

Short Small Sample Work-out and Considerations

Mat

- The Hundred – (Length)
- The Roll-up - (Strap if needed)
- One-Leg Circle (ROM)
- Single Leg Stretch (Length)
- Dbl Leg Stretch (Length)
- Spine Stretch Forward (Initiation)
- Saw (Initiation)
- SDK's (Front/Back-Up/Down-Inner Thigh Lift/Circles)
- Teaser 1-leg Prep (Initiation)
- Seal
- Standing Balance

Reformer

- Footwork Series (Spring Load)
- Arm Series
- Stomach Massage Series (Spring Load)
- Short Box Series (Set-up)
- Elephant (Set-up)
- Knee Stretch Series (Set-up)
- Running/Pelvic Lift (Spring Load)

Small Barrel

Arm Series

Leg Series

HighChair

Pumping (Spring Load)

Pumping One Leg (Spring Load)

Pumping Parallel

Going Up Front/Side (Set-up)

Ending-Ring

Equipment That Helps

- Yoga blocks (for spacing + alignment)
- Small pillow (under hips or head)
- Resistance band (instead of relying on limb length)
- Your **ideal range is ~70–85% of full carriage travel**
- If you feel joints more than muscles → shorten range or lighten springs
- If straps feel too long → choke up instead of compensating with posture
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Common Mistakes to Avoid

- Overextending legs/arms just to match “textbook” form
- Letting equipment or floor spacing dictate your positioning
- Losing core tension in longer shapes
- Locking joints (especially knees and elbows) Fully straightening legs and losing spring tension
- Letting straps pull arms behind the body
- Using springs that are too heavy (because of shorter leverage)
- Sitting too far from shoulder blocks