



Sweeten the Pot: Variations for Reformer

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Footwork

Lots of Options-**developpe legs or sleeper or bar under thighs**

Hundred

1 Spring, footbar up, no strap on back feet on footbar slide down so your hands reach end of mat, straighten legs curl up, (use hands at end of mat to help pull you up), heels directly under footbar

-release hands and do the Hundred

(This helps keep you from getting into a posterior tilt so when you curl up your pelvis is in neutral)

Add Mini Curls

*Hands behind head, **legs move to parallel***

-Mini Curl Ups 8X

-bend one leg to towards chest and twist spine towards that knee (Criss Cross), do curls 4X

Continue into: Extend leg over and under the footbar with rotation:

- bend footbar leg closing carriage, other leg goes over the footbar straight, torso rotates back to center
 - press footbar leg out straight and curl towards that side 4X
 - same with leg going **under** footbar 4X
 - hold twist, both legs stay straight, top leg goes to the ceiling: lower straight leg down to footbar and up 4X
 - foot down to footbar, close carriage
- OS -**begin with min curls**

Short Spine

½ Short Spine-Rolling Like a Ball

- 2 Springs, HR down
- roll up like rolling like a ball
 - extend legs out
 - bend knees down towards SR
 - roll down
- Frogs in the air

Coordination

- pause on legs out and elbows down
- open and close one leg 5X (in and in and in)
- other leg
- next rep-beats
- next rep criss-cross legs

Rowing Series

Rowing from the back with the bar

2 springs-dowel between short loops, arms out at shoulder height

Round

- curl back
- hold curl and bend and straighten arms 3-4X

If crossing the legs the leg on top should be the one on the side you are twisting to

- hold, twist to one side bend and straighten arms 3-4X
- back to center bend and straighten arms 3-4X
- twist to other side bend and straighten arms 3-4X

go to 1 spring here if you had on 2

- bend legs -curl back, lift one leg at a time as you raise your arms up and down
- bend legs-lift both up, hold, raise arms up and down

Flat Back

less spring challenges you, cross one leg over the other

- lean back flat-do 6 bicep curls'
- switch leg cross repeat

Reverse Push Through with the Footbar – sit closer to FB for more range of motion

*1 med or light Spring, Footbar up, facing back legs as in Rowing back, hands on top of footbar thumbs with fingers, if too tight to reach lower hands down to sides of footbar, adjust distance from footbar for more range of motion. **Can also lower the FB***

- Curl back, to move carriage (like Reverse Push Though) 3-4X)
- reverse hand grip (if footbar does not lock you may want to skip this)

- Mermaid twist to one side 3-4X (*cross leg of lifted arm over other leg to help deep hip down*)-OS

Rowing from the Front Side Arm Variations

1 Spring -Figure 4 Sit, head rest legs shin in back against the shoulder rest, strap in FB hand, arm is out to side and bent towards sternum other hand on hip

- arm opens and closes
 - switch hands, arm goes up and down
 - switch hands again and alternate side and up and down switching hands each time

 - hug a tree- strap in headrest hand, rotate to front and hug a tree hip will lift slightly, rotate back, hip returns

 - Shave the Head *end front facing footbar, lift arms up, non-strap hand goes inside strap to back of other, shave the head-pause with arms above head and do a sternum lift back*
- OS

Advanced Rowing Seated Side

*-1 spring, **try light or med** sit sideways toes on the ground, hand in the backstrap/handle held in the footbar Hand. Shoulder rest hand on back shoulder rest, footbar handle arm is bent with elbow out to side*

- Curl back into a bent leg teaser
- open arm to side and bend it back in 3X
- extend your legs out and curl back as you straighten arm to side, bend legs in, curling back up as bend your arm back in 3X
- hold the last one out (legs out, arm out, curled back)
- curl back to seated position, feet on ground, round forward for stretch

Long Box Series

Hamstring Curls Variation

- turned out
- knock kneed

Swan Dive-ADVANCED

*From Swan dive prep move back forward on the reformer so your hips are at the front edge, play with 1 or 2 springs **try on 1 first***

Push out with straight arms as you dive down, come up with straight arms as you close the carriage. Can add beats on the belly on dive down

Pulling Straps

- add tricep press back to Pulling Straps 1
- add arm pulsed to Pulling Straps 2

Backstroke Ab Series

- SLS-hands in straps out like The Hundred, keep arms still and reaching
- DLS-Just do
- Scissors- hands in straps out like The Hundred, pump arms to match the pull, pull
- DLLL-Hold hands in salute as in Backstroke
- Criss Cross - Hold hands in salute as in Backstroke, crisscross to one side, "punch" upper arm to the diagonal, can alternate or stay on one side

Stomach Massage Round Teaser Prep

1 Spring, sit on top of box at front end, footbar up feet on the footbar, arms reaching front, Pilates V, no straps

- curl into a C-Curve (like Stomach Massage Round)
 - bend legs in and out 4X
 - turn legs parallel, lower heels, press legs out straight, hold,
 - roll down all the way to box, extend, roll up, at top of roll up go back to Pilates V to sit up in your Stomach Massage Round, bend legs in and out 4X
- Repeat entire sequence -**press heels away from tail on down, press tail towards heels on up**
4X

Teaser Prep

Footbar down, 1 Spring, hands in straps, sit on top of box at front end, feet on the frame about 2 feet back with arms reaching out, carriage will be open adjust your feet, feet just in front of knee. (as though you are at the top of your Teaser)

- small pelvis curl back 3X (think top of teaser) -**feet on frame**
- curl back and hold the curl -**F on F**

- lift one leg bent, lower **F on F**
- lift the other, lower **F on F**
- lift both bent-hold (can add arm reaches if ready)
- straighten legs-hold can add arm reaches if ready)
- bend and straighten legs 3x
- legs stay out roll back and up (teaser)

Horseback Prep on Long Box

*1 Spring, jockey legs back parallel with tops of the feet down on reformer mat
Feet can have top of feet down OR toes tucked*

- 3 Lifts
- Add lower lift of the arms 3X if ready

Short Box Series

Short Box Round Prep on the Long Box

1 Spring, foot bar down, sit at front end of box, feet in foot strap parallel with heels on frame and toes on foot bar, open carriage so you are at a greater than 90 degrees (legs are like set up in short box when on short box). Arms holding dowel out to the front shoulder height

- articulate down and up as in short box round Level 1 (no extension), carriage will move as the box **rolls under you, on the down** come to sitting each time at top 3-5X
- can add hold the curl and lower and lift the bar towards ceiling on the back 3-5X
- Talk about how you see the stuck spot as the box gets stuck as well**
 (can also just do that with regular short box round) -

- add same spinal sequencing to Twist and Reach with arms over head

Around the World

-arms overhead, lean into the wind

Circle: Side, Twist and Reach, Round, Twist and Reach OS, Side, back to Front leaning in the wind ,reverse

Tree Front

- on last one stayed curled with head up, reach for the handles, do one leg circle

Side Lying Reach -Side Sit Ups Prep

1 med spring, Legs through the shoulder rests with hips close to shoulder rest, lying on side, bottom arm with forearm on carriage to support you, top arm in strap with elbow pulled into side, activate the legs up

- arm reaches up to side and back 3X
- hold elbow in and lift top leg up and down 3X
- OS

Long Stretch Series

Long Stretch with Push Up

- Come in ½ way so in good plank alignment-do 3 pushups, go out come in again repeat

Reverse Up Stretch Combo

- After you come in from your first Up Stretch, Reverse and press out and then curl to lift hips up to come in right into regular Up Stretch

Up Stretch with Knee Stretches

- on the out portion do 3 knee stretches off-repeat

Sideways Elephant

*Move feet so they are facing **sideways-might need to play with springs***

- out and in 4-5X-stay rounded like elephant, straight legs
- bend knees repeat
- OS
- knees down to exit

Side Plank/ Elephant Twist ADVANCED

1 Spring: From Elephant step forward and take off a spring, Side facing with feet about 2 feet from the edge of the carriage, shoulders are square, may need to move out if taller parallel

- press out into a side plank, arm to the ceiling (Star Prep)
- close carriage, thread the needle

Arabesque with leg lower lift-Lifted leg is touching top of other leg at ankle

- as you go out lift the leg up
- as you go in lower your leg

Additional Option for Up Stretch Pike on the Box

1 Spring, Footbar down, box places safely on Footbar horizontally, elbows down on Box, hands lightly, clasped, feet against shoulder rests

- pike up by curling, press out by curling-think **Up Stretch** 3-4X
- press out round down like Knee Stretches off, do Knee Stretches off

Stomach Massage Series

- Do all one legged, under the footbar
- Can do Series with the short box behind back for support

Tendon Stretch

Set up short box, sit on bar as in tendon stretch, lift hips and reach feet hip width, parallel, heels on mat with feet flexed on box

- Do Tendon Stretch -when you press out loo lift up as in Leg Pull Back, Tendon Stretch back in

Semi-Circle

- bar up
- can do in parallel
- if doing Tendon Stretch with Box and Chest Expansion with Box you can keep box here

Chest Expansion

- add small arm circles behind back or
- can do seated on a long box-facing back, feet in the headrest, arms out in front long, bend elbows, bring them back behind you to straighten, look right to left return, reverse
- can add rowing variations while here

Thigh Stretch

- reach arms back hands to top of ankles and stretch

Corkscrew

Control Balance

- From lifted corkscrew reach on leg down to touch the outside of the reformer Bring it back up to other foot. Can do 3 one side or alternate 3X each side

Leg Series

Leg Series with dowel and (Long Spine Prep)-Think airplane board

2 med or 1 med/light Springs Long straps on, dowel in long straps, feet hip width on Dowel placed back just front of heels

- Lower/lift legs 3-4X
- Frog Out and In 3-4X
- Frog Circles -Out, Up, Bend 3-4X
- Reverse 3-4X

Long Spine Prep -HEADREST DOWN

-lift legs to 90, lift hips without moving carriage, lower hips without moving carriage, lower legs

Side Lying Frogs

1-2 springs, head rest up, can have a ball under head to support, on side, bottom arm is bent at 90 degree holding on to silver pole, top arm behind head like Side Sit Ups, (can choose a different setup for individuals), front long strap on the top foot, legs slightly in front as in SKS, leaning back a little so not completely on side, feet in V soft point

-leg goes up and down

-flex feet-frog legs in and out

-flex feet-frog legs in, point feet reach top one to ceiling, bottom back out long, close top leg

(both legs out straight, bend in for frog, open both legs, lower top leg back down)

Knee Stretch Series

1 Leg Round

Same set up as on Knee Stretch Round, Lift one knee up more with ball of the foot on the reformer towards the foot bar

-out and in

1 Leg off

Same as above front foot off

-out and in

-add kick back

Bottom Lift

Parallel Bottom Lift

2-3 Springs-feet on the footbar in parallel where arches meet heels, (not bird feet but further back on foot), lift pelvis in a deep scoop

-out and in 8-10X

-one leg variation (very small range), leg to the ceiling

Balance ENDINGS

Side Splits

Hold the out

- spine stretch forward, bring hands together, roll up to vertical with arms coming with you overhead, open arms to a sternum lift (pick the daisies)
- close carriage repeat
- Turn around to OS -hold the Out*
- reach and saw off pinky toe, come up
- close carriage repeat

Jumping Lunges

1 med spring, foot on the ground about 2-3 feet away from front of reformer bent in a lunge, back leg straight, foot against shoulder rest, knee lifted, stretch put with arms straight

- front leg knee lifts to chest as carriage comes in 3X -pause at the top
- arabesque kick front leg to back and bring it down 3X- pause at the top
- twist-lift knee to opposite elbow 3X-pause

CLOSINGS

Figure Four on Short Box

1 Spring, footbar up on lowest setting, short box set up, one leg on footbar, the other in a figure 4, footbar leg straight, carriage open, hands behind the head

- bend leg in and out, all the way in 3X
- add thoracic extension on the back and round on the in 3-4X
- holding foot cross leg over the body to the side, bend and straighten leg 3-4X
- straighten leg and pull it towards your shoulder, release 3-4X

Standing Runners Lunge with the Footbar

Bar underneath for non-locking reformers (where jump board goes)

One leg distance away, passe one leg up, legs in V, hands on hip (basic tree on the ladder barrel)

- 3 front leg bends
 - put hands on bar, 3 bends
 - step foot back to ground, lean for pushups
 - push ups
 - hips hinge back for stretch
 - walk feet in slightly to roll up
- OS