



Balanced Body

Trapeze Table

Balanced Body

Education



Balanced Body Education®

Trapeze Table Student Responsibility

✓	Student Responsibilities
	Attend and complete the 18-hour Trapeze Table/Tower course
	Respectfully engage in the course by actively participating and collaborating with fellow attendees. Focus on teaching the setup, starting body positions, movement sequences, safety protocols, as well as exercise progressions and regressions.
	Complete the online course quiz . This quiz must be completed to receive your course certificate. <i>Be prepared to review the quiz and answer questions regarding video lectures on either day 2 (or after hour 8) of training.</i>

**Getting in the habit of keeping up with your required hours will go a long way to accelerating your learning process, enhancing your in-class experience, and developing your confidence to teach.*

✓	Recommended Practice and Teaching Expectations prior to your next Course or Upcoming Certification Test Out
	Complete at least 12 hours of personal practice sessions focusing on Exercises from Trapeze/Tower. Integration of the Pre-Pilates essential exercises should be occurring organically at this point. May be self-taught or taken with a certified Pilates instructor. (Balanced Body Instructor preferred.) <i>Yes, you can take these sessions online at this point in your training.</i>
	Complete at least 7 additional observation hours that include Pilates Trapeze or Tower Programming. <i>Yes, you can observe online classes at this point in your training.</i>
	Completion of a total of at least 32 Student Teaching hours. Keep teaching and add the Trap/Tower as you take the courses. <i>Practicing on family and friends is an excellent way to start.</i>
	Practice Lesson Planning to incorporate the Trapeze/Tower into your sessions.
	Practice Lesson Planning for Private Training Client Sessions. Work with case-studies, or personal clients to address regressions and progressions.



Trapeze Table Course Expectations

✓	Course Objectives - Educator Responsibility
	To complete all course material as outlined in the Hour by Hour within the time frame of the course.
	To provide students with learning and integration opportunities including breakouts and teach backs throughout the course.
	To integrate the Pre-Pilates essentials language into the entire Reformer course materials and teach how to develop the skills necessary to learn and teach the advanced Reformer 3 exercises
	To teach exercise setup and starting body position, movement sequence, safety protocols, body position options, progressions, and regressions; precautions and contraindications, and application for each exercise
	To teach at least (2) Essentials and Mat or Trapeze/Tower integrated classes modeling how to progress from the essentials to advanced curriculum safety and effectively.
	To assess student participation. Trapeze Table/Tower assessment includes: understanding of movement sequence, body position setup, spring recommendations, safe utilization of equipment, recommended progressions and regressions as needed. Avoid use of manual with the exception of the new Trap/Tower exercises.

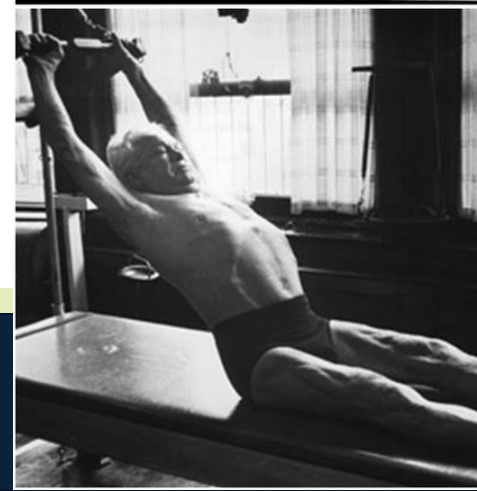
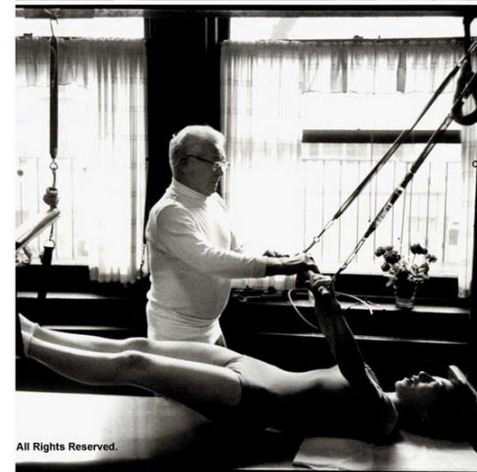
✓	Course Objectives - Balanced Body Responsibility
	To provide you with timely and respectful service
	To answer questions and provide opportunity and suggestions for future growth
	To continually update and supply you with exceptional resources that are designed to amplify your learning process
	To adhere to our values of respect, accessibility, empowerment, courage and connection as we offer our education products, train Educators and support your personal Pilates journey
	To provide you with ongoing professional development opportunities



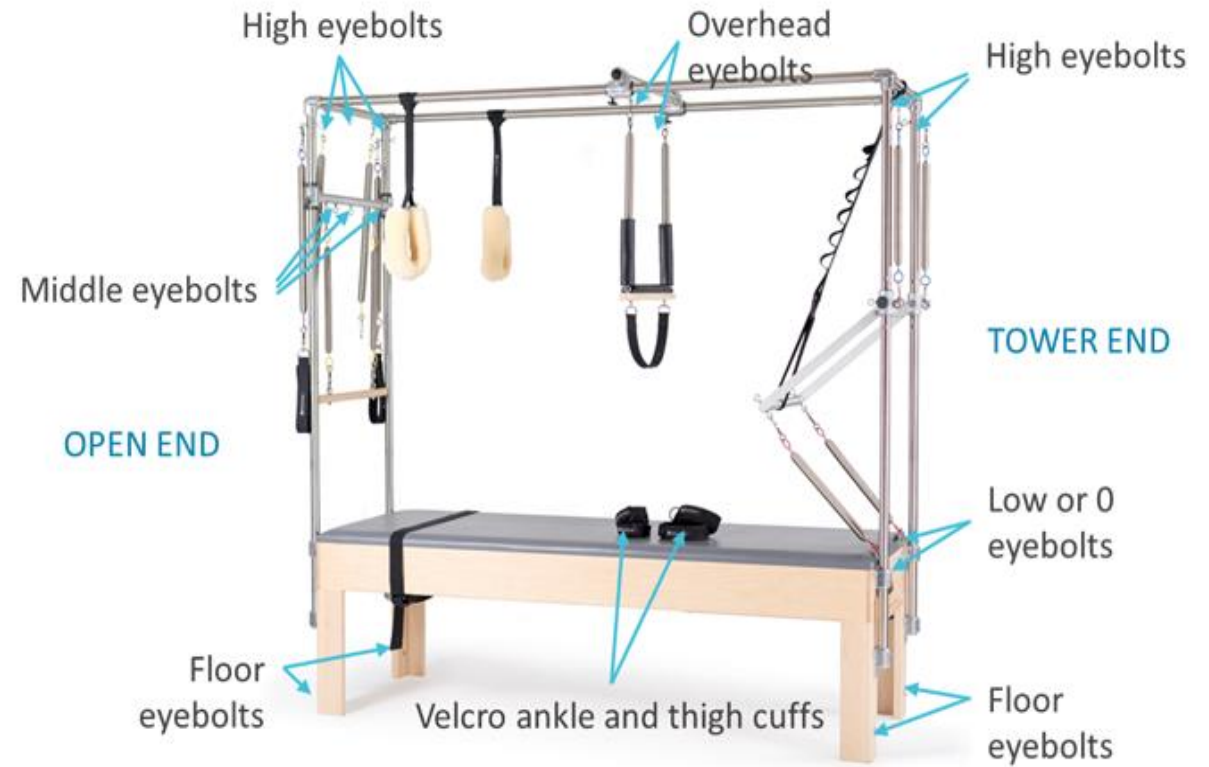
Inspiration from Mr. Pilates

A few well-designed movements, properly performed in a balanced sequence, are worth hours of doing sloppy calisthenics or forced contortion.

- Joseph H. Pilates



Anatomy of a Cadillac



Balanced Body Trapeze Table Springs

Short Springs (Arm Springs)

Yellow - light

Blue – medium

Red – heavy

Black – extra heavy for the
trapeze

Long Springs (Leg Springs)

Yellow – light

Purple - heavy



Balanced Body Spring Placement Comparison

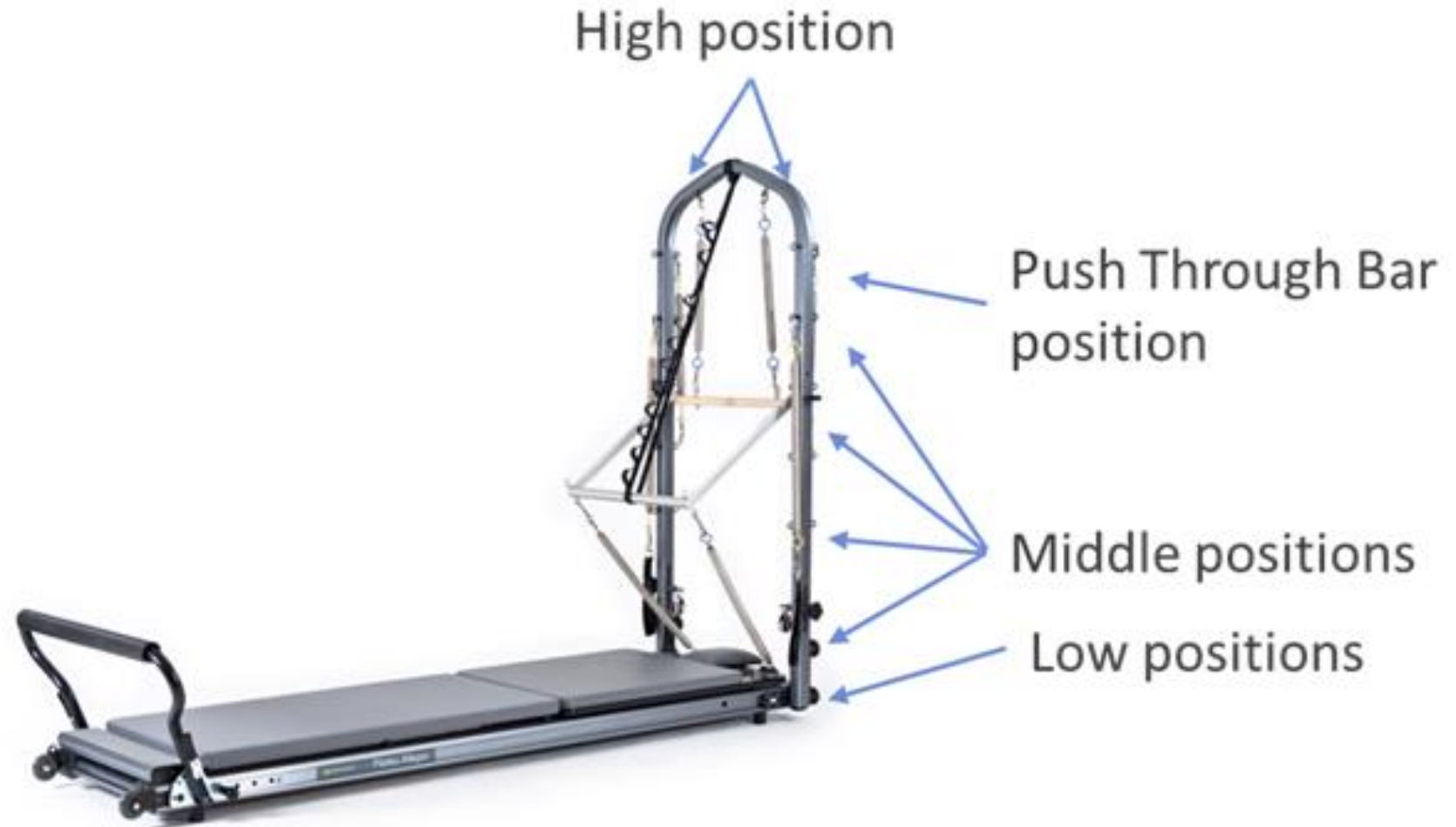
Trapeze Table

- **Overhead position**
Black trapeze spring attachment.
- **High position**
Can be highest eyehook on the uprights or the slider bar set high on the uprights.
- **Middle position** The vertical slider set to middle settings on the uprights
- **Low position** Used for bottom loaded exercises, such as Tower and Teaser bottom loaded.
- **Super low position**
Eyehook lowest to the floor. Used for standing work



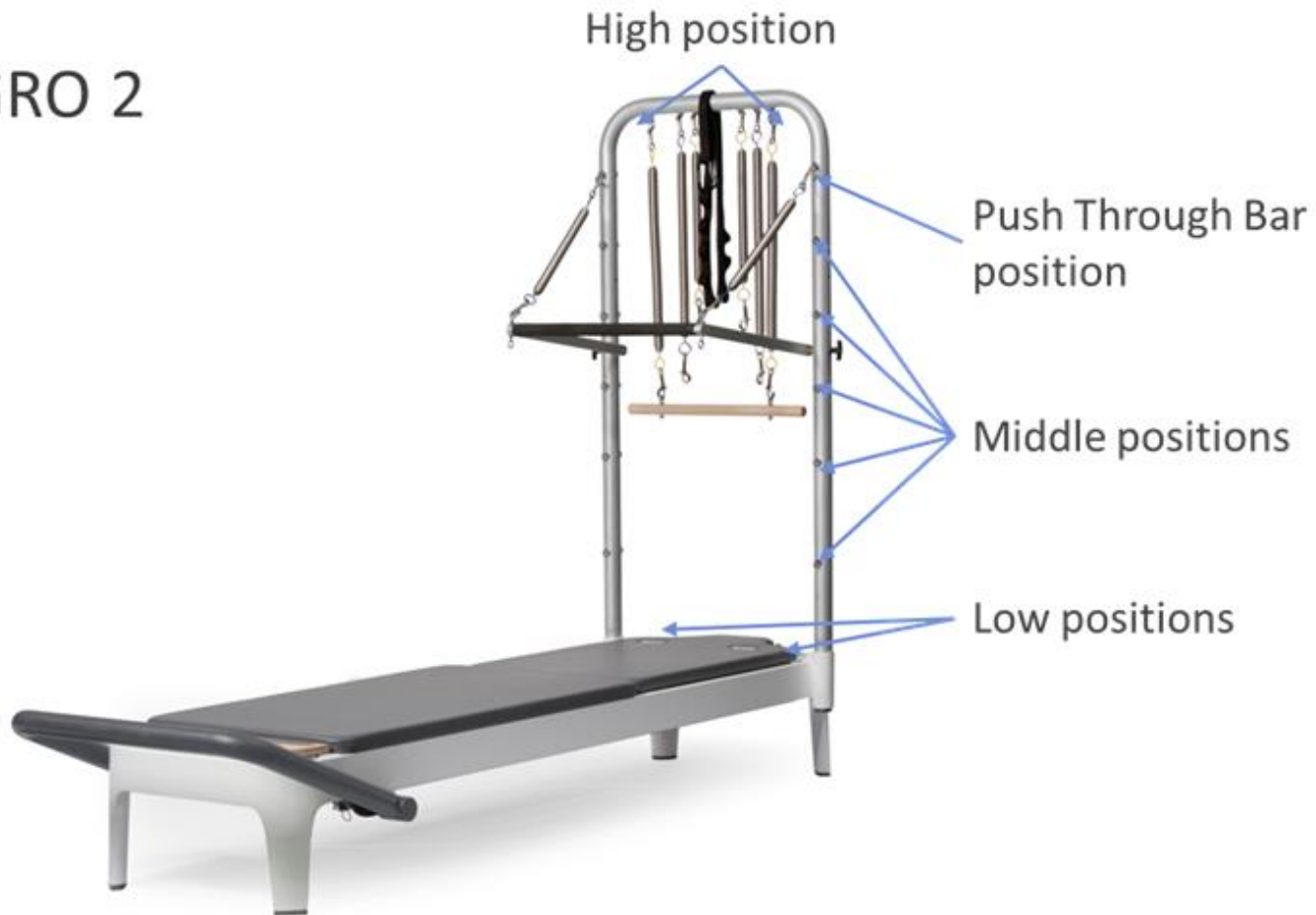
Balanced Body Spring Position Comparison

ALLEGRO 1



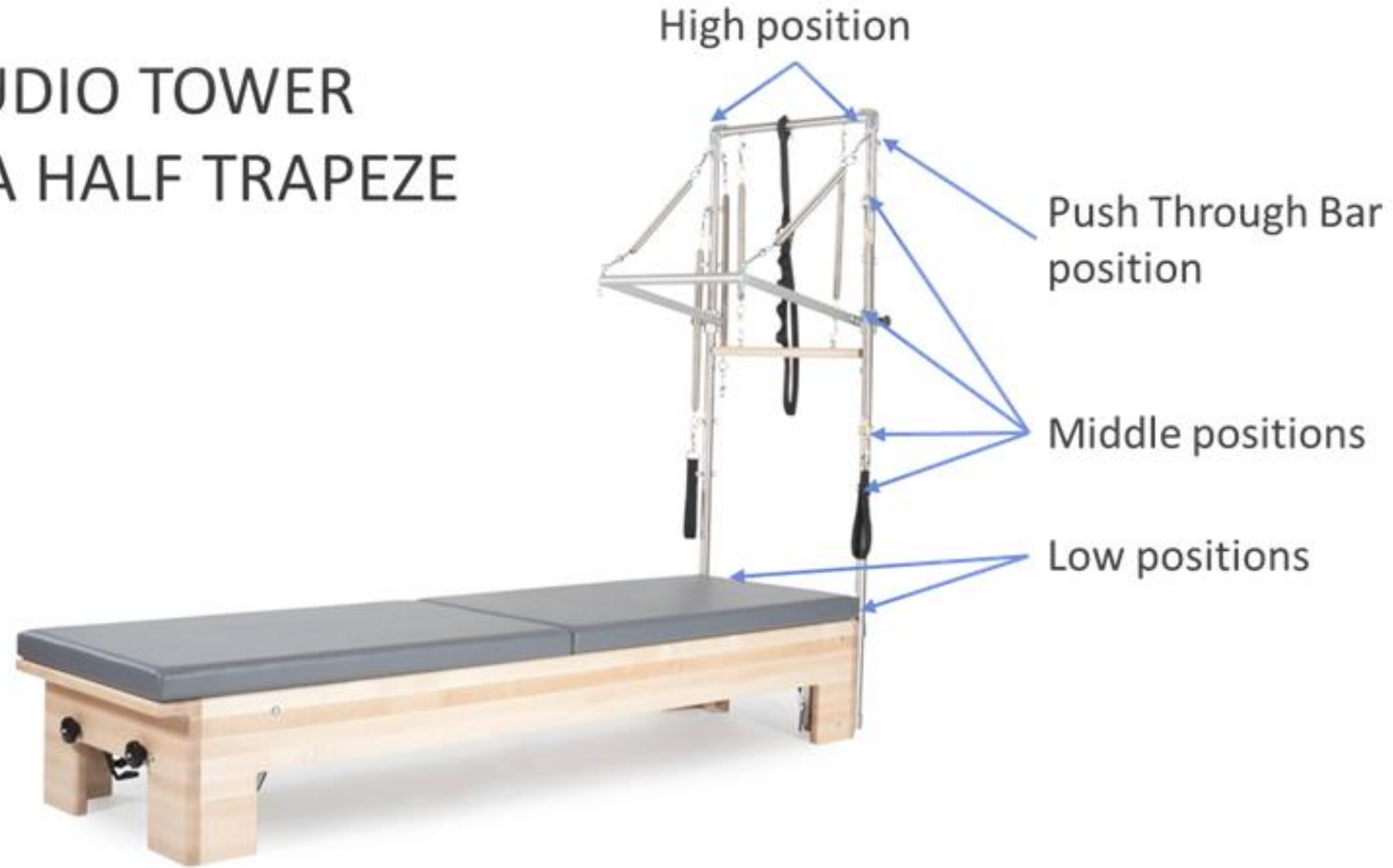
Balanced Body Spring Position Comparison

ALLEGRO 2



Balanced Body Spring Position Comparison

STUDIO TOWER
AKA HALF TRAPEZE



Balanced Body Spring Placement Comparison

Spring Board

High position

Use the highest position for the push through bar

Middle position

Use eyebolts

Low position

Used for springing the Tower from the bottom

Wall Tower

with 6" mat

High position

#8 on mat
#10 for standing

Middle position

#4 on mat
#7 for standing

Low position

#0



Setting the Foundation: Roll Up, Roll Down to Teaser



Roll Down

Pre-Pilates	Related Mat Exercises	Related Reformer	Related Apparatus	Trapeze Table Progressions
Articulated Bridge	Roll Up	Roll Backs	Arc: Well Abdominals	Seated Push Through
Head/Thoracic/Pelvic Wheel	Spine Stretch Forward	Short Box Abdominal Series	Arc: The Reach	Advanced Abdominals
Femur Folds	Roll Over Progressions		Chair: Hamstring Stretch 1 & 2	Corolla's and Joe's Breathing
Abdominal Curl			Ladder Barrel: Short Box Abdominals	Parakeet
Cat/Cow				



Upper Arms

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Articulated Bridge	Roll Up	Roll Backs	Arc: Well Abdominals	Assisted Sit Up
Head/Thoracic/Pelvic Wheel	Rolling Like a Ball	Pelvic Lift	Arc: The Reach	Corolla's Breathing
Femur Folds	Teaser	Supine Arms	Ladder Barrel: Short Box Abdominals	Teaser Progressions
Abdominal Curl	Hip Circles	Semi-Circle	Reformer: Long Box Teaser	
Cat/Cow		Long Box Teaser		



Assisted Sit Ups/Advanced Sit Ups

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Articulated Bridge	Roll Up	Roll Backs	Arc: Well Abdominals	Corolla's Breathing
Head/Thoracic/Pelvic Wheel	Rolling Like a Ball	Pelvic Lift	Arc: The Reach	Teaser Progressions
Femur Folds	Teaser	Supine Arms	Arc: Inversion Progressions	Hanging Pull Ups
Abdominal Curl	Hip Circles	Climb a Tree	Ladder Barrel: Short Box Abdominals	
Cat/Cow	Roll Over Progressions	Short Box Adv. Abdominals		



Teaser: Top Sprung

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Elephant	Arc: Teaser	Upper Arms
Leg Slides Axial Elongation	The Hundred	Supine Arms	Chair: Reverse Swan	Advanced Abdominals
Wheels of Motion	The Series of Five	Hundred/ Coordination		Corolla's Breathing
Abdominal Curl	Open Leg Rocker	Long Box Back Stroke		
Rib Cage Arms	Boomerang	Long Box Teaser		



Variations

- Teaser 1, 2, 3
- Obliques



Teaser: Bottom Sprung

Exercise Movement Arc

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Elephant	Arc: Teaser	Upper Arms
Leg Slides Axial Elongation	The Hundred	Supine Arms	Chair: Reverse Swan	Advanced Abdominals
Wheels of Motion	The Series of Five	Hundred/ Coordination		Corolla's Breathing
Abdominal Curl	Open Leg Rocker	Long Box Back Stroke		
Rib Cage Arms	Boomerang	Long Box Teaser		



Variations

- Teaser 1, 2, 3
- Obliques



Setting the Foundation: Lumbopelvic Control



Supine Leg Springs: Single Leg/Double Leg

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Side Lying Leg Series	Foot Work	Arc: Hip Mobility Series	Magician Series
Pelvic Neutral Leg Slides		Feet In Straps		
Femur Rotations				
Femur Sways: Stable/Mobile				
Femur Fall Outs: Stable/Mobile				



Variations

- Single Leg Hamstring Pull
- Leg Lowers
- Diamond Leg Lowers
- Frogs
- Scissors
- Circles
- Walking
- Bicycle



Side Lying Leg Springs

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Side Lying Leg Series	Foot Work	Arc: Hip Mobility Series	Advanced Mermaid
Pelvic Neutral Leg Slides	Kneeling Side Kicks	Feet In Straps		
Femur Rotations				
Femur Sways: Stable/Mobile				
Femur Fall Outs: Stable/Mobile				



Variations

- Adductor Pull
- Leg Circles
- Side Kick
- Bicycle



Footwork – Bend and Stretch

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Side Lying Leg Series	Foot Work	Chair: Seated Footwork	Tower
Leg Slides - Neutral		Feet in Straps	Chair: Standing Leg Pumps	Leg Springs
Femur Rotations			Arc: Hip Mobility Series	Magician Series Progressions
Femur Fall Outs – Stable/Mobile				Side Lying Leg Springs



Variations

- Bend and Stretch
- Plie/Releve'
- Plantar Flexion
- Running in Place



Footwork Dorsiflexion

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Side Lying Leg Series	Foot Work	Chair: Seated Footwork	Tower
Leg Slides - Neutral		Feet in Straps	Chair: Standing Leg Pumps	Leg Springs
Femur Rotations			Arc: Hip Mobility Series	
Femur Fall Outs – Stable/Mobile				



Variations

- Foot Placement



Setting the Foundation: Cat



Push Through Seated Front

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Seated Head/Thoracic Wheel	Spine Stretch Forward	Elephant	Chair: Hamstring Stretch Series	Push Through Back
Femur Folds		Rowing Front 1 and 2	Arc: Roll Over/Inversions	
Arm Raises/Rib Cage Arms				
Cat/Cow				



Variations

- Flat Back
- Spine Stretch



Circle Saw

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Spine Stretch Forward	Seated Arm Work Twist	Chair: Hamstring Stretch Series	Push Through Front
Angels in the Snow/ Telescope/ Pinwheel	Spine Stretch Side	Short Box Abdominals: Obliques	Arc: Roll Over/Inversions	Seated Mermaid
Arm Raises/Rib Cage Arms	Saw	Corkscrew	Ladder Barrel: Short Box Abdominals	Oblique Roll Backs
Cat/Cow	Spine Twist			Water Skier



Variations

- Neutral Spine
- Mobile Spine



Cat: Kneeling & Sitting

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/Pelvic Wheel	Spine Stretch Forward	All Fours Abdominals Front and Back	Chair: Hamstring Stretch Series	Push Through Back
Femur Folds	Roll Up	Elephant and Up Stretch	Arc: Roll Over/Inversions	
Arm Raises/Rib Cage Arms		Stomach Massage and Semi Circle		
Cat/Cow		Short Box Abdominals Series		



Setting the Foundation: Upper Body Integration



Pull Downs – Double/Single Arm

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Arm Raises/Rib Cage Arms	Push Up/Control Front-Back	Long Stretch Series/Knee Stretch Series	Arc: Rollover/Jackknife/Corkscrew Chair: Hamstring Stretch Series	Magician Series
Arm Rotations	Roll Over	OH Press/Swan	Chair: Arm Push Ups	Hanging Series
Angles in the Snow/Pinwheel/Telescope	Jackknife/Boomerang	Tendon Stretch/Snake/Twist	Chair: Kneeling Cat	Standing Arms
Sternum Drops	Side Bend Mermaid	Control Front/Back	Chair: Chest Press	
Plank Preps	Scissors/Bicycle/Shoulder Bridge	Long Box Series		



Variations

- Straddle Table
- End of Table



Scapular Glides

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Arm Raises/Rib Cage Arms	Push Up/Control Front-Back	Long Stretch Series/Knee Stretch Series	Arc: Rollover/Jackknife/Corkscrew	Magician Series
Glenohumeral Rotations	Roll Over	OH Press/Swan	Chair: Hamstring Stretch Series	Hanging Series
Angles in the Snow/Pinwheel/Telescope	Jackknife/Boomerang	Tendon Stretch/Snake/Twist	Chair: Arm Push Ups	Standing Arms
Sternum Drops	Side Bend Mermaid	Control Front/Back	Chair: Kneeling Cat	
Plank Preps	Scissors/Bicycle/Shoulder Bridge	Long Box Series	Chair: Chest Press	



Variations

- Protraction/Retraction
- Elevation/Depression
- Add Rotation



Seated Mermaid

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Wheels of Motion Seated	Spine Stretch Forward	Mermaid on Seat	Arc: Side Sit Ups	Advanced Mermaid
Axial Elongation	Spine Stretch Side	Short Box Mermaid	Chair: Mermaid on Seat	Side Bends
Arm Rotations	Saw		Chair: Kneeling Mermaid	
	Side Bend Mermaid		Chair: Side Body Oblique	



Variations

- Side Bend
- Rotation
- Add Support to Feet



Progressions: Breath Warm-Ups and Coordination



Corolla's Breathing

Pre-Pilates	Mat	Reformer	Additional Apparatus	Trapeze Table Progressions
Articulated Bridge	Roll Up	Roll Backs	Arc: Well Abdominals	Joe's Breathing
Rib Cage Arms	Rolling Like a Ball/Open Leg Rocker	Short Box Abdominals	Arc: The Reach	Teaser Progressions
Femur Folds	Teaser	Hundred	Arc: Teaser	Parakeet
Abdominal Curl	Hip Circles	Long Box Teaser	Ladder Bridge	



Joe's Breathing

Pre-Pilates	Mat	Reformer	Additional Apparatus	Trapeze Table Progressions
Articulated and Flat Back Bridge	Scissors/Bicycle	Pelvic Lift	Arc: Bridge	Corolla's Breathing
Rib Cage Arms	Shoulder Bridge	Supine Arms	Chair: Supine Leg Pumps	Teaser Progressions
Femur Folds		Seated Chest Expansion		Parakeet



Variations

- Handles



The Hundred

Pre-Pilates	Mat	Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/Pelvic Wheel	Roll Up	Supine Arms	Arc: Well Abdominals	Corolla's Breathing
Femur Folds	Hundred	Coordination	Arc: The Reach	Advanced Abdominals
Imprinted Leg Slides	Teaser	Hundred	Arc: Teaser	Teaser
Abdominal Curl		Long Box Teaser	Chair: Teaser	Parakeet
			Chair: Reverse Swan	



Variations

- Handles
- Knees Bent
- Head Reversed



Progressions: Upper Body and Spinal Integration



Prone Arm Circles

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Arm Rotations	Spine Stretch Forward	Supine Arms	Chair: Chest Press	Push Through Front/Back
Rib Cage Arms	Spine Stretch Side	Chest Expansion	Chair: Scapular Mobilization	Standing Arms
Finger Tip Abdominals		Pulling Straps		Spread Eagle
All Fours Abdominals				Hanging Work



Variations

- On Bed
- On Box/Roller
- Springs from Behind/Springs Overhead



Double Leg Kick/Flying Eagle

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Swan Progressions	Swan Progressions	Arc: Swan	Hanging Pull Ups
Arm Rotations	Swimming	Long Box Swimming/ Breast Stroke	Chair: Swan on Floor/Seat	
Rockets	Single Leg and Double Leg Kick	Long Box Rocking/ Double Leg Kick		
Mini Swan	Push Up	Down Stretch		



Variations

- Springs from Behind
- Springs from Front



Swan with Roll Down Bar

Pre-Pilates	Mat	Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Swan Progressions	Swan Progressions	Arc: Swan	Hanging Pull Ups
Arm Rotations	Swimming	Long Box Swimming	Chair: Swan on Floor/Seat	
Rockets	Single Leg and Double Leg Kick	Long Box Rocking/ Double Leg Kick		
Mini Swan	Push Up	Down Stretch		
		Long Box Swan		



Variations

- Strap
- No strap
 - Scissors
 - Swimming



Swan with Push Through Bar (Int. Level)

Pre-Pilates	Mat	Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Swan Progressions	Swan Progressions	Arc: Swan	Hanging Pull Ups
Arm Rotations	Swimming	Swimming	Chair: Swan on Floor/Seat	Hanging Down
Rockets	Single Leg and Double Leg Kick	Single Leg and Double Leg Kick		
Mini Swan	Push Up	Push Up		
		Long Box Swan		



Variations

- Strap
- No strap
 - Scissors
 - Swimming



Supine Arm Circles

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Arm Rotations	Spine Stretch Forward	Supine Arms	Chair: Chest Press	Push Through Front
Rib Cage Arms	Spine Stretch Side	Chest Expansion	Chair: Scapular Mobilization	Push Through Back
Finger Tip Abdominals		Pulling Straps		Spread Eagle
All Fours Abdominals				Hanging Work



Variations

- On Bed
- On Box/Roller
- Springs from Behind/Springs Overhead



Rowing Front I & II: Sitting Tall/Bending Down

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Spine Stretch Forward/Side	Seated Arm Work	Chair: Hamstring Stretch Series	Push Through Front
Angels in the Snow/ Telescope/ Pinwheel	Saw	Roll Back	Arc: Roll Over/Inversions	Roll Downs
Arm Raises/Rib Cage Arms	Spine Twist	Rowing Front/Back		Standing Arms
Cat/Cow	Roll Up			



Variations

- Rowing Front I & II



Progressions: Bridge and Back Body Integration



Tower

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Inversion Progressions	Monkey
Leg Slides Axial Elongation	Roll Over/ Jackknife	Semicircle	Chair: Jackknife/ Corkscrew	Leg Springs: Airplane
Wheels of Motion	Shoulder Bridge	Short Spine Massage		Bridge/Wheel
Abdominal Curl	Open Leg Rocker	Long Spine Massage		
Articulated Bridge	Boomerang	Jackknife		



Variations

- Roll Up
- Bend and Stretch



Parakeet

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Low Bridge	Joes's Breathing
Leg Slides Axial Elongation	Roll Over	Semicircle	Chair: Supine Leg Pumps	Leg Springs: Magician
Wheels of Motion	Shoulder Bridge	Long Spine Massage		Bridge/Wheel
Articulated Bridge	Scissors/Bicycle			
Bridge Progressions				



Variations

- Bend and Stretch
- Straight Leg Bridge
- Roll Up
- Bridge Marching
- Advanced Push Through
- Rolling Monkey



Monkey

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Inversion Progressions	Push Through Front
Leg Slides Axial Elongation	Roll Over/ Jackknife	Stomach Massage	Arc: Teaser Forward/ Reverse	Circle/Saw
Wheels of Motion	Shoulder Bridge	Short Spine Massage	Chair: Jackknife/ Corkscrew	Teaser Progressions
Abdominal Curl	Open Leg Rocker	Long Spine Massage		
Articulated Bridge	Boomerang	Jackknife		



Variations

- Forward
- Adv. Reverse



Leg Springs: Magician

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Low Bridge	Leg Spring Supine
Leg Slides Axial Elongation	Roll Over	Semicircle	Chair: Supine Leg Pumps	Joes's Breathing
Wheels of Motion	Shoulder Bridge	Short Spine Massage		Leg Springs: Dolphin/ Airplane
Articulated Bridge	Scissors/Bicycle	Long Spine Massage		Hanging Pull Ups
Bridge Progressions				



Variations

- Raise and Lower
- Walking
- Beats
- Frogs
- Leg Circles
- Rotations



Progressions: Upper Body and Alignment



Side Bend

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Axial Elongation	Side Lying Leg Series: Banana	Seated Mermaid/Side Bend	Arc: Side Sit Ups	Advanced Mermaid
Wheels of Motion Seated	Kneeling Side Kicks	Short Box: Mermaid	Chair: Side Lying Oblique	
Angles in the Snow	Spine Stretch Side	Star	Chair: Side Bend Twist	
Telescope Arms/Pinwheel			Ladder Barrel: Side Sit Up	



Variations

- One Arm
- Both Arms
- Off End of Table



Chest Expansion/Thigh Stretch

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Axial Elongation	Side Lying Leg Series	Pelvic Lift	Arc: Hip Mobility Series	Rolling in and Rolling out
Rib Cage Arms	Kneeling Side Kicks	Kneeling Chest Expansion	Arc: Bridge	
Arm Rotations		Thigh Stretch		
Sacral Imprint				
Flat Back Bridge				



Standing Arms: Front/Back/Side

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Axial Elongation	Spine Stretch Forward	Arm Work Facing Footbar	Chair: Chest Press	Rowing Series
Ribcage Arms	Push Up	Arm Work Facing Risers	Chair: Scapular Mobilization	Supine and Prone Arms
Arm Rotations	Side Plank Progressions	Arm Work Facing Side		
Wheels of Motion Seated		Chest Expansion		
		Rowing Series		



Variations

Front

- Punching
- Salutes
- Arm Circles
- Flying
- Hug A Tree
- Chest Expansion
- Twist
- Butterfly

Back

- Chest Expansion
- Upper Arm Control

Side

- Lunge
- Int/Ext Rotation



Advanced Level Exercises: Advanced Push Through



Spread Eagle

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Cat/Cow	Swan	Up Stretch	Arc: Well Abdominals	Kneeling Cat/Rolling Ina and Rolling Out
Cat Variations	Spine Stretch Forward	Semicircle	Arm Reach	Semicircle
	Roll Up			Hanging Pull Ups & Hanging Down
				Cat Walkover



Variations

- Breakdown
- Add Rotation



Short Spine

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Rolling In and Out	Leg Spring Supine
Leg Slides	Roll Over	Semicircle	Arc: Low Bridge	Joes's Breathing
Wheels of Motion	Shoulder Bridge	Short Spine Massage	Chair: Supine Leg Pumps	Leg Springs: Dolphin/Airplane
Articulated Bridge	Scissors/Bicycle	Long Spine Massage		Hanging Pull Ups
Bridge Progressions				



Variations

- Hip Traction with Bar
- Hamstring Push



Hip Flexor Pull

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Side Lying Leg Series	Foot Work	Arc: Hip Mobility Series	Leg Springs: Magician Series
Pelvic Neutral Leg Slides	Double Leg Stretch	Feet In Straps	Chair: Teaser	
Femur Rotations	Criss Cross	Reverse Abdominals		
		Kneeling Abdominals Facing Back		



Variations

- No springs
- Supine isometric
- No springs seated
- No springs standing
- Spring with knee bent
- Spring with leg straight
- Leg turned out



Leg Springs: Dolphin/Airplane

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Low Bridge	Leg Spring Supine
Leg Slides Axial Elongation	Roll Over	Semicircle	Chair: Supine Leg Pumps	Joes's Breathing
Wheels of Motion	Shoulder Bridge	Short Spine Massage		Hanging Pull Ups
Articulated Bridge	Scissors/Bicycle	Long Spine Massage		Cat Walkover
Bridge Progressions				



Dolphin Variations

- Reverse Directions



Airplane Variations

- Roll Up
- Bend and Stretch Reverse Directions



Advanced Level Exercises: Spinal Strength and Coordination



Leg Springs Standing

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Single Leg Circles	Footwork: Double and Single Leg	Arc: Hip Mobility Series	Leg Springs Supine
Leg Slides: Neutral	Side Lying Leg Series	Standing Splits	Chair: Standing Leg Pumps	Foot Work Bend and Stretch
Supine Femur Rotations	Kneeling Leg Series	Feet in Straps		
Femur Fall Outs: Stable/Mobile				



Variations

- Hip Flexion, Extension, Abduction, Adduction
- Legs Parallel
- Legs Turned Out



Advanced Swan

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Swan Progressions	Swan Progressions	Arc: Swan	Swan with Roll Down Bar
Arm Rotations	Swimming	Swimming	Chair: Swan on Floor/Seat	Swan with Push Through Bar (Int.)
Rockets	Single Leg and Double Leg Kick	Single Leg and Double Leg Kick		Hanging Pull Ups
Mini Swan	Push Up	Push Up		Hanging Down
		Long Box Swan		



Push Through Back

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Seated Head/Thoracic Wheel	Spine Stretch Forward	Elephant	Chair: Hamstring Stretch Series	Push Through Front
Femur Folds		Rowing Front 1 and 2	Arc: Roll Over/Inversions	
Arm Raises/Rib Cage Arms		Tendon Stretch		
Cat/Cow		Long Back Slide		



Advanced Mermaid

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Wheels of Motion Seated	Spine Stretch Forward	Mermaid on Seat	Arc: Side Sit Ups	Side Bends
Axial Elongation	Spine Stretch Side	Short Box Mermaid	Chair: Mermaid on Seat	
Arm Rotations	Saw	Short Box: Spear a Fish	Chair: Kneeling Mermaid	
	Side Bend Mermaid	Snake/Twist		
		Star		



Variations

- Add Teaser



Rowing Back I & II: Round Back & Flat Back

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Head/Thoracic/ Pelvic Wheel	Spine Stretch Forward/Side	Seated Arm Work	Chair: Hamstring Stretch Series	Push Through Front
Angels in the Snow/ Telescope/ Pinwheel	Saw	Roll Back	Arc: Roll Over/Inversions	Roll Downs
Arm Raises/Rib Cage Arms	Spine Twist	Rowing Front/Back		Standing Arms
Cat/Cow	Roll Up			



Advanced Bridging

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Femur Folds	Roll Up	Pelvic Lift	Arc: Low Bridge	Push Through Front
Leg Slides Axial Elongation	Roll Over	Semicircle	Arc: Well Abdominals	Thigh Stretch/Chest Expansion
Wheels of Motion	Shoulder Bridge	Thigh Stretch	Chair: Supine Leg Pumps	Hanging Pull Ups/Hanging Down
Articulated Bridge	Scissors/Bicycle	Long Box Swan	Chair Swan on Seat	Swan Progressions
Bridge Progressions				



Variations

- No Press into Full Extension
- Pull Up



Rolling In and Out

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Axial Elongation	Side Lying Leg Series	Pelvic Lift	Arc: Hip Mobility Series	Rolling in and Rolling out
Rib Cage Arms	Kneeling Side Kicks	Kneeling Chest Expansion	Arc: Bridge	Semicircle
Arm Rotations		Thigh Stretch	Arc: Back Arch	Dolphin
Sacral Imprint		Semicircle	Ladder Barrel: Fire Baton	
Flat Back Bridge		Short Box: Adv Abdominals Fire Baton		



Advanced Trapeze/Canopy work



Hanging Pull Ups

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Cat/Cow	Swan	Up Stretch	Arc: Well Abdominals	Bridge/Wheel
Cat Variations	Push UP	Semi Circle	Arm Reach	Spread Eagle
Plank Preps	Control Front/Back	Long Stretch Series	Chair: Pull Ups/ Triceps Sit/ Handstand	Airplane
Sternum Drop		Control Front/Back	Arc: Back Arch	
		Short Box: Advanced Abdominals	Ladder Barrel: Advanced Abdominals/ Swan/ Prone Leg Lifts	



Variations

- Hanging
- Add Extension
- Add Rotation



Hanging Down

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Cat/Cow	Swan	Up Stretch	Arc: Well Abdominals	Bridge/Wheel
Cat Variations	Push UP	Semi Circle	Arm Reach	Spread Eagle
Plank Preps	Control Front/Back	Long Stretch Series	Chair: Pull Ups	Airplane
		Control Front/Back	Chair: Triceps Sit, Handstand	



Variations

- Breakdown
- Add Rotation



Cat Walkover

Pre-Pilates	Related Mat	Related Reformer	Additional Apparatus	Trapeze Table Progressions
Cat/Cow	Swan	Up Stretch	Arc: Well Abdominals	Spread Eagle
Cat Variations	Spine Stretch Forward	Semicircle	Arc: Hip Mobility	Hanging Pull Ups
Arm Rotations	Roll Up	Long Stretch Progressions	Chair: Pull Ups	Hanging Down
Leg Rotations	Rolling Like a Ball			Bridge/Wheel
Plank Preps	Push Ups			Semicircle/ Rolling In and Out



Variations

- Upside Down
- Pike
- Candle
- Roll Through
- Return



Congratulations on Completing
the Trapeze Table Training!



Balanced Body Trapeze Table