	Make sure full plantar flexion is achieved before switching.
Single leg press	One foot on bar, toes on. Inhale to press away Exhale to control the return Add in foot raise. Add in bicycle.	Focus on leg tracking
Passive thoracic extension	Place the hands behind the head to give support, gently allow the spine to extend over the mini-ball. Hold and breathe.	Keep the ROM to a position that suits the size of the bump.
Side Pull	Side lying on the carriage, top hand in strap, lengthened to the ceiling Exhale to pull arm to side of the body. Add in circle	Use a support under head if needed Focus on axial elongation

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Side Kick	Lifted on to elbow, foot in strap, leg extended forwards. Exhale to draw leg back, inhale to return. Add in circles	Keep head supported if necessary Top hand can support the bump if needed
Swimming on all fours.	Facing the pulleys, on all fours, hand in strap Exhale to draw arm back, inhale to return Add in tricep extension Add in circle	Focus on weight remaining equally distributed through other 3 points Keep spine aligned, don't let head hang
Diagonal Reach with head turn	Kneeling up, side on. One hand in strap Exhale to draw elbow out adding a head turn Inhale to return Add in arm extension Add in rotation and extension	Focus on creating space around the hips Kneel back if balance feels compromised
Arm series	Seated tall facing pulleys, hands in straps Bicep curls Rows Arm pulls Butterfly	Keep spine strong and lengthened. Focus on the work initiating from the back of the body

Spinal release	Standing, facing the footbar, feet parallel. Roll down through the spine until hands reach the footbar. Allow the pelvis to drop back so you hang off the footbar. Send the tailbone back and up and allow back of the body to lengthen and release. Gently move pelvis side to side to allow movement to ripple up the spine. Return to standing and repeat.	
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