

# Reformer Beginner

beginner (~ 50 mins)



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Footwork (3 full springs)

- Parallel
- V /heels together, toes apart
- Heels
- Toes wrapped
- High half toes
- Lift and lower - heels

Running (3 full springs)

Bridge / Hip rolls (3 or 2 full springs)

- Hinge bridge
- Articulated bridge / hip rolls

Midback series (2 full springs)

- Lower and lift - arms
- Y
- T
- Arms circles
- triceps

Legs in straps (2 full springs)

- Bend & stretch
- Lower and lift - legs
- Adductors stretch
- Leg circles

Back Rowing Preps (1 full spring)

- Plow
- Open elbows
- Airplane
- Biceps
- Triceps

Front Rowing Preps (1 full spring)

- Reverse chest expansion
- Hug a tree
- Serve a tray (optional)
- Offering
- Salute
- Triceps (optional)

Side Twist/rotation - both sides  
(1 full spring)

Mermaid -both sides (1 full spring)

Single Thigh stretch / Eve's Lunge  
(1 full spring; 1 full, 1 half spring)

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## Notes

- Spring suggestions are just a suggestion. Please add or reduce tension as required. Colours of springs may differ on each machine.
- Optional exercises are provided. Do a selection of exercises from each group.

Variations:

- For mid back series legs can be in table top, extended or resting on the footbar for support. Raise upper body up in "ab prep" using upper abdominals.
- Feet in straps: Magic circle can be used between legs (targeting adductors) or legs in magic circle and pressing out (abductors).
- Back rowing, front rowing and side twist can be done sitting crossed legged, legs extended on sitting on the long box.