



Big Hit: Back-Body Reformer

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Workshop Objective: This interactive workshop is an opportunity to refine your Intermediate Reformer technique while practicing effective verbal and hands-on cues to strengthen the posterior chain. Training the “back-body” gives your students greater postural control, joint mobility and power while facilitating ease in functional movements such as bending over and lifting.

“Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit” - Joseph Pilates

Joseph Pilates’ Method progressively builds a balance of strength and flexibility across all muscle groups for optimal physical function by ensuring that we consistently move all joints:

- through each plane of motion
- against varying levels of resistance
- in different relationships to gravity

However, exercises that focus on posterior chain muscles often feel inaccessible due to chronically sedentary lifestyles:

Posterior Chain Muscles

- Back
- Rear Delts
- Triceps
- Glutes
- Hamstrings
- Calves

While the Method provides us the exercises to “develop the body uniformly” and to “correct wrong postures”, it’s the effectiveness of our verbal and hands-on cues that make challenging movement patterns accessible to our students. And that’s what we’ll focus on in this workshop so that, instead of performing choreography on auto-pilot, our students can experience the full intention and benefits of each exercise. And, build strong back-bodies!

The Exercises

Footwork Series

- Toes
- Arches
- Heels
- Tendon Stretch

The Hundred

Short Spine Massage

Coordination

Long Box Series

- Pulling Straps 1
- Pulling Straps
- Backstroke
- Teaser

Short Box Series

- Round Back
- Flat Back
- Side to Side
- Twist & Reach
- Climb a Tree

Long Stretch Series

- Long Stretch
- Down Stretch
- Up Stretch
- Elephant (w/ 1 Leg & Arabesque)

Stomach Massage Series

- Round
- Hands Back
- Reach Up
- Twist

Semi-Circle

Leg Circles/Frogs

Knee Stretch Series

- Round
- Arched
- Knees Off

Running

Pelvic Lift

Side Splits

Front Splits

ADVANCED

Rowing from the Chest

Rowing from the Hip

Swan on the Long Box Box

Chest Expansion

Thigh Stretch > Backbend

“When all your muscles are properly developed you will, as a matter of course, perform your work with minimum effort and maximum pleasure” - Joseph Pilates