

Big Tall Sample Work-out and Considerations

Mat

- The Hundred – (Flex Cushion/Shorter Reps)
- The Roll-up - (Flex Cushion)
- One-Leg Circle (Yoga Strap)
- Single Leg Stretch (Flex Cushion)
- Dbl Leg Stretch (Flex Cushion/ROM)
- Spine Stretch Forward (Flex Cushion)
- Saw (Flex Cushion)
- Rest Position

Reformer

- Footwork Series
- Arm Series
- Frog/LC
- Short Box Series
- Elephant
- Knee Stretch Series
- Running/Pelvic Lift

Cadillac

Roll Back

Breathing

Leg Springs(Frog, LC, Stationary Beats, Scissors)

Chair

Footwork Series

Standing Press Down Front

Press Down Front – Washer Women

Mermaid Modified

Ending-Wall

Rest as needed Pilates isn't about rushing.

Equipment that helps

- Flex Cushion
- Resistance band (adds challenge without joint stress)
- Pilates ring (optional for inner thigh/core work)

What to avoid early on

- Full teasers (modify with bent knees)
- Straight-leg double leg lowers (too much strain initially)
- Long Stretch Series (work with proper spring load)
- Anything that compresses your breathing

Instructor considerations (important)

- Prioritize **range of motion over textbook form**
- Avoid forcing “tight” positions
- Allow wider stance or hand placement
- Watch breathing—compression can limit it