

Balanced Body Education®



# Trapeze Table

PILATES INSTRUCTOR TRAINING MANUAL





# TRAPEZE TABLE

INTRODUCTION TO TRAPEZE TABLE/CADILLAC

A DETAILED GUIDE FOR TEACHING PILATES

A Balanced Body Education Product

Nora St. John

2026 Digital Edition

Balanced Body Inc, Sacramento California

**NOT FOR PRINT**



## IMPORTANT INFORMATION

This Manual is intended to be used as part of a Pilates teacher training program or for clients who are working under the supervision of a trained Pilates teacher. If you are using this manual to learn these Pilates exercises and you are not under the supervision of a trained Pilates teacher please keep in mind that the material presented is physically challenging and Balanced Body is not liable for any injuries caused by attempting these exercises without proper supervision. Balanced Body highly recommends that you get a thorough evaluation from a qualified health or fitness professional and work with a trained Pilates teacher in order to receive the maximum benefit from these exercises.

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# BALANCED BODY EDUCATION

## THE INSPIRATION OF NORA ST. JOHN

### BALANCED BODY EDUCATION

The Balanced Body Pilates Instructor training program was developed by Nora St. John, MS. She began practicing Pilates Mat in 1979 as part of her dance training and was introduced to the apparatus in 1988 after a foot injury brought her to St. Francis Memorial Hospital's Center for Sports Medicine in San Francisco. She learned the work as an apprentice from Patrice Whiteside and Elizabeth Larkam and began teaching in 1989. To deepen her understanding and appreciation for the Pilates method, she studied with Michele Larsson, Eve Gentry, Romana Kryzanowska, Carola Trier, Marie-Jose Blom, Alan Herdman, Karen Clippinger, Kathy Grant, Lolita San Miguel and many others. She has degrees in Biology, Dance and Traditional Chinese Medicine as well as certifications in Pilates, Oriental Bodywork and the Franklin Method.

The Balanced Body program combines the full bodied, athletic choreography of the original work with innovations and insights from a contemporary understanding of anatomy, biomechanics and movement science. Nora's 11 years as an instructor at St. Francis Memorial Hospital's Center for Sports Medicine provides a wealth of experience in using Pilates to manage chronic and acute orthopedic conditions and in training athletes and dancers for high levels of performance.

She continues to innovate and influence Pilates education with her continuing education programs including Balanced Body Advanced Movement Principles designed for experienced instructors working with injuries, imbalances and misalignments.

Nora's commitment has always been to improve the quality of Pilates teachers through education. Balanced Body continues to support her legacy by maintaining her focus on quality teaching backed by stellar resources and the strength of the Balanced Body brand.

### NORA'S CREDITS AND GRATITUDE

The Balanced Body® Pilates Instructor Training Program come from many sources and many experiences. The following are a small subset of the people and places who have influenced this course.

The University of California, Santa Cruz Dance and Biology Departments for providing a foundation in movement education and the anatomy and biomechanics that support it.

The Academy of Chinese Culture and Health Sciences for helping me see the body as a whole and learning how to observe the person in front of me with an open and curious mind.

All of the teachers in the Dancemedicine division of the Center for Sports Medicine at St. Francis Memorial Hospital in San Francisco and Walnut Creek. Particularly Diana Herold, Mercy Sidbury and Naomi Leiserson all of whom provided regular conversation regarding the fine points of movement, anatomy, pathology, psychology and the human experience.

My mentors and teachers Karen Clippinger, Marie-Jose Blom, Jean Claude West, Robert Schleip, Thomas Myers, Eric Franklin and many more for inspiring and clarifying my understanding of the body.

Balanced Body, especially Ken Endelman who took a leap of faith in allowing me to shape the Balanced Body Education program.

Joy Puleo, my co-creator and poetic interpreter of all things movement for writing, editing, organizing and structuring this project along with Portia Page, a perpetual source of support and guidance.

Our beautiful models: Naomi Leiserson, Lizbeth Garcia, Viktor Uygan, Caleb Rhodes, Christine Nguyen, LaBriecce Ochsner, Tonya Amos, Donald Martin, Cameron Turner and Teresa Ellis who make everything look graceful, easy and clear.

The marketing department at Balanced Body for providing design and support and for putting the finishing touches on everything.



Nora teaching Advanced Movement Principles at the Balanced Body Studio in Sacramento, CA.

# BALANCED BODY EDUCATION

WELCOME TO BALANCED BODY PILATES INSTRUCTOR TRAINING PROGRAM!

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## Welcome to the Balanced Body Pilates Instructor Training Program!

### WHO IS BALANCED BODY

Balanced Body is your partner in mind body fitness. We work with the best Educators in Pilates and related disciplines to provide learning opportunities that are stimulating, personal and deeply rooted in the art and science of movement.

### ORGANIZATION AND REQUIREMENTS

The coursework for each of our programs is organized in a modular, step by step, format with each course building toward the program completion. Each individual course presents a scope of Pilates experiential and practical work. A program is not complete until all required coursework, practice, observation, and teaching hours are completed.

Upon completion of these requirements, you will be eligible to sit for the final written and practical test. Upon successful completion of both parts (written and practical) of the final test, Balanced Body certifies you as a qualified Pilates Instructor for the program/achievement level of your choice.

### Pilates Teacher Training Courses Offerings Initial Course

Movement Principles with Pilates Essentials

### Mat Courses

Mat 1, Mat 2, Mat 3

### Reformer Courses

Reformer 1, Reformer 2, Reformer 3

### Apparatus Courses

Trapeze Table, Chair, Barrels or Apparatus 1, Apparatus 2, Apparatus 3

The Apparatus courses can be taken as individual Trapeze Table, Chair and Barrels courses. They are also taught as Apparatus 1, Apparatus 2, Apparatus 3 where portions of each apparatus is taught within the course.

### Classroom Hours

Every course includes lectures, workouts, exercise demonstrations and practice teaching. Students are expected to learn and practice the exercises, practice teaching the exercises and understand the principles and history of the Pilates method.

### Personal Practice

Student can count any classes or Pilates personal training sessions already taken. Developing and committing to a personal Pilates practice is an essential part of becoming an effective and inspiring instructor. As you take your coursework, your Educator will provide you with recommendations to focus your practice.

### Observation Hours

Observation hours include watching experienced instructors, live or on video, teach group classes, semi-private, or private sessions. Observation is a great way to understand and build verbal and manual cueing skills, to learn how to sequence classes and sessions, and to troubleshoot and adapt to meet the needs of the class or individual.

### Teaching Hours

Teaching hours include any Pilates teaching: either as an employee within a studio, fitness facility, or clinic, or as a student teacher for family and friends.

\*Continually check our website, CLARA (your digital learning resource), and with your Educator for guidance on how best to fulfill the hour requirements.

### ADDITIONAL REQUIREMENTS AND COSTS

#### Anatomy

A basic understanding of anatomy provides a strong foundation for an effective Pilates instructor and is required for completion of our Reformer and Comprehensive programs. It is highly recommended for our Mat program. It can be fulfilled by taking an approved course from other providers or by taking our Balanced Body Anatomy in Three Dimensions course.

#### Final Test

Upon completion of all required coursework and hours, successful completion of a final test out is required to obtain qualification as a Balanced Body instructor. The complete exam consists of a written exam and a practical evaluation of teaching skill. Specific requirements, preparatory resources, and application for the exam can be found in CLARA (your digital learning resource) and through your Educator.

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### Additional Costs

All published prices for Balanced Body Courses include the course and materials fee only. The cost of personal sessions and any costs associated with completion of observation and teaching hours are not included and are the responsibility of the student. Successful completion of this program does not guarantee employment.

### OUR INSTRUCTOR TRAINING PROGRAMS

Balanced Body offers a full range of Pilates instructor training programs. Our program/achievement offerings include:

#### Comprehensive Pilates Training

- The industry gold standard for Pilates training.
- This training level includes our signature Movement Principles with Pilates Essentials course, all Mat, Reformer and Apparatus coursework. Anatomy is required.

Additional personal practice, observation and teaching hours required.\*

#### Mat and Reformer Training

- If looking for an in depth training which focuses on the foundations of Pilates, this is an excellent program.
- This training level includes our signature Movement Principles with Pilates Essentials course, all Mat, and Reformer coursework. Anatomy is required.

Additional personal practice, observation and teaching hours required.\*

#### Reformer only training

- This program is solely for Reformer focused training.
- This training level includes our signature Movement Principles with Pilates Essentials course, all Reformer coursework. Anatomy is required.

Additional personal practice, observation and teaching hours required.\*

#### Mat only training

- For Mat only, this is where you start.
- This training level includes our signature Movement Principles with Pilates Essentials course, all Mat coursework.

Additional personal practice, observation and teaching hours required.\*

### WHY BALANCED BODY

Why Balanced Body? Because we teach Pilates! Because we care about growing the global Pilates community. Because we believe every client deserves an exceptional Pilates experience. Because we know the instructor is at the heart of that experience.

The Balanced Body Pilates instructor training program honors the traditional Pilates exercises while also integrating contemporary applications and client-centered training recommendations specific to the person, or group. Our recommendations are updated regularly to reflect advances in movement science and best practice.

Our curriculum meets international standards and prepares you to sit for the National Pilates Certification Program (NPCP) exam. The NPCP is an internationally recognized third party credential.

As one of the most recognized Pilates training programs in the world, Balanced Body is proud to support a global network of Educators who are experienced, caring and passionate teachers committed to your success.

Our mission is simple: to provide you with the highest quality Pilates education experience possible. This empowers you with the necessary tools to provide your clients with the highest quality Pilates training possible. We believe that the quality of instruction is one of the factors that has made Pilates successful, and it is the quality of instruction that will continue to grow Pilates as a mind body practice for every body.

### CONTACT US

If you need information regarding additional training certificates of completion, continuing education or anything related to the Pilates teacher training, reach out to our customer care team at:

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# WHAT IS PILATES?

## FROM CONTROLOGY TO CONTEMPORARY

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Pilates is an exercise system developed by Joseph Pilates to strengthen muscles, increase flexibility and improve overall health. Exercises are performed on a mat and on specially designed equipment. The Pilates system includes exercises for every part of the body and applications for every kind of activity. Created in the early part of the 20th century, Pilates was so far ahead of its time that it did not begin to achieve popular recognition until the first few years of the 21st century. Over 10 million people are now practicing Pilates in the United States and the numbers are growing every year.

### WHY IS PILATES SO POPULAR?

Pilates focuses on engaging the mind and body together to create exercises that involve the whole person. Every exercise is performed with attention to the breath, proper form and efficient movement patterns. Pilates strengthens the core, improves balance, increases coordination and decreases stress. The exercises are relatively safe, low impact and appropriate for anyone from 10 to 100. Pilates focuses on learning to move better so the benefits are felt in everyday life.

Pilates is used in fitness centers, private studios, rehabilitation clinics and hospitals to improve the health and well being of clients from the recently injured to the super fit. As more and more people participate, Pilates continues to grow and evolve to meet the needs of anyone wanting to improve their ability to move with strength, ease and grace.

### A BRIEF HISTORY OF JOSEPH H. PILATES

**Joseph Hubertus Pilates** was born in Germany around 1883. He had rheumatic fever, asthma and rickets as a child and was plagued by a weak respiratory system. In order to improve his own health he began exploring ways to strengthen his body and his mind. Early on, Joe became intrigued by the classical notion of the ideal man who combined a well trained body with an equally well trained intellect. In pursuit of this goal he participated in boxing, fencing, wrestling and gymnastics with his father and brother. Germany was a fertile ground for these explorations at the turn of the 20th century with many ground breaking leaders in movement science, dance and psychology working there.

Joe was in England touring with a boxer when World War I broke out. He was held as a resident alien in an internment camp on the Isle of Man for the duration of the war. While in the camp he took it upon himself to lead his fellow detainees in a daily exercise program. According to Joe, when the influenza epidemic of 1918–1919 broke out, none of the inmates who followed his regimen got sick.

Joe's success with his group of inmates brought him to the attention of the camp leaders and he was given the job of an orderly at a hospital for wounded soldiers. He was put in charge of 30 patients and worked with them every day to exercise whatever they could move. This was in the days when western medicine was in its infancy and there were few treatments to offer patients other than surgery and morphine. Nursing during this time usually meant extended bed rest which led to muscular atrophy, loss of aerobic capacity and a weakened immune system. Joe's exercises helped his patients to get better faster and helped them to fend off the secondary infections that killed so many people in similar circumstances.

Working as an orderly also led to the development of Joe's first piece of exercise equipment. Manually working out 30 patients every day was exhausting so Joe came up with the idea of attaching springs to the patient's bed frames and thus the first Cadillac was born! Now the patients could exercise themselves under Joe's supervision.

After Joe was released from the camps and returned to Germany, he was approached by the "brown shirts" (who were to become the Nazi party) to train their police force. Joe didn't want to have anything to do with them, so he left Germany on a boat for America and met his soon-to-be-wife Clara on the passage over. Clara was a nurse who became a true partner for Joe, working beside him in the studio everyday and taking care of any clients Joe didn't want to work with.

When Joe and Clara arrived in New York in 1926, they rented a small studio in the same building as the New York City Ballet on 8th Ave. and started teaching what Joe named "Contrology." Joe worked with clients from all walks of life but he made an especially strong impression on the dance community working with Ted Shawn, Ruth St. Denis, George Balanchine and many others who sent their dancers to Joe's for rehabilitation following injuries.

Joe was an inventor who was always working on developing new exercise equipment. He designed the Universal Reformer, the Wunda Chair, the Cadillac, the Ladder Barrel, the Spine Corrector and many other wonderful inventions during his lifetime. He made many of the machines himself and often designed them to fit a particular client. Many of Joe's original machines are still working today.

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Joe had a dream of introducing his vision of mind-body fitness into every aspect of life, from elementary schools to military training, and, had he not been so far ahead of his time, it might have happened. Instead, he taught a small group of devoted teachers and students, a few of whom went on to continue the work and keep it alive until the rest of the world caught up with his revolutionary thinking. Joe spent many years talking to anyone who would listen about his work, but did not receive much recognition during his lifetime.

Joe's studio was destroyed by fire in 1967 and he died soon after that from complications of smoke inhalation. His wife Clara carried on the work until her death in 1977.

Amongst the primary teachers who carried on Joe's work after his death was **Romana Kryzanowska**, a ballet dancer who worked very closely with Joe and taught at his studio for many years. She started one of the first teacher training programs in the country and has trained hundreds of instructors to teach the work as Joe taught it to her. She was associated with the Pilates Guild for many years and passed away in 2013.

**Eve Gentry** was a well known modern dancer who worked with Joe and Clara as a student and teacher for over 20 years before moving to Santa Fe, New Mexico and opening a studio there. Joe helped to rehabilitate Eve after a radical mastectomy and helped her to regain the full use of her arm and torso. Eve died in 1994. Her work is carried on by Michele Larsson through Core Dynamics.

**Ron Fletcher** was a Martha Graham dancer who worked with Joe and Clara very late in their lives. Ron credits Clara with inspiring him to develop his unique work on the Step Barrel/Spine Corrector and to open a studio in Los Angeles on Rodeo Drive. Ron was the first teacher to bring Pilates to the West Coast and to introduce it to many famous actors and actresses. His work incorporated a more "dancerly" style and more complicated choreography into the original exercises. He died in 2019 and his work is carried on by the Ron Fletcher Program of Study.

**Carola Trier** trained with Joe and opened her own studio in New York where she taught until her death in 2000. Her work is carried on by several senior students including Jillian Hessel in Los Angeles and Deborah Lessen in New York.

**Kathleen Stanford Grant** originally came to Joe with a knee injury she sustained as a dancer. She was one of only two students to be certified by Joe to teach Pilates. After dancing and choreographing for many years she started teaching at New York University where she taught a Mat class to the students and ran a small studio until her death in 2010.

**Lolita San Miguel** is a well known dancer and choreographer who was certified by Joe while she was dancing in New York. She moved to Puerto Rico and founded the Ballet Concierto de Puerto Rico, one of the island's premier dance companies where she incorporated Pilates into the training program for her dancers. Ms. San Miguel teaches Pilates workshops nationally and internationally and has produced several DVDs.

**Mary Bowen** was a comedian performing in New York when she first started working with Joe. She now combines Psyche and Pilates in her current life as a Jungian psychoanalyst and Pilates instructor at her studio in Northampton, MA and her office in Killingworth, CT. She has taken at least one Pilates session a week for over 50 years and continues to deepen her own understanding of the balance between mind and body.

Pilates has now become a household word thanks to the work of all of these first generation teachers and many others who kept the method alive after the death of Mr. Pilates. Without them, we would not have the wonderful exercise system we have today. We are grateful to all of them.

## CONTROLOGY AS A METHOD

Contrology is the methodology developed by Joseph H. Pilates. Classical Pilates practitioners today practice Contrology on equipment that is constructed to look and feel similar to the original equipment and adhere closely to the order and original intention of the exercises.

## CONTEMPORARY PILATES

Contemporary Pilates is practiced on equipment that has been designed with the materials available to us today and through the lens of many practitioners and leaders in the industry who have evolved the practice to include rehabilitation applications and fitness protocols. Contemporary Pilates offers the best of Contrology with the added benefit of time, of evolution of science and practice, and industry wide growth.



# PILATES PRINCIPLES

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"Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure. To achieve the highest accomplishments within the scope of our capabilities in all walks of life, we must constantly strive to acquire strong, healthy bodies and develop our minds to the limit of our ability"

- Joseph Hubertus Pilates

## 1) BREATHING

"Breathing is the first act of life and the last. Our very life depends on it"

The breath is the essential link between the mind and the body. It draws our wandering mind back into our bodies and back to the task at hand. It is the foundation of our existence and the rhythm that accompanies us from birth to death. In Pilates the breath is integrated into every movement in order to focus our awareness on what we are doing, to improve the flow of oxygen through our bodies and to improve the capacity of our lungs.

## 2) CONCENTRATION

"...and always keep your mind wholly concentrated on the purpose of the exercises as you perform them"

To concentrate is to pay attention to what you are doing. To be present with and in control of the task at hand. Without concentration the exercises lose their form and their purpose. When teaching it is important to have a client do only as many repetitions as they can without losing their concentration. As Joe often said, "It is better to do five repetitions perfectly than 20 without paying attention."

## 3) CONTROL

To be in control is to understand and maintain the proper form, alignment and effort during an entire exercise. Pilates exercises are never done without engaging the mind to control the movements and the efforts that the body is making.

## 4) CENTERING

In Pilates all movement radiates outward from the center. Developing a strong, stable and flexible center is one of the defining features of this form of exercise.

## 5) PRECISION

Precision is the ability to perform exercises with optimum alignment, unconscious control and just the right amount of effort. Precision is the end product of concentration, control, centering and practice.

## 6) BALANCED MUSCLE DEVELOPMENT

"However, there is another important reason for consistently exercising all our muscles; namely, that each muscle may cooperatively and loyally aid in the uniform development of all our muscles."

Understanding, developing and maintaining correct alignment and form is essential to Pilates. With practice these principles become second nature and lead to improved posture, increased comfort and enhanced physical abilities.

## 7) RHYTHM/FLOW

All movements in Pilates are done with a sense of rhythm and flow. Flow creates smooth, graceful and functional movements. It decreases the amount of stress placed on our joints and develops movement patterns that integrate our body into a smoothly flowing whole.

## 8) WHOLE BODY MOVEMENT

Pilates is fundamentally about integration: integrating movement into a flowing whole body experience, integrating the mind and body to create clarity and purpose, integrating mind, body and spirit to create a life of balance.

## 9) RELAXATION

To be healthy in body and mind it is important to understand the balance between effort and relaxation. In Pilates we learn to use just the amount of effort needed to complete the exercise correctly, no more, no less. Learning to release unnecessary tension in our bodies helps us to find ease and flow in movement and in the rest of our lives.

# THE PILATES SYSTEM

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## Teaching Pilates sessions on multiple pieces of equipment

As you learn exercises on the Trapeze Table, Chair and Barrels to add to your Mat and Reformer repertoire, the full breadth of the Pilates system becomes evident. Each piece of equipment has unique qualities that make it especially useful for certain exercises, principles or clients. The full system provides you with an almost limitless number of options for designing effective, individualized programs for your clients and classes. Learning to teach sessions incorporating all of the Pilates equipment provides you with opportunities to expand your practice and expertise and enhances your clients Pilates experience.

## Understanding the The Pilates System

### MAT

The Mat is a great place to learn the foundations of Pilates but it can be challenging for new or injured clients. The pre-Pilates and beginning work are essential for teaching the principles of the method to clients at any level. If your students fully understand and embody the principles, then teaching them the exercises is easy. The traditional intermediate and advanced Mat repertoire help to build core strength and develop coordination, flexibility and strength for the normal, healthy client, but can be challenging or inappropriate for beginners or students with physical limitations. For many clients, starting with the equipment will help them to build the strength required to perform the Mat work well. As an instructor, it is up to you to decide where your student should start and how to help them to develop.

### REFORMER

The Reformer is the most versatile piece of Pilates equipment and provides the best full-body workout for clients at all levels. The Reformer is useful for beginners because it provides support for key exercises and helps them to learn the Pilates principles in a safe manner. The Reformer creates challenges for advanced and super advanced clients with a variety of exercises for every part of the body. Reformer was, and is still, the heart of the Pilates system and specific programs and sequences were developed for clients at each level of ability. These historical programs are included along with many variations in the sequences in the Reformer section.

### TRAPEZE TABLE

The Trapeze Table or Cadillac is very useful for teaching beginners the principles of the work and for working with clients with limitations. It provides support, limitless adaptability for spring attachments, resistance and angle of pull and is a good working height for spotting and cueing clients. But it is not only for the beginner. The Trapeze Table or Cadillac, also provides a variety of functional and challenging full body exercises for the intermediate, advanced and super advanced student. The manner in which the springs are attached, the applications of a push through bar and a roll down bar, integrates the limbs while allows for opportunities to undulate the spine, creating seamless, full body spinal motion against and with resistance. This provides simply fantastic physical, neuromotor and proprioceptive challenges. The Trapeze Table is usually used in conjunction with other pieces of equipment for a full workout.

### CHAIR

The Pilates Chair provide the most dynamic workout of all of the Pilates equipment. There are relatively few beginning exercises and quite a few advanced exercises. The Chairs are especially useful for building upper and lower body strength, core stability, balance and coordination. They are not used as much for improving flexibility, for abdominal strengthening for beginners or for any exercise where their arms are pulling.

### BARRELS

The Barrels are primarily used for abdominal and back extension strength, torso mobility and flexibility. They are very useful for teaching key principles of spinal articulation. Their shapes lend themselves to deep abdominal strengthening, flexibility exercises, and spinal mobility.



# INTRODUCTION TO THE TRAPEZE TABLE

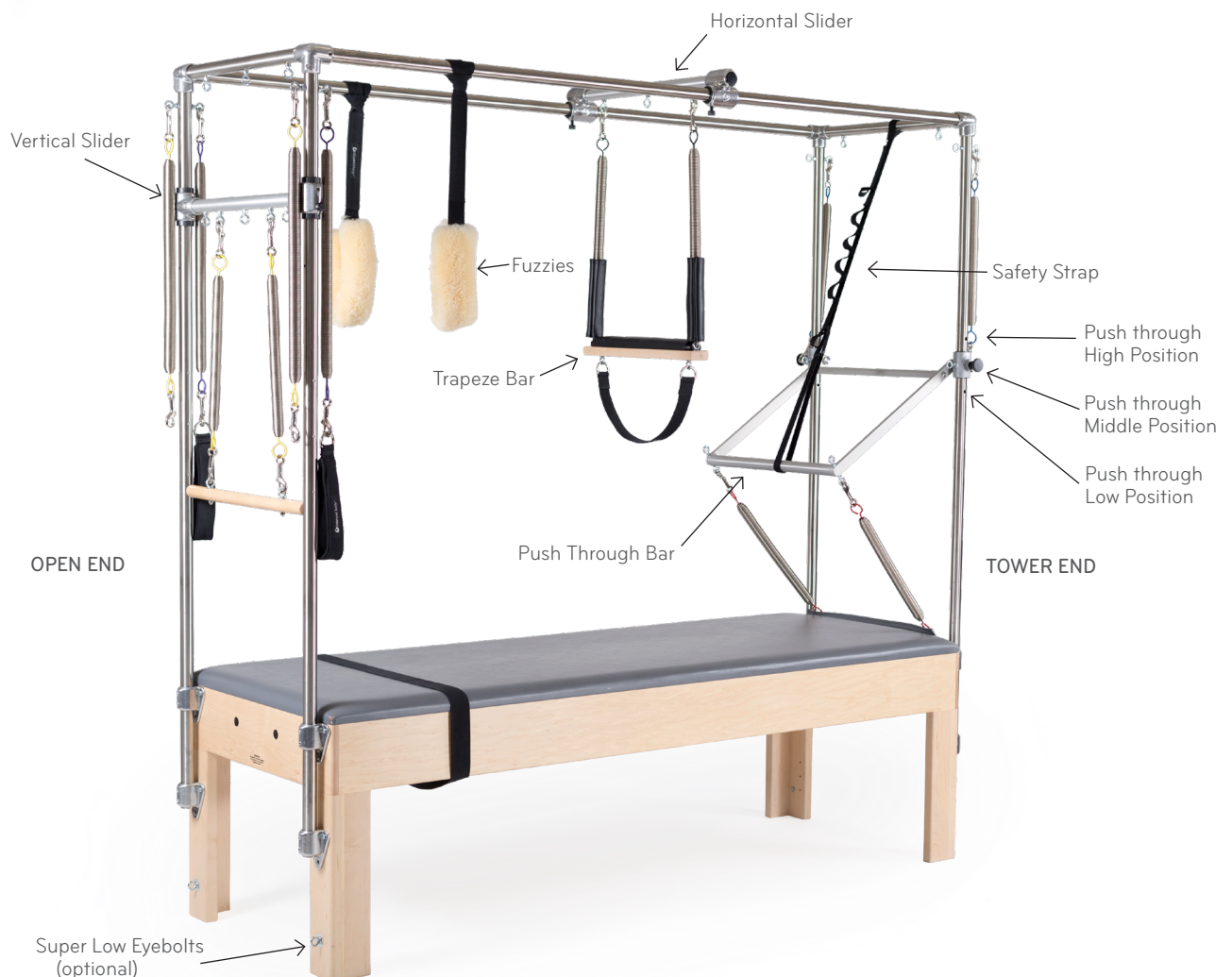
AKA 'CADILLAC'

## The Development of the Trapeze Table

The Trapeze Table, also known as the Cadillac, is based on the first piece of equipment designed by Joseph Pilates. When Mr. Pilates was working as an orderly at an Army hospital in Britain during World War 1, he attached springs to metal bed frames and created an exercise machine for his patients. As the concept developed, Mr. Pilates added a full frame around the table and several spring attachment points to provide varying angles of resistance for a wide range of exercises. The Trapeze Table and Towers are versatile pieces of equipment that can be used for teaching clients at any level. They are especially useful for teaching the principles to new or injured clients and for adding athletic, full bodied exercises for experienced students. They can be used in conjunction with the Reformer and Chair or on their own for a complete workout.

## TOWERS, WALL UNITS, HALF TRAPS AND SPRINGBOARDS

The basic idea of the Trapeze Table has generated several variations of the original design including the Wall Unit/Tower, Tower of Power and Half Trapeze, all of which consist of a frame of two uprights and a high cross bar rather than the full frame of the Trap Table. The Wall Unit is attached to the wall with a mat in front of it. The Tower of Power is attached to the Allegro and the Half Trapeze is attached to a studio Reformer to combine Reformer and Trapeze Table functions into one unit. The Springboard is a low cost alternative to the Towers consisting of a board with spring attachment points that can be attached to a wall.



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## TRAPEZE TABLE ANATOMY

The Trapeze Table consists of a padded table surrounded by a frame made of metal poles. Eyebolts in the frame provide attachment points for the springs. Straps, handles or a wooden roll down bar are attached to the springs creating a wide variety of exercises. The Trapeze Table has two moving cross bars or sliders: one between the uprights on one end of the table (vertical slider), and the other between the overhead bars (horizontal slider). The sliders have eyebolts for spring attachment points and can be moved to change the angle of pull and the resistance of the springs. The end of the Trapeze Table without the vertical slider ("Tower End") holds a hinged wooden or aluminum frame called the push through or tower bar. A trapeze consisting of a narrow, padded wooden board attached to springs is attached to the horizontal slider to create a special set of exercises.

## TOWER ANATOMY

All of the Towers consist of a frame with two upright pieces, a high cross bar and an adjustable push through bar. Eyebolts are placed along the uprights and across the top bar to provide attachment points for springs.

For this manual we used a standard Balanced Body Trapeze Table. The primary parts of the Trapeze Table are indicated in the photo below.

## SPRING ATTACHMENT POINTS

Both short and long springs can be attached from several points on the Trapeze Table or Towers. Recommended attachment points are given for each exercise. On the Towers, all of the eyebolts are numbered from the bottom up with the lowest position being #0.

**Low Position or #0:** This is the lowest position on any of the pieces of equipment. It is generally level with the mat the client lies on or with the floor.

On the Trapeze Table, the low position eye bolts are attached to the frame at the tower end. To protect the vinyl on the mat, make sure the flap goes between the spring and the mat on the Trapeze Table, Reformer Trap Combination (R TC) and on the Reformer Half Trapeze.

For exercises done standing at the open end of the Trapeze Table, the super low eyebolts are the low position.

On a Wall Unit the low position eyebolts are at floor level.

**Middle Position:** The middle position is the usual position for leg spring exercises and many arm exercises.

On the Trapeze Table it refers to the spring attachment points on the vertical slider. The vertical slider is moveable so there are an infinite number of settings for the middle position between the table and the top of the frame. To move the slider, loosen both wing nuts on the bar, slide the bar to the new position and retighten the wing nuts.

On the Tower of Power, Half Trapeze or Wall Unit there are several eyebolt attachment points between the low and high position which can be used depending on the exercise, the weight of the springs and the position of the client. Eyebolt equivalencies are noted below:

» Tower of Power: middle position is eyebolt #3

## TRAPEZE TABLE SPRINGS

The Trapeze Table has two different lengths of springs: long or leg springs and short or arm springs. Each length of spring comes in different resistances. The standard Balanced Body spring coding is as follows:

### SHORT SPRINGS

Short Y: Yellow, Light

Short B: Blue, Medium

Short R: Red, Heavy

Short T: Black, Super heavy; used on the Trapeze to support the weight of the body

### LONG SPRINGS

Long Y: Yellow, Light

Long P: Purple, Medium

» **Half Trapeze:** middle position on the front is #5

» Half Trapeze: middle position on the back is #3

» Wall Unit: with the 6" mat middle position is #4

» Wall Unit: middle position for standing work is #7

**High Position:** The high position refers to the eyebolts at the top of the frame on all of the pieces of equipment except for the Wall Unit. If the Wall unit is being used for exercises typically performed on the bed of the Trapeze Table, the high position that is comparable to the Trapeze Table is the #8 eyebolt. If the Wall Unit is being used for exercises typically performed standing or sitting outside the frame of the Trapeze Table then the high position is #10.

» Tower of Power: high position is eyebolt #5 or #6

- » Half Trapeze: high position on the front is #9
- » Half Trapeze: high position on the back is #7
- » Wall Unit: with the 6" mat high position is #8
- » Wall Unit: high position for standing work is #10

**Overhead Position:** The overhead position refers to the spring attachment points on the horizontal slider of the Trapeze Table. The overhead position is only possible on the full Trapeze Table. This position is traditionally used for attaching the Trapeze bar and it is infinitely adjustable along the length of the top frame bars. To move the slider, loosen both wing nuts on the bar, slide the bar to the new position and retighten the wing nuts.

There is no overhead position for any of the Towers.

### ADJUSTING THE RESISTANCE OF THE SPRINGS

The design of the Trapeze Table and Towers allows you to fine tune the resistance of the springs and the angle of pull by moving the vertical or horizontal slider on the Trapeze Table or changing the attachment points on the Towers.

**Increasing resistance:** In order to increase the resistance of the springs and to provide more support for heavier clients doing supine or prone exercises, move the spring so the attachment point is farther away from the contact point with the client. For example, when doing the Leg Springs Supine, moving the spring closer to the high position will increase the distance between the straps on the client's feet and the attachment point and therefore increase the resistance.

**Decreasing resistance:** In order to decrease the resistance of the springs, move the attachment point closer to the contact point with the client. If you are working with clients who need lighter springs than the ones provided, you can use carabineers on one or both ends of the spring to increase the length and therefore decrease the resistance of the spring. For some of the arm exercises, resistance bands or tubes with handles can be used in place of the springs to provide lighter resistance over a greater range of motion.

## Push through Bar Adjustments

The height of the push through bar can be adjusted on all of the apparatus. The Trapeze Table, Tower of Power and Half Trapeze each have three pivot points. The Wall Unit has nine pivot points. The recommended position for the push through bar is the middle position on all of the pieces of equipment. On the Wall Unit, use the #2 position from the floor when working flat on the floor, use the #4 position when working on a raised mat and use the #8 position when doing standing arm work with the bar.

### 'T' HANDLE HEIGHT ADJUSTMENT

To adjust the push through bar, push the black button in the middle of the T handle in order to free the pin. Pull the pins out of the uprights, move the bar to the appropriate hole and re-insert the pins. Always return the push through bar to a safe height if it has been moved.

### SLIDER PUSH THROUGH HEIGHT ADJUSTMENT

Newer Balanced Body Trapeze Tables and Towers are fitted with a simple slider mechanism. To change the height of the bar you pull the knobs to release the mechanism, raise or lower to one of the preset height adjustments. Make sure that when released, the pins are secured. Always best to set it and check it before setting your spring tension. **FOR SAFETY REMOVE THE SPRINGS PRIOR TO MOVING THE BAR.**

For safety, Balanced Body recommends covering the bar using self stick athletic wrap or a specially designed pad. Tape or padding makes the bar more comfortable for bony hands and feet as well as improving the grip. This is especially important for any exercise where the feet are on the bar.



3 sided push through bar



4 sided push through bar

## Safety Issues

The tower end of the Trapeze Table requires that certain precautions be observed. It is very important that any time the push through bar is in use that the instructor is present and spotting the client.

THE KEY SAFETY ISSUES FOR THE TRAPEZE TABLE ARE AS FOLLOWS:

### Push through bar height

The push through bar should never be adjusted low enough to contact a client who is lying under it. Always check to make sure the bar clears the client's head before starting the exercise. There are several height positions for the bar and if the bar is ever placed in the lowest position, it must be returned to the middle or high position at the end of the exercise.

### Safety strap

When the push through bar is sprung from the low position, the safety strap must always be used in case the hands or feet slip off the bar. For safety, make sure the strap is adjusted high enough so the bar is above the client's shins. The angle of the push through bar, when viewed from the side, should be no lower than the four or eight o'clock position.

### Feet on the push through bar

When placing the feet on the push through bar, it is very important to have firm contact between the feet and the bar. Do not wear socks or anything slippery on the feet during these exercises and make sure the bar is taped or padded for safety.



Push Through Bar: Circle of Danger

## THE CIRCLE OF DANGER

The entire arc the push through bar can swing through is called the circle of danger.

No matter what exercise you are doing or instructing, it is important to keep your head and your client's head out of the circle. Clients can—and do—let go of the bar unexpectedly and the safest place for you and your client to be is outside of the circle. Look for this symbol to indicate dangerous exercises.



## 3 AND 4 SIDED PUSH THROUGH BARS

Push through bars can be set up as three sided or four sided. The original bars were 4 sided so if the bar was sprung from above and pushed through the uprights, the spring would catch on the bar and the resistance would continue to increase.

If you are using a 3 sided bar and it is sprung from above on the cross bar, the springs will not catch on the bar and the resistance will decrease as the bar moves past the uprights. This can pull the client forward unexpectedly. Make clients aware of this and make sure you are spotting the bar the first few times they try any exercise where the bar goes through the uprights. This is especially important on the Parakeet. In order to set the 3 sided bar up so the springs catch and the resistance increases, attach the springs from the top eyebolts on the uprights rather than on the cross bar.

# PART 1

## THE FOUNDATIONS

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### The Foundations

The exercises in this first part of your Trapeze/Cadillac training are rooted in essential movement patterns. They are the exercises you will return to time and again as they set strong movement foundations. Many of these exercises are the pre-Pilates preparatory skill building work with the added benefit of independent limb work against the spring resistance.

#### Roll Down and Roll Up; Teaser

This collection of exercises require spinal segmentation and control in the rolling down and rolling up and culminates in Teaser top and bottom sprung.

- » Roll Down
- » Assisted Sit Ups
- » Advanced Sit Ups
- » Upper Arms
- » Teaser, Top Sprung

##### **Pre-Pilates Essentials**

Sequential roll down, Cat, Femur Folds and Leg Slides, Bridging

#### Lumbopelvic Control

##### **Stillness and follow through**

As the leg moves and differentiates from the pelvis through full ranges of motion, stability, stillness, and follow through of the pelvis and lumbar spine are all required at various movement moments.

- » Leg Springs Supine - Pull Down
- » Side Lying Leg Series
- » Footwork Bend and Stretch
- » Footwork Dorsiflexion

##### **Pre-Pilates Essentials**

Femur Fold, Leg Slides, Toe Taps and Marching

#### Cat

As you move into Apparatus work, the Cat, spinal flexion, and Cow, spinal extension, pre-Pilates essentials blend into one sequential and continuous spinal expression of movement referred to as Cat. The exercises below are the beginning exploration of Cat on the Trapeze Table/Cadillac.

- » Push Through Seated
- » Circle Saw
- » Cat Sitting
- » Cat Kneeling

##### **Pre-Pilates Essentials**

Sequential roll down, Cat, Pinwheel (Circle Saw)

#### Upper Body Integration

These exercises explore shoulder girdle integration with an aligned spine and, as with Mermaid, the shoulder girdle movement with the spinal motion in side bending.

- » Pull Downs
- » Scapula Glides
- » Mermaid Sitting

##### **Pre-Pilates Essentials**

Arm Rotations, Sternum Drop, Scapula Glides

#### Breathing

In this manual a breathing pattern for each exercise will be recommended. However, by this point in your training, you should have experienced how to utilize breath in different ways to support movement which means the offerings in this manual are but one breath option. Refer to your Movement Principles text book, the associated videos, and your in class resource guide for a more in-depth exploration of different breath patterns for different movement options.



# ROLL DOWN

ROLL DOWN SERIES • BEGINNING • 6-10 REPS

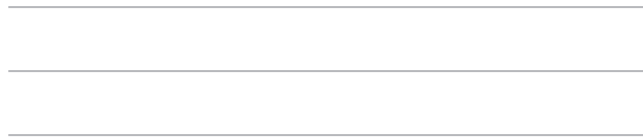
Springs: 2 SY or 2 LY

Position: High

Bar/Straps: Roll down bar or handles

## STARTING POSITION

Sit facing the open end of the Trapeze Table with the knees straight and the feet against the uprights. Hold on to the roll down bar or the handles with the arms straight and the palms facing down. Align the head, rib cage, and pelvis and sit up tall.



## MOVEMENT SEQUENCE

Exhale: Roll back and articulate down to the table, sequencing through the spine.

- Initiating from the sitting bones and turn the wheel of the pelvis back in space, rib cage and head follow.
- Arms remain straight throughout.

Inhale: At the bottom before rolling back up.

Exhale: Lift the head and roll back up through the spine, to return to sitting upright.



1. Starting position. Seated at open end with legs straight, feet against uprights.



2. Round the back and roll down.



3. Continue rolling until the back is on the table.



4. Lift the head and roll back up.



## Arch and Curl

### STARTING POSITION

Same starting position as the Roll Down. Use the handles or the roll down bar. Align the head, rib cage, and pelvis and sit up tall.

### MOVEMENT SEQUENCE

Exhale: Roll all the way back, sequencing through the spine.

Inhale: Extend the spine, and lift up to the seated position.

- As you flex and sequence to roll down, think cat in flexion, or the cow pose.
- As you extend and lift up, think cat extension..

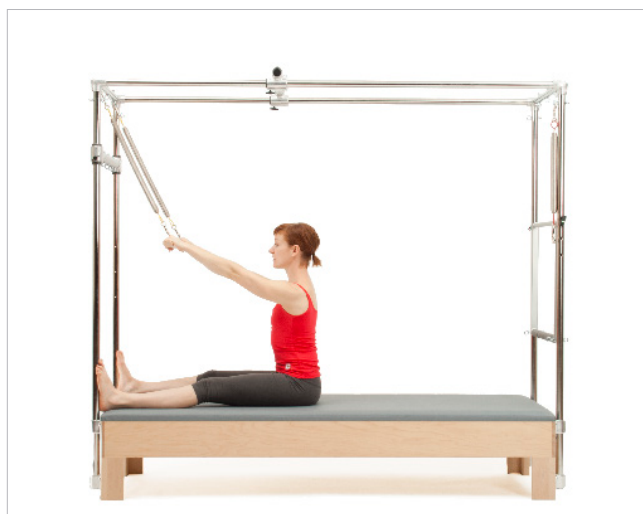
### Reverse

Exhale: From the tall seated position, extend the spine and lean back to find the table.

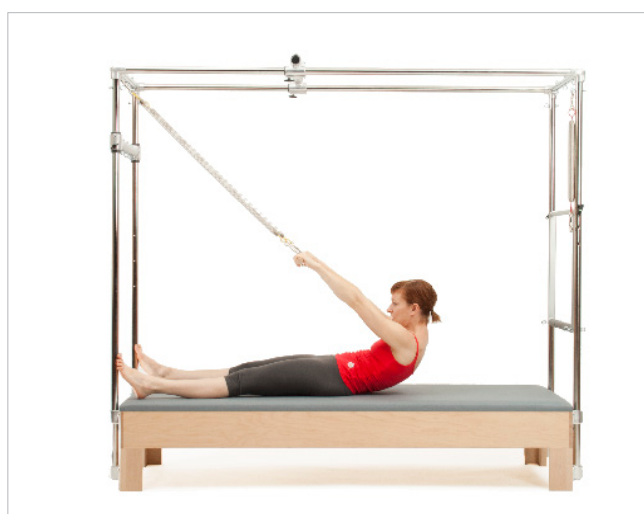
Inhale: Lengthen out flat, neutral, on the table and then roll up to the starting position.

### Connect the dots

Once you learn the individual movement steps, link the movements together so that the arch gives way to the curl and the curl to the arch. The spine undulates in a controlled sequence of movements.



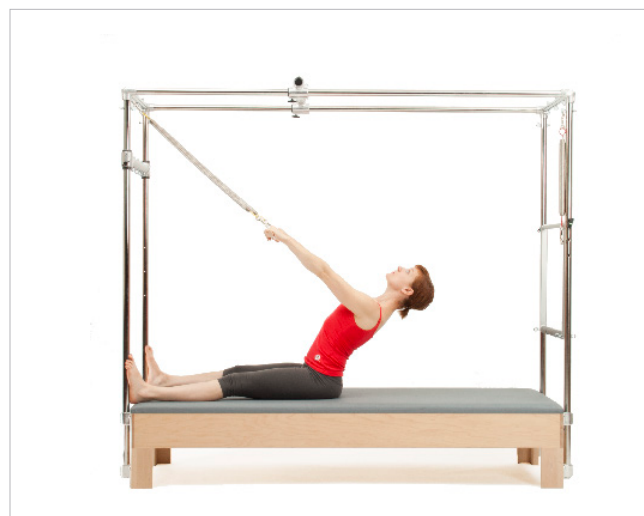
1. Starting position. Seated upright facing the open end with one foot on each upright.



2. Round the back and roll down.



3. Roll all the way down to the table.



4. Extend the spine and come up to the starting position.

## Water Skier

### STARTING POSITION

Sit diagonally on the table facing the right upright. Place the right foot against the upright and cross the left foot over the right ankle. Hold the roll down bar with the right hand. Align the head, rib cage, and pelvis and sit up tall.

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### MOVEMENT SEQUENCE

Exhale: Roll back and rotate the torso to the left as the left arm reaches out to the side.

Inhale: At the end of the roll back.

Exhale: Roll back up to the starting position maintaining the rotation of the torso.

Roll down and up maintaining the rotation of the torso 4 6x to each side.



1. Seated diagonally facing the left upright with the left leg crossed over the right.



2. Roll back, rotate the torso and reach the arm back.



3. Circle the arm up on the diagonal.

## Flat Back Roll Down (no pictures)

### STARTING POSITION

Same starting position as the Roll Down.

### Movement Sequence

Exhale: Engage the abdominals and lean back with a neutral spine. Lean back no farther than 45 degrees.

Inhale: At the end of the movement.

Exhale: Return to the starting position while maintaining the position of the back.

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## Biceps Curls and Narrow Row

### STARTING POSITION

Same starting position, palms facing up. Use either the roll down bar for standard trapeze/tower work or handles for single sided work and independent limb work. Align the head, rib cage, and pelvis and sit up tall.

### MOVEMENT SEQUENCE

Exhale: Roll back part way keeping the elbows straight.

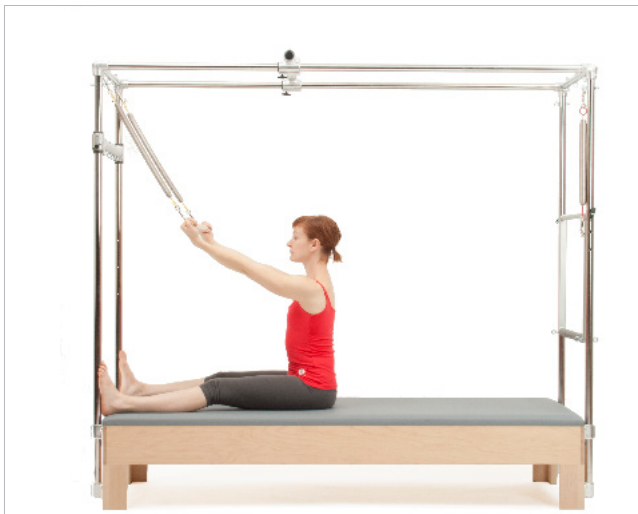
#### Biceps Curl

Inhale: The body is still, the arms are long with palms facing up. Bend and straighten the elbows. 3 to 6x.

#### Narrow Row

Inhale: The body is still, the palms are facing down, as the elbows bend pulling the bar or handles in toward the body. 3 to 6x.

Exhale: Straighten the arms and roll back up sequencing through the spine as you return to upright..



1. Biceps Starting position. Hold the roll down bar with palms facing upward.



2. Round the back and roll down.



3. Bend and straighten the elbows.



4. Roll back up.

## Oblique Roll Down

### STARTING POSITION

Same starting position as the Roll Down, holding the handles.

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### MOVEMENT SEQUENCE

Exhale: Roll back and articulate down to the table, sequencing through the spine.

Inhale: Rotate the torso to one side keeping both sit bones anchored to the table. Keep the elbows straight to focus on the torso rotation or rotate the torso and bend the elbow to increase the rotation.

Exhale: Rotate to the other side. Repeat 3 to 4x to each side.

Exhale: Return to center and roll back up.



1. Starting position. Seated tall at open end holding the handles.



2. Roll back part way.



3. Rotate the torso to one side.



4. Bend the elbow to increase the rotation.

ROLL DOWN SERIES MODIFICATIONS

**Tight hamstrings**

Bend the knees or use a pillow, foam roller or wedge under the knees to decrease the stretch on the hamstrings and to decrease the use of the hip flexors.

**Beginners**

Use a wedge pillow behind the torso as the client rolls back to help them feel the articulation of the spine and to decrease the strain on the neck.

**Neck, shoulder, hand and wrist injuries**

Use a strap or sling behind the upper torso and under the arms for support.

CHALLENGES

- » Roll down or up to the most challenging spot. Breathe into the back and deepen the curve of the spine until you can articulate each vertebra.
- » Breathe throughout the exercise.

CUEING AND IMAGERY

- » Lift the abdominals in and lengthen the spine to begin.
  - Scoop the abdominals in and up.
  - Imagine you are zipping on a pair of tight pants.
  - Narrow the pelvis and tuck the tail under slightly to roll back, initiating the roll back from the sitting bones..
- » Keep the arms straight as you roll down and up.
  - Fully extend the elbows.
- » Make the spinal curve as long as possible.
  - Imagine you are holding a very large beach ball on the front of your body and roll up and down around it.
- » Keep the shoulders down.
  - Don't wear your shoulders like earrings.

PURPOSE

- » Strengthen in mobility the abdominals.
- » Strengthen and lengthen the back line.
- » Mobility and flexibility of the spine.
- » Maintain abdominal support for the low back while in lumbar flexion.

PRECAUTIONS

**For low back problems:** Limit range of motion with a wedge pillow and use the appropriate back position for the client.

**For neck and shoulder problems:** Use modifications or limit the range of motion in the roll back to decrease stress on the neck.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**

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# UPPER ARMS

UPPER ARMS SERIES • BEGINNING • 4 REPS



Springs: 2 SB to 1 SR & 1 SY

Position: High

Bar/Straps: Push through bar

## STARTING POSITION

Lie supine with the top of the head at the tower end of the table. Bend the knees and place the feet hip width apart. Hold the push through bar with the palms facing down and the elbows straight. Anchor the scapulae into the table.



## MOVEMENT SEQUENCE

Exhale: Starting from the sitting bones, perform an articulated bridge.

Inhale: Roll the back down onto the table one vertebra at a time.

Exhale: Lift the head and roll the back sequence through the spine until sitting upright. Press the bar up overhead to stretch out of the hips.

- As you exhale, feel the gentle support and lift in and up of the abdominals

Inhale: Roll back down to start again.



1. Starting position. Lie supine with the head at the tower end, knees bent, feet flat.



2. Press the hips up.



3. Lower the hips and roll the torso up.



4. Continue to roll up and push the bar up toward the ceiling to create length in the torso.



**Connect the dots**

Once you learn the individual movement steps, link the movements together. The bridge leads to the sitting up and the rolling down leads to the bridge.

**MODIFICATION**

**Tall clients**

Support the head off the end of the table for the sitting position by using the head block cushion, the sitting box riser or placing a Combo Chair next to the table.

**CUEING AND IMAGERY**

- » Lift the abdominals in and lengthen the spine to begin.
  - Scoop the abdominals in and up.
  - Narrow the pelvis and tuck the tail under slightly to roll back.
- » Connect the exercises into a smooth flow without stopping.
  - Imagine you are a perpetual motion machine moving continuously from one position to the next.
- » Keep the shoulders down.
  - Don't wear your shoulders like earrings.
- » Anchor the scapulae into the table as you roll the hips up.
  - Stand on your scapulae.

**PURPOSE**

- » Strengthen abdominals.
- » Strengthen the hamstrings and gluteals.
- » Stretch the back.
- » Stretch and release the hip flexors.
- » Teach scapular stability.

**PRECAUTIONS**

**For low back problems:** Limit range of motion as needed.

**For neck and shoulder problems:** Avoid!

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**

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# ASSISTED SIT UPS

UPPER ARMS SERIES • BEGINNING • 6-10 REPS



**Springs:** 1 or 2 SB or 1 SR to 1 SR & 1 SY

**Position:** High

**Bar/Straps:** Push through bar

## STARTING POSITION

Sit at the tower end of the table facing the open end with the buttocks at least one hand width from the edge of the table. Bend the knees and place the feet on the table hip width apart. Hold the push through bar with the palms facing towards you and the elbows bent at chin level.



1. Starting position. Sit at the tower end of the table facing the open end, holding the push through bar with an underhand grip.

## MOVEMENT SEQUENCE

Exhale: Hold the push through bar and straighten the arms as you roll down, curving the back and staying lifted until the sacrum is on the table.

Inhale: Roll back up to the starting position.

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## MODIFICATION

### Tall clients

Support the head off the end of the table for the starting position by using the head block cushion, the sitting box riser or placing a Combo Chair next to the table.

## VARIATION

### Bottom sprung

Attach a B or R or LY spring on the low position with the safety strap. Roll down and up while pressing on the bar.

## CUEING AND IMAGERY

- » Lift the abdominals in and lengthen the spine to begin.
  - Scoop the abdominals in and up.
  - Narrow the pelvis and tuck the tail under slightly to roll back.
- » Keep the shoulders down.
  - Don't wear your shoulders like earrings.
- » Keep the inner thighs engaged.
  - Press them together or place a ball just above the knees.

## PURPOSE

- » Strengthen abdominals.
- » Stretch the back.
- » Stretch and release the hip flexors.
- » Teach scapular stability.

## PRECAUTIONS

**For low back problems:** Limit range of motion as needed. Avoid the Bottom Sprung version if flexion is contraindicated.

**For neck and shoulder problems:** Limit the range of motion in the roll back to decrease stress on the neck. Or place a combo Chair or head cushion off the end of the table to support the neck.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**

# ADVANCED SIT UPS

UPPER ARMS SERIES • INTERMEDIATE • 4 REPS



**Springs:** 1 SB or 1 SR & 1 SY

**Position:** High

**Bar/Straps:** Push through bar

**Prerequisite:** Trap Assisted Sit Ups

## STARTING POSITION

Lie supine with the bottom edge of the scapula off the tower end of the table. Hold the push through bar with the arms straight and roll up to a sitting position with the legs together to begin.



1. Starting position. Seated facing the open end with the legs straight.



2. Roll down until the back is on the table.



3. Extend the upper back as you bend the elbows and press the bar through the uprights.



4. Tuck the chin and roll up while bringing the bar back through the uprights.



5. Roll back up to the starting position.

## MOVEMENT SEQUENCE

Exhale: Roll back, until the back is in complete contact with the table.

Inhale: Extend the upper back off the end of the table, bend the elbows to pull the push bar through the uprights, then straighten the arms while in the spinal extension.

Exhale: Bend the elbows, press the bar back through the uprights as you roll back up to the starting position.

- To return, you must initiate with the head wheel.

## CUEING AND IMAGERY

» Lift the abdominals in and lengthen the spine to begin.

- Scoop the abdominals in and up.

- Narrow the pelvis and tuck the tail under slightly to roll back.

» Connect each piece of this exercise into one smooth flow.

- Imagine you are a perpetual motion machine moving continuously from one position to the next.

» Keep the shoulders down.

- Don't wear your shoulders like earrings.

- Lift the head first before returning from the extended position.

- Roll your torso up by starting with the head.

## PURPOSE

» Strengthen abdominals.

» Mobility and strength of the back.

» Stretch and release the hip flexors.

» Teach scapular stability.

## PRECAUTIONS

**For low back problems:** Limit range of motion as needed.

**For neck and shoulder problems:** Avoid.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**

**On the Rialto and A1 Reformer with Tower, the risers might get in the way of the arms.**

# TEASER - TOP SPRUNG

TEASER SERIES • INTERMEDIATE TO ADVANCED • 4 - 6 REPS



Springs: 2 SB or 2 SR

Position: High

Bar/Straps: Push through bar

## Teaser

### STARTING POSITION

Lie supine with the head at the tower end of the Trap Table. Hold onto the push through bar with the palms facing in, the arms are straight. Bend the knees and flex the hips to 90 degrees.

### MOVEMENT SEQUENCE

Exhale: Roll the upper body up by pressing up on the push through bar. Straighten the legs into the Teaser position.

### MODIFICATIONS

#### Beginners

Substitute Assisted Sit Ups or place the feet in the trapeze to support the legs as in Carola's Breathing or keep knees bent throughout.

### TRADITIONAL VERSION

Lie on the table, head at the tower end. The arms are extended straight with the hands holding the push through bar. Legs are extended out long on the table.

Exhale to roll up to the Teaser V-sit position. As soon as the head lifts and the body peels off the mat, the legs lift as well. The lumbar spine may be neutral or slightly flexed when in the final Teaser position.



1. Starting position. Lie supine with the knees tabletop and hands above shoulders.



2. Roll up and straighten the legs into the Teaser position.



3. Roll the torso back down.



4. Roll all the way back down before rolling back up.



## CHALLENGES

### Torso roll down and up

Keep the legs in position as the torso rolls down and up 4-6x.

### Leg Lowers

From the Teaser position lower the legs toward the table maintaining the position of the lower back.

Raise the legs back to the Teaser position.

Breathe continuously, as legs lower and raise the legs 4-6x



1. From the teaser position, lower the legs keeping the torso still.



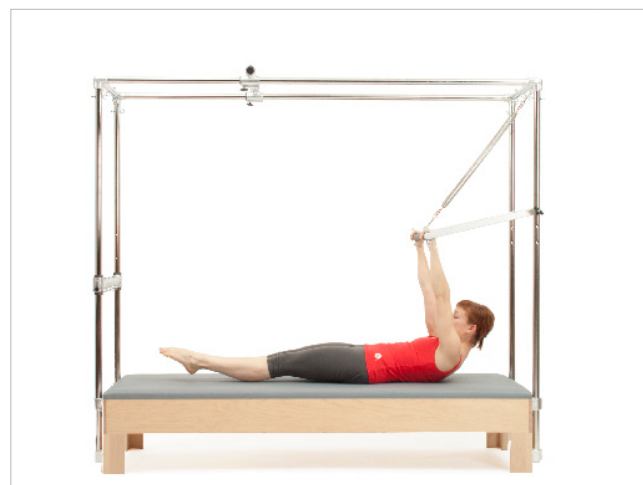
2. Lift the legs back up to the Teaser position.

### Leg and Torso Lowers

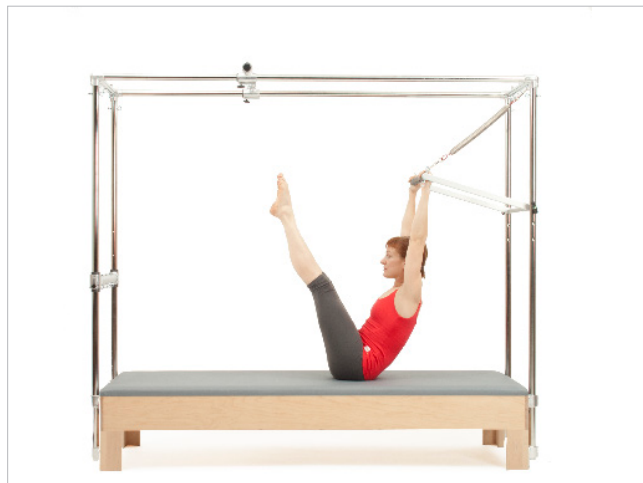
Lower the legs and upper body toward the mat.

Return to the Teaser position 4-6x.

Breathing continuously, lower and raise the legs and upper body 4-6x.



2. Lower the torso and the legs together.



3. Lift the torso and the legs back into the Teaser position.

## VARIATIONS

### Hip Circles

From the Teaser position, circle the hips and legs in a circle as in the Mat Hip Circles. Try to keep the hips from walking to the opposite end of the table.

### Leg movements

From the Teaser position, add any of the following leg movements: heel beats, crosses.

## Teaser Oblique

### STARTING POSITION

Starting position is similar to the **Assisted Sit Up** starting position. The body is under the push through bar, the pelvis is one to two hand-width distance from the end of the table. The hands hold the push through bar with arms straight and legs lifted into the iconic Teaser V-sit position.

### MOVEMENT SEQUENCE

Exhale: Lower the torso, bend the knees, and rotate the pelvis and the spine to one side.

- One hip will lift off the table. Think **Large Leg Circles** with mobile pelvis.
- The shoulders remain parallel to the bar as the hips rotate. The arms may remain straight or the elbows bend slightly. The eyes may look forward on the horizon throughout the movement or, for more rotation, may look in the opposite direction.

Inhale: Return to the Teaser position and repeat to the other side.



1. Starting position. Start in the Teaser position one hand-width away from the open end of the table.



2. Bend the knees and rotate the torso to one side lifting the hip off the table.



3. Straighten the legs and return to the Teaser position.



4. Rotate to the other side.



# TEASER - BOTTOM SPRUNG

TEASER SERIES • INTERMEDIATE-ADVANCED • 4 REPS



**Springs:** 1 LP or 1 LY or 1 SY or 1 SB or 1 SR

**Position:** Low

**Bar/Straps:** Push through bar with safety strap

## STARTING POSITION

Lie supine with the head at the tower end of the table. Hold onto the push through bar with the palms facing in and the elbows straight. Bend the knees and flex the hips to 90 degrees.

### Traditional Version

Legs are extended straight out on the table.

## MOVEMENT SEQUENCE

Exhale: Roll the upper body up by pressing up on the push through bar. Straighten the legs or if the Traditional version, lift the legs, into the Teaser position.

Inhale: Return to the starting position by rolling back down and bending the knees.

## MODIFICATIONS

### Tight hamstrings

Come up into the Teaser position with the knees bent.

### Beginners

Start with Teaser I with the knees bent and focus on a controlled roll up and down of the torso.

## CHALLENGES

Do 3 of each version in a steady flow without stopping. Add leg lowers, leg circles, heel beats, or scissors at the top of the Teaser to increase the abdominal challenge.



1. Starting position. Lie supine with the knees in tabletop, arms straight (not pictured) and in line with the shoulders..



2. Roll up into the Teaser position.

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## CUEING AND IMAGERY

- » At the top of the teaser it is important to have abdominal support.
  - The pelvis and the lumbar back may be in neutral when you are at the top of the Teaser.
  - In the more traditional versions, the pelvis and lumbar spine remain slightly flexed. Avoid if flexion is contraindicated.
  - Don't let your abdominals pop at the top or allow the lumbar spine to extend..
- » If the bent knee version, roll down with the torso keeping the legs in the same position.
  - Imagine there is an elastic band between your hands and your feet. Slowly stretch it as you roll down.
- » Sink the femurs into the hips to stabilize the legs.
- » Move smoothly from one position to the next.
  - Momentum makes it easy; moving with slow precision makes it much harder.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the hip flexors.
- » Strengthen the knee extensors.
- » Develop coordination and balance.
- » Challenge the control of the torso and legs.

## PRECAUTIONS

**Low back, hip flexor and sacroiliac joint injuries:** Avoid.

**Note:** Teaser bottom sprung puts more pressure on the discs than top sprung.

**Neck injuries:** Client must be able to flex the neck from supine or avoid.

**Avoid with osteoporosis.**

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# LEG SPRINGS SUPINE - PULL DOWNS

BEGINNING • 4-10 REPS

**Springs:** 2 LP or 2 LY

**Position:** Middle or Overhead

**Bar/Straps:** Straps

## STARTING POSITION

Lie supine on the table facing away from the springs with the back in a balanced neutral spine position. Place the arms overhead and the hands on the uprights, or place the arms alongside the body. To keep the torso from sliding off the table, place a mat on the table if necessary. The pelvis, spine, and trunk remain still as the legs move

## VARIATIONS

**Instructor note:** The usual spring attachment point is on the vertical slider. Depending on the angle of pull, and the resistance desired, the horizontal slider can be used.

### Springs on Vertical Slider or Tower

Place the straps around the arches when using the vertical slider. This encourages length and reaching into the spring while engaging the hamstrings.

### Springs on Horizontal Slider

Place the straps around the ankles when using the horizontal slider. This puts a more direct line of pull into the hamstrings.

### Lengthen the Springs

If the springs are too strong, add a carabineer to one end to decrease the resistance.

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## Single Leg Hamstring Pull

### STARTING POSITION

Place one leg in the strap and the other leg on the table with the knee straight or bent. Leg position can be parallel, turned-out or turned in. Breathing can be reversed.

### MOVEMENT SEQUENCE

Inhale: Pull the spring toward the table maintaining the stillness of the pelvis and trunk.

Exhale: Return to the starting position.



1. Starting position. Place one leg in the strap and the other on the table with the knee bent.



2. Pull the leg down toward the table.



## Leg Lowers

### STARTING POSITION

Place both feet in the straps. Leg position can be parallel, turned out or turned in. Breathing can be reversed.

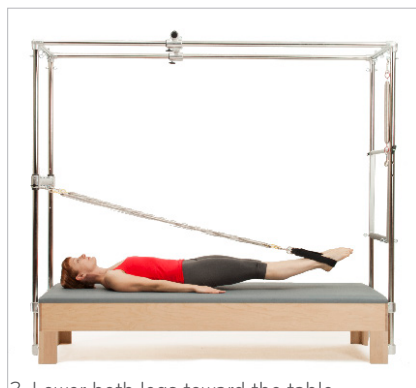
### MOVEMENT SEQUENCE

Exhale: Lower both legs toward the table. Legs move together.

Inhale: Return to the starting position.



1. Starting position. Both feet in straps.



2. Lower both legs toward the table.

## Diamond Leg Lowers

### STARTING POSITION

Place both feet in the straps with the hips in external rotation, the knees bent and the heels together making a diamond shape with the legs.

### MOVEMENT SEQUENCE

Exhale: Lower both legs toward the table.

Inhale: Return the legs to the starting position.

For an additional challenge, do the Walking exercise in the Diamond Leg position.



1. Starting position. Both feet in the straps with the heels together and the knees bent.



2. Lower the legs toward the table .

## Frogs

### STARTING POSITION

Place both feet in the straps with the knees bent and the hips in external rotation with the heels together.

### MOVEMENT SEQUENCE

Inhale: Straighten the legs and press the straps away. Legs can be as low as the lumbar spine, pelvis and trunk remain still.

Exhale: Bend the knees.



1. Starting position. Bend the knees and externally rotate the hips with the feet in the straps.



2. Straighten the legs at a diagonal, keeping the heels together.

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## Scissors and Open/Close

### STARTING POSITION

Place both feet in the straps. Leg position can be parallel, turned out or turned in.

### MOVEMENT SEQUENCE

Exhale: Lower both legs and hold them a few inches above the table.

Inhale: Open the legs out to the sides and close to return to starting position.

### Scissors

Inhale: Lower one leg and lift the other

Exhale: Switch legs. Legs pass each other

Repeat 6-10x.

### CHALLENGE

- » Single leg open and close
- » Single Leg Scissors
- » Heel Beats - Tap heels together
- » Ankle Beats - Cross ankles



1. Starting position. Lying supine with both legs in straps.



2. Open the legs to the side.

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## Circles

### STARTING POSITION

Place both feet in the straps. Leg position can be parallel, turned out or turned in.

### MOVEMENT SEQUENCE

Exhale: Lower both legs toward the table at the same rate maintaining the stability of the pelvis.

Inhale: Circle the legs out to the sides and around to the starting position. The circles can be small, large or asymmetrical to challenge different aspects of the hips.

Circle the legs in each direction.



1. Starting position. Lie supine with both feet in the straps and the hips flexed.



2. Lower the legs toward the table.



3. Open the legs to the side.



4. Circle the legs out and around.



5. Bring the legs together in the starting position.

## Walking

### STARTING POSITION

Place both feet in the straps. Leg position can be parallel, turned out or turned in.

### MOVEMENT SEQUENCE

Exhale: Lower the right leg toward the table.

Inhale: Walk the legs up and walk the legs down. The leg movements and 'steps' may be small and quick or larger and slower 'steps' (pictured below). Maintain the stability of the pelvis throughout the exercise.



1. Lower one leg, lift the other leg.



2. Switch legs.

## Bicycle

### STARTING POSITION

Place both feet in the straps with the legs straight and point one leg up toward the ceiling.

### MOVEMENT SEQUENCE

- » Reach one leg down toward the table as the other knee bends and the hip flexes to bring the knee in to the chest.
- » Bicycle the legs forward and backward breathing continuously.

### MODIFICATIONS

#### For sensitive feet or ankles or clients with casts on the lower leg

Use a Velcro cuff or a Y loop if the regular strap is uncomfortable or doesn't fit.

#### For neck and shoulder problems

Use sticky pads under the hips and shoulders to keep from sliding rather than pressing the arms into the uprights.

### CUEING AND IMAGERY

- » Maintain the stability of the pelvis in each exercise.
  - Place your hands under the hips to monitor the stability of the hips.
- » Both legs move symmetrically in each exercise.
  - Imagine you have paint brushes attached to the feet. Draw symmetrical shapes with each leg.
- » Move the legs smoothly and with rhythm.
  - Make the lowers smooth down and up, make the circles round and even.
  - Don't stop at the top or bottom of the exercise, connect the dots.

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1. Starting position. Both feet in straps, legs together and straight.



2. Lower one leg toward the table.



3. Bend the bottom leg in and press the top leg down.



4. Extend the top leg toward the ceiling, lower the bottom leg toward the table.

## PURPOSE

- » Strengthen the hamstrings, adductors, abductors, external and internal hip rotators and gluteals.
- » Improve leg alignment.
- » Teach pelvic stability.
- » Teach neutral spine with leg motion.

## PRECAUTIONS

**For low back problems:** Limit range of motion and keep the weight light.

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# LEG SPRINGS SIDELYING

BEGINNER TO INTERMEDIATE • 6-10 REPS

Springs: 1 LY or 1 LP

Position: Middle or Overhead

Bar/Straps: Strap

## STARTING POSITION

Lie on the side with the head toward the open end of the Trap Table. Line the back of the body up with the back edge of the table. Place the legs slightly forward of the body with the bottom leg under the table strap. Brace the bottom arm against the upright or rest the head on it. Attach the spring so that it is in line with the body. Place the strap around the arch of the foot.

## Adductor Pull

### STARTING POSITION

Lift the top leg off the bottom leg to begin.

### MOVEMENT SEQUENCE

Exhale: Pull the top leg down toward the bottom leg while the bottom leg lifts up against the strap (if you have one). Maintain correct side-lying position with the shoulders over the shoulders, the hips over the hips and the waist lifted.

Inhale: Return to the starting position.

### VARIATION

#### Leg positions

Legs can be parallel, turned out or turned in.



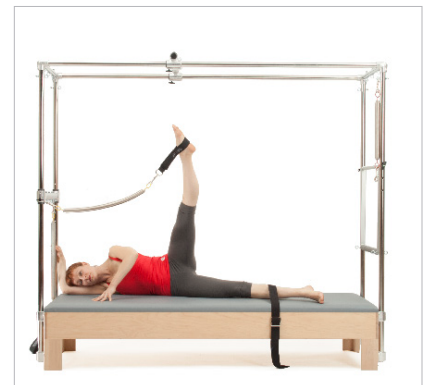
1. Starting position. Top foot in strap, parallel and hovering above the bottom leg.



2. Lift the top leg keeping the length in the torso.



3. Pull the top leg down.



1. Starting position turned out. Lift top leg in turn out as high as possible without creasing the waist.



## Leg Circles

### STARTING POSITION

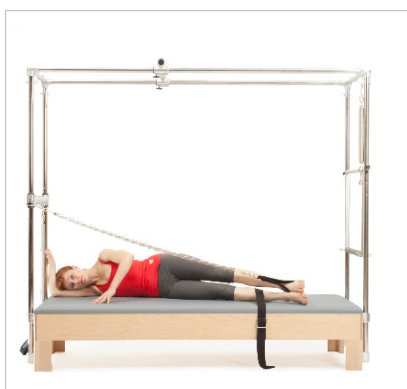
Begin with both legs together.

### MOVEMENT SEQUENCE

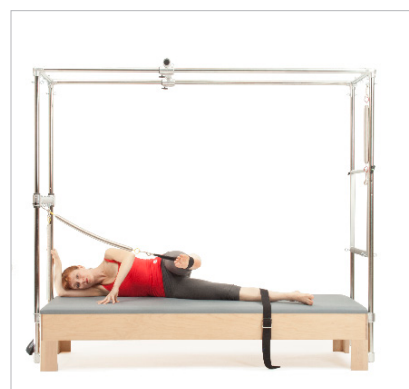
Inhale: Swing the top leg forward as far as possible without disturbing the pelvis. Circle the leg up to the side maintaining the external rotation until the leg is as high as it can go.

Exhale: Circle the leg back allowing the femur to rotate in the hip socket. Make as big a circle to the back as possible without disturbing the pelvis before returning to the starting position.

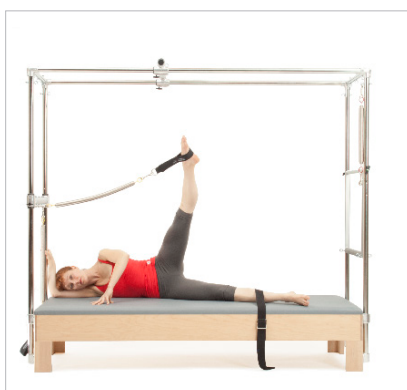
For small circles, the legs can be parallel or turned out.



1. Starting position. Both legs together and stacked.



2. Kick the top leg forward.



3. Circle the leg up to the ceiling.



4. Circle the leg around to the back.

## Side Kick

### STARTING POSITION

Begin with both legs together.

### MOVEMENT SEQUENCE

Inhale: Swing the top leg forward and pulse it twice without changing the position of the pelvis.

Exhale: Swing the leg back and reach it behind you. Keep the hips lined up throughout the exercise.

Legs can be parallel or turned out.



1. Swing the top leg forward and pulse it 2 times.



2. Swing the top leg back.



## CUEING AND IMAGERY

- » Keep the shoulders and the hips lined up throughout the exercise.
  - Imagine you have a cup of coffee balanced on the shoulders. Don't spill it!
  - Imagine you have a stake through the hips and you can't break it.
- » Keep the eyes looking straight ahead.
  - Your legs won't leave if you aren't looking at them.
- » Keep the abdominals engaged.
  - Scoop the navel toward the spine as the leg goes up.
- » Reach the leg away from the hip as it goes up.
  - Imagine you are painting a line on the wall.
  - Instructor cue, press into the client's heel.
  - Keep the waist long on the top side of the torso as the leg goes up.
- » Lift the leg, not the hip.
  - Crease at the top of the femur not at the waist.

## PURPOSE

- » Strengthen the hip abductors.
- » Strengthen the hip external rotators.
- » Strengthen the lateral torso.
- » Develop stability of the torso and pelvis in side lying.

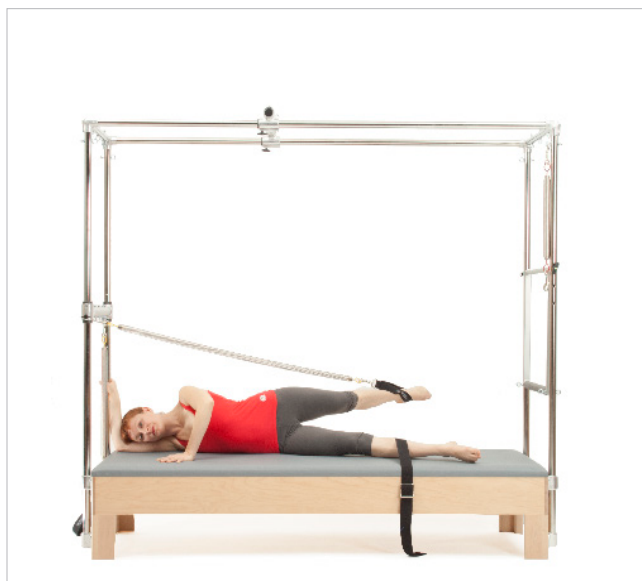
## PRECAUTIONS

**For low back and hip problems:** Limit range of motion and keep the hips completely stable.

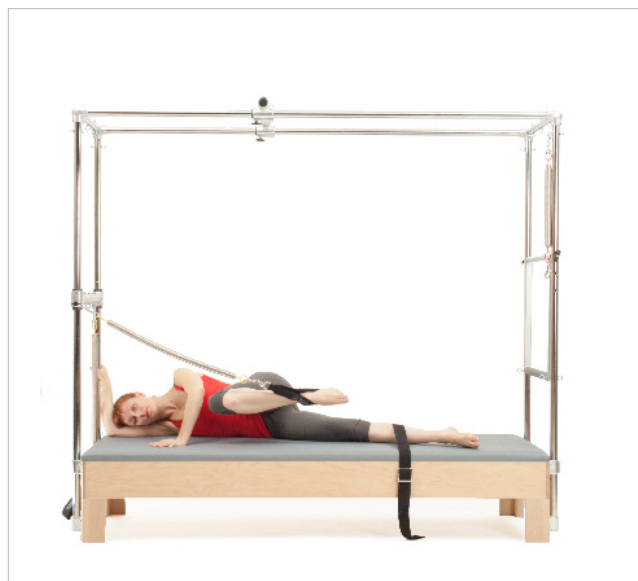
**For neck and shoulder problems:** Place the head on a pillow rather than on the upper arm.

**For knee problems:** Keep the knee slightly bent to decrease stress on the inner knee.

**For greater trochanter discomfort:** Bend the bottom knee.



3. Sweep the leg back and into extension.



4. Bend the knee, and femur fold, bringing the leg forward to begin the next cycle.

# FOOTWORK - BEND AND STRETCH



FOOTWORK SERIES • BEGINNING • 6-10 REPS

Springs: 2 LP to 2 SR

Position: Low

Bar/Straps: Push through bar with safety strap

## Bend and Stretch

### STARTING POSITION

**Head toward open end:** Lie supine on the table with your head toward the open end. Line the push through bar up with the hip crease, flex the hips and the knees and place the feet securely on the push through bar. Make sure the pelvis is anchored and the low back is in neutral.

**Head toward tower end:** Lie supine on the table with the head toward the tower end and the feet on the push through bar. Note: This position is better for clients with at least 90 degrees of hip flexion (not shown).

**Safety note:** Do not wear socks or anything slippery on the feet during this exercise.



1. Starting position. Lie supine with the head at the open end and the feet on the push through bar.



2. Press the bar up and point the toes.

### MOVEMENT SEQUENCE

Inhale: Straighten the legs and press the bar up.

Exhale: Bend the knees to return to the starting position.

### FOOT POSITIONS

» Heels on the bar: parallel or wide 2nd position

» Toes on the bar: parallel, Pilates V or wide 2nd position

» Single leg Ball or heel: reduce spring weight

## Plie/Releve or Bend/Stretch

### STARTING POSITION

Place the balls of the feet on the bar in parallel or turned out to begin.

### MOVEMENT SEQUENCE

Exhale: Straighten the legs and dorsiflex the ankles lowering the bar slightly.

Inhale: Plantarflex the ankles and push the bar up toward the ceiling.

Exhale: Bend the knees and return to the starting position.

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## Plantar Flexion

### STARTING POSITION

Place the balls of the feet on the bar with the legs straight to begin.

### MOVEMENT SEQUENCE

Exhale: Dorsiflex the ankles and reach the heels straight up.

Inhale: Plantarflex the ankles and push the bar up.

Repeat 6 to 10x before bending the knees and returning to the starting position.

### LEG POSITIONS

- » Parallel
- » Turned out
- » Single leg (reduce spring weight)



1. Starting position. Ball of feet on the footbar, legs extended, feet dorsiflexed.



2. Press the bar up and point the feet.

## Running in Place

### STARTING POSITION

Place the balls of the feet on the bar in parallel with straight legs.

### MOVEMENT SEQUENCE

Exhale: Flex the left ankle and bend the right knee.

Straighten both legs and point the feet to raise the bar. Flex the right ankle and bend the left knee.

Inhale: Repeat the sequence on the inhale.

Do 10 sets before bending knees back to the starting position.



1. Bend one knee and flex the other foot.



2. Switch legs.



# FOOTWORK - DORSIFLEXION

FOOTWORK SERIES • BEGINNING • 10 REPS



Springs: 1 SB to 2 SR

Position: High

Bar/Straps: Push through bar

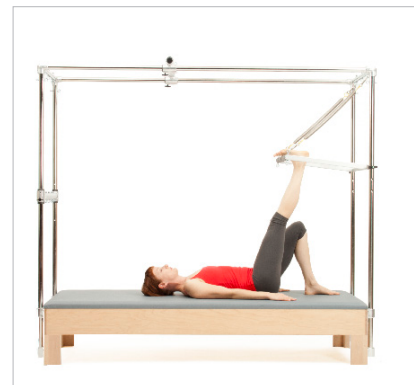
## STARTING POSITION

Lie supine on the table with the head toward the open end. Hook the top of the metatarsals of one foot over the push through bar. Depending on the leg length, the knee may be straight or bent. For taller clients, position the torso farther from the push through bar to keep the leg straight.

**Safety note:** Do not wear socks or anything slippery on the feet during this exercise.



1. Starting position. Hook the top of one foot over the push through bar.



2. Pull the bar down with the top of the foot.

## MOVEMENT SEQUENCE

Breathing continuously, pull the bar down and release it to the starting position with control. In order to target all of the ankle dorsiflexors, angle the foot so the bar covers the tops of all 5 metatarsals and pull down with equal effort on both sides of the foot.

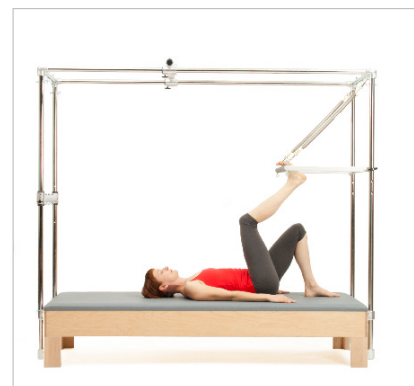
## MODIFICATION

### For sensitive feet

Use a Push through Bar cover or roll a sticky pad over the bar to pad the feet.



1. Alternate starting position. Bend the knee of the lifted leg.



2. Pull the bar down with the top of the foot keeping the knee bent.

## CUEING AND IMAGERY

- » Maintain proper leg alignment throughout each exercise.
  - Hips over knees and knees over feet.
- » Keep the ankles steady.
  - Line the middle of the top of the ankle up with the 2nd toe.
  - Don't roll out to the little toe.
- » Keep the pelvis still on the table.
  - Don't roll the tail off the mat when the knees bend.

## PURPOSE

- » Strengthen the ankle dorsiflexors including the anterior tibialis, extensor digitorum longus and extensor hallucis longus.
- » Stretch the posterior calf and hamstrings.
- » Correct leg and ankle alignment.

## PRECAUTIONS

**For foot problems:** Pad the bar, decrease the resistance and limit the range of motion as needed.

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# PUSH THROUGH SEATED FRONT

CAT SERIES • BEGINNING • 6 REPS



**Springs:** 1 or 2 SB or SR

**Position:** High

**Bar/Straps:** Push through bar

**Prerequisite:** Mat Spine Stretch

## Flat Back

### STARTING POSITION

Sit on the table facing the tower end with the feet against the uprights. Hold onto the push through bar with both hands. Depending on the flexibility of the hamstrings, the knees can be bent or straight. Align the head, rib cage, and pelvis.

### MOVEMENT SEQUENCE

Inhale: Push the bar down keeping the torso tall.

Exhale: Curve the spine forward beginning with the top of the head. Press the bar forward and stretch.

Inhale: Engage the abdominals, anchor the sit bones and stack the vertebrae up from the bottom until you are sitting up on the sit bones.

Exhale: Pull the bar in and press it up as you lean forward from the hips with a flat back to stretch underneath the arms and the sides of the torso. Anchor the sit bones and sit up tall bringing the arms back to the starting position to begin again.

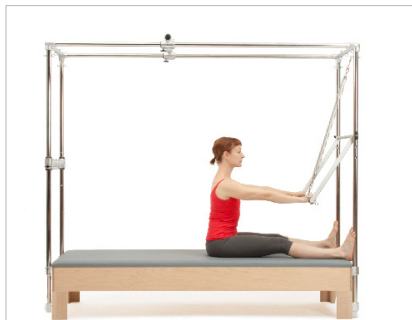
Reverse the breathing to experience a different stretch.



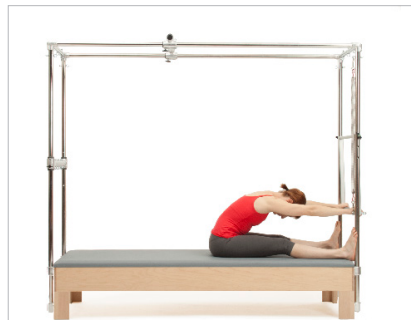
1. Starting position. Seated tall facing the tower end with feet on uprights.



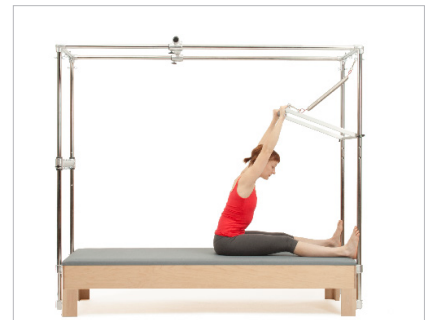
2. Bend the elbows to pull the bar down.



3. Straighten the arms to push the bar forward.



4. Tuck the chin into the chest and roll down pressing the bar forward.



5. Roll back up and press the bar up toward the ceiling.

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## Spine Stretch (no photo)

### STARTING POSITION

Same as for the Flat Back version.

### MOVEMENT SEQUENCE

Inhale: Push the bar down keeping the elbows straight and rounding the back.

Exhale: Keeping the spine flexed, press the bar forward and stretch.

Inhale: Engage the abdominals and roll back rounding the back as far as you can.

Exhale: Press the bar up as you lean forward from the hips flattening the back to stretch underneath the arms and the sides of the torso. Anchor the sit bones and sit up tall bringing the arms back to the starting position to begin again.

Reverse the breathing to experience a different stretch.

### MODIFICATIONS

#### For tight hamstrings

Bend the knees just enough to maintain the position of the back and to focus the stretch into the back. Or sit up on a pad to decrease the stretch.

**Instructor note:** Assist the stretch by gently pulling the bar when the client is rolled forward and when the bar is pressed up to the ceiling. Make sure you are not pulling any harder than the client is comfortable with.

### CUEING AND IMAGERY

- » Sit up on the very top of the sit bones to begin.
  - Your sit bones are a mountain top, don't slide down either side.
- » Roll down starting at the top of the head.
  - Roll the head forward to initiate the spinal curve.
  - Connect the dots, don't skip any spots!
- » Roll up starting at the pelvis.
  - Start the roll up by anchoring the sit bones down.
  - Imagine you have two strings attached to the sit bones, pull them first.
  - Place each vertebra on top of the one below it.
- » Keep the shoulder blades wide as you press the bar up.
  - Imagine your shoulder blades are like two curtains that are opening up to reveal the back of your ribcage.

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### PURPOSE

- » Stretch the back and hamstrings.
- » Stretch the latissimus dorsi and the sides of the torso.
- » Increase scapular mobility.
- » Teach spinal articulation.

### PRECAUTIONS

**For low back and hip injuries:** Use the tight hamstring modification to take stress off the low back and hips. Or avoid.

**For shoulder problems:** Avoid pressing the bar up and modify the range of motion to the client's comfort level.

**Avoid with osteoporosis and active lumbar disc problems.**

# CIRCLE SAW

CAT SERIES • INTERMEDIATE • 2-3 REPS

**Springs:** 1 SB to 2 SR

**Position:** High

**Bar/Straps:** Push through bar

**Prerequisites:** Mat Saw

## STARTING POSITION

Sit on the table facing the tower end with the feet against the upright bars. Hold the push through bar up with the right hand and reach the left hand toward the right upright.

## MOVEMENT SEQUENCE

Exhale: Press the push through bar up until you feel a stretch on the right side of the torso.

Inhale: Sweep the left hand toward the left foot and continue to circle the arm out and around until the torso is leaning back away from the bar. Maintain the abdominal lift and the integrity of the torso.

Exhale: Continue circling around until the left hand reaches over the right arm toward the right foot.

Inhale: Reach the left arm out and around to reverse the circle.

Exhale: Return to the starting position.

Do two repetitions using each arm. Keep both sit bones anchored for pelvic stability or release them slightly to increase the stretch.

## VARIATION

### Back position

This exercise can be performed with the back in neutral, slight flexion or slight extension. The hips can lift off the table to change the stretch.

## MODIFICATION

**For tight hamstrings:** Bend the knees just enough to maintain the position of the back and to focus the stretch into the back. Or sit up on a pad to decrease the stretch.

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## CUEING AND IMAGERY

- » Move smoothly through the full circle.
  - Touch each point along the circle as if touching each hour on a clock face.
- » Keep both sit bones anchored throughout the exercise.
  - Root your sit bones into the mat.
- » Maintain a neutral spine.
  - Keep the abdominals connected and lean back with support.

## PURPOSE

- » Develop spinal rotation.
- » Stretch the spine in rotation.
- » Strengthen the abdominals.
- » Strengthen the back extensors.
- » Improve coordination.

## PRECAUTIONS

**For back problems:** Limit the range of motion and keep the abdominals engaged throughout.

**For shoulder problems:** Eliminate the stretch upwards and limit the size of the arm circle to a comfortable range.

**Avoid with osteoporosis.**

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1. Starting position. Seated with feet on uprights, top arm on push through bar, bottom arm on upright.



2. Release the arm on the upright, reach toward the upright then circle the arm and torso to the left..



3. Continue to circle as the torso leans back.



4. Reach the arm behind you and around to the other side.



5. Continue to circle the arm.



6. Reach the arm across toward the foot.

# CAT - SITTING

CAT SERIES • BEGINNING • 4 REPS

**Springs:** 1 SB to 2 SR

**Position:** High

**Bar/Straps:** Push through bar

## STARTING POSITION

Straddle the table with the weight on the center of the sit bones. Hold on to the push through bar with the bar just in front of the nose. Press down the push through bar to sit tall and hold the arms straight in front of the chest.

## MOVEMENT SEQUENCE:

Inhale: Press the bar down keeping the torso upright to prepare.

Exhale: Curve the spine forward beginning with the top of the head. Reach the bar away as the spine elongates into extension. Keep the abdominals engaged and the shoulders stable throughout the exercise.

Inhale: Pull the abdominals in and curl the spine back into flexion. Anchor the sit bones and roll up to return to the starting position.

## MODIFICATIONS

### **Tight hamstrings**

Sit on a pad, sit cross legged or knee to decrease the stretch on the hamstrings.

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## CUEING AND IMAGERY

- » Articulate each vertebra as you roll down and up.
  - Imagine the spine is like a bicycle chain, roll down one link at a time.
  - Imagine you have a wheel on your ears and start rolling down by rolling the wheel forward.
- » Keep the shoulders connected into the torso.
  - Slide the shoulders out as you press the bar out and slide them back to return.
- » Move smoothly and continuously connecting all the dots.
  - Imagine you are a waterwheel rolling up and rolling down without stopping.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the scapular stabilizers.
- » Stretch the spine and abdominals.
- » Stretch the latissimus dorsi and the sides of the torso.
- » Stretch the adductors.
- » Increase scapular mobility.
- » Teach spinal articulation.
- » Improve coordination.

## PRECAUTIONS

**For back problems:** Limit the range of motion as needed.

**Avoid with osteoporosis and active lumbar disc problems.**

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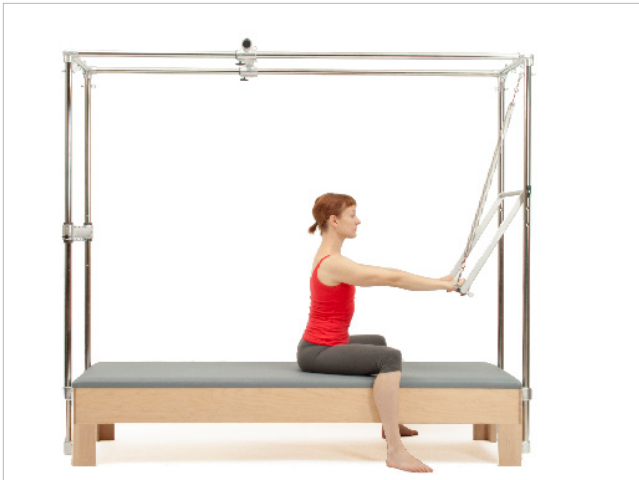
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1. Starting position. Seated tall with the bar pressed down.



2. Curve the torso forward.



3. Press the bar out with the torso curved forward.



4. Extend the spine.



5. Round the back and stack the spine up.



6. Roll all the way back up to the starting position.

# CAT - KNEELING

CAT SERIES • INTERMEDIATE • 4 REPS

**Springs:** 1 SB to 2 SR

**Position:** High

**Bar/Straps:** Push through bar

**Prerequisites:** Trap Sitting Cat, Mat Cat/Cow

## STARTING POSITION

Kneel on the table with the hips off the heels and both hands on the push through bar. The bar should be as close as possible to the torso. Align the head, rib cage, and pelvis over the knees.

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## MOVEMENT SEQUENCE

Inhale: Press the bar down keeping the torso upright.

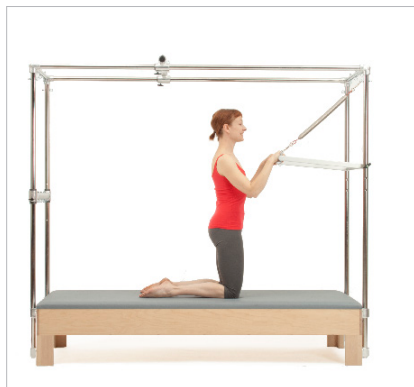
Exhale: Roll the spine down beginning with the top of the head. Keep the hips forward over the knees as much as possible to maximize the stretch.

Inhale: Reach the bar away as the spine elongates into extension. Keep the head in line with the spine.

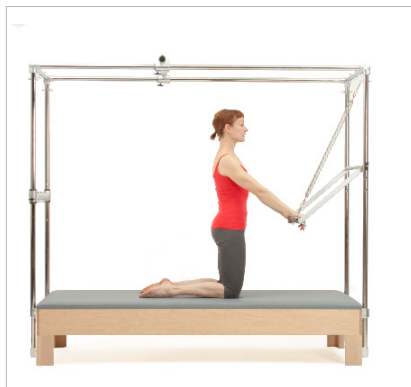
Exhale: Pull the abdominals in and curl the spine back into flexion before stacking each vertebra one on top of the other to return to the starting position. Keep the hips pressed forward over the knees as you roll up.

Inhale: Press the bar down and extend the upper back to look toward the ceiling.

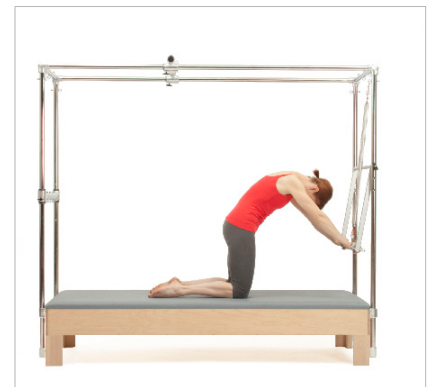
Exhale: Return to the starting position.



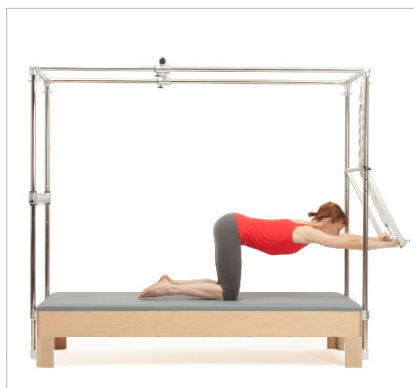
1. Starting position. Kneel facing the tower end with the bar at chest height.



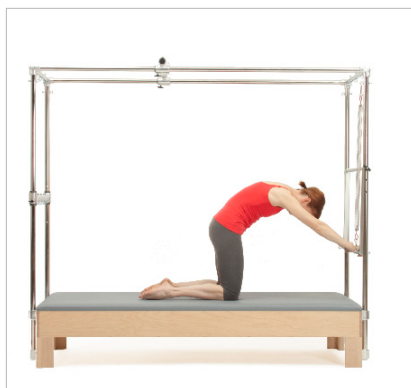
2. Press the bar down.



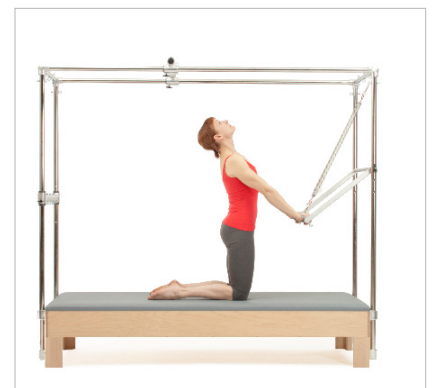
3. Roll down starting from the top of the head.



4. Press the bar out and extend the back.



5. Tuck the tail under and round the back to pull the bar back in.



6. Return to the starting position then press the bar down and extend the upper back.



VARIATION

**Standing**

Stand on the outside of the frame at the tower end with the bar sprung from the high position. Hold on to the push through bar and follow the movement sequence for the Kneeling Cat.

MODIFICATION

**Table strap**

Place the ankles under the table strap to increase the work on the hamstrings and create additional stability.

CUEING AND IMAGERY

- » Articulate each vertebra as you roll down and up.
  - Imagine the spine is like a bicycle chain, roll down one link at a time.
  - Imagine you have a wheel on your ears and start rolling down by rolling the wheel forward.
  - Imagine you are a rabbit diving into your rabbit hole.
- » Keep the hips pressed forward as you roll down and up.
  - Imagine you are kneeling against a low wall. Keep your legs and hip pressed into the wall as you roll down.
- » Keep the shoulders connected into the torso.
  - Imagine the shoulder blades have wires attached to them from your hands and from your pelvis. Keep equal tension on both of the wires in both directions.
- » Move smoothly and continuously connecting all the dots
  - Imagine you are a waterwheel rolling up and rolling down without stopping.

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PURPOSE

- » Strengthen the abdominals.
- » Strengthen the scapular stabilizers.
- » Strengthen the hamstrings and gluteals.
- » Stretch the spine and abdominals.
- » Stretch the latissimus dorsi and the sides of the torso.
- » Increase scapular mobility.
- » Teach spinal articulation.
- » Coordination.

PRECAUTIONS

**For knee problems:** If the client can't kneel comfortably, do the Sitting Cat instead.

**For back problems:** Limit the range of motion as needed.

**Avoid with osteoporosis and active lumbar disc problems.**

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# PULL DOWNS

SHOULDER MOBILITY SERIES • BEGINNING • 4-10 REPS

Springs: 2 SB or SR

Position: High

Bar/Straps: Push through bar

## Double Arm Pull Down

### STARTING POSITIONS

**Straddle table:** Sit straddling the table, facing the push through bar with the hands on the bar, and the palms facing towards you. Or sit with push through bar in front of the body and hold with an underhand grip. Align head, rib cage, and pelvis.

**Cross legged:** Sit cross-legged inside the frame of the push through bar facing the open end of the table.

**Stand facing table:** Stand on the outside of the table facing the tower end.

**Stand facing out:** Stand inside the frame facing away from the table.

### MOVEMENT SEQUENCE

Inhale: Pull the bar down, keep the neck and the top of the shoulders relaxed.

Exhale: Return the bar to the starting position without raising the shoulders.

### MODIFICATIONS

#### For wide shoulders

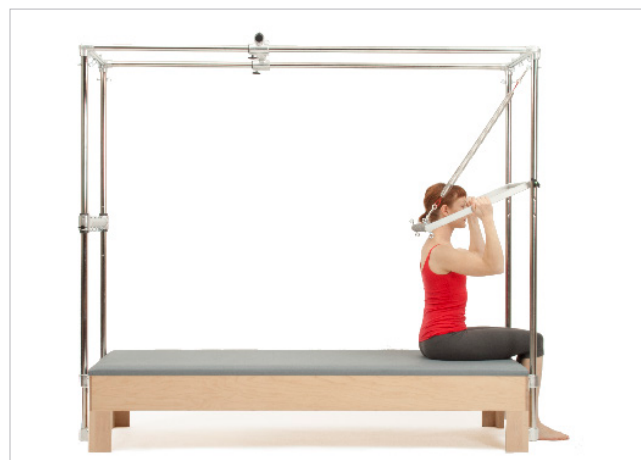
You can use a padded stick or dowel across the bar to increase the width of the grip.

#### For clients who can't straddle the table

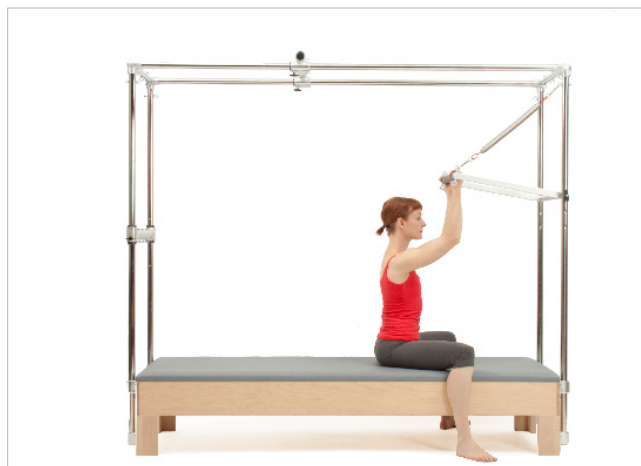
Select a different starting position as described above.



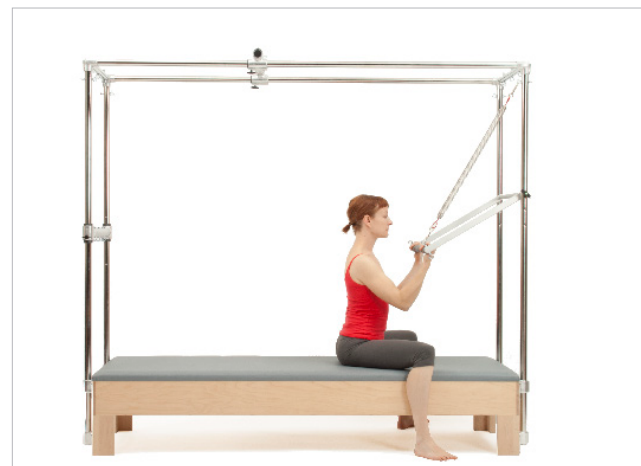
1. Starting position. Sit off the end of the table with the head in the push through bar and the hands holding along the sides.



2. Pull the bar down.



1. Starting position. Sit tall with the push through bar in front of the body and an underhand grip.



2. Pull the bar down.



# Single Arm Pull Down

## STARTING POSITION

Sit facing the side of the table with the feet off the table. Place the hand on the push through bar with the palm facing you. Sit just far enough from the bar so you can comfortably pull it down.

## MOVEMENT SEQUENCE

Inhale: Pull the bar down, keep the neck and the top of the shoulders relaxed.

Exhale: Return the bar to the starting position without raising the shoulders.



1. Starting position. Sit facing side and hold the push through bar with the palm facing in.



2. Pull the bar down.

## CHALLENGE

### Standing

Stand at the tower end of the Trapeze Table on a rocker board, wobble board or other unstable standing surface. You can stand on both feet or just on one for more challenge. You can also sit on a stability ball and lift one leg at a time as you pull the bar down.

## CUEING AND IMAGERY

- » Keep the neck and shoulders relaxed as you pull the bar down.
  - Feel the shoulder blade slide along the back wall of the rib cage as the arm(s) move overhead.
  - Imagine there is a string attached to the bottom tip of your shoulder blade from you pelvis. Don't break the string as the arms move.
  - Imagine the shoulder blade sliding down the back as the arm lifts.
- » Instructor cue: Place your hands on the top of the client's shoulders and tell them if their shoulders are moving as they move the bar.
- » Sit directly on top of the sit bones or stand in correct alignment as you perform the exercise.

## PURPOSE

- » Strengthen the elbow flexors including the brachialis, biceps brachii and brachioradialis.
- » Teach scapular stability with arm movements.
- » Teach lifting the arms without lifting the shoulders.
- » Teach optimum sitting and standing alignment.

## PRECAUTIONS

**For neck and shoulder problems:** Keep the weight light to start.

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# SCAPULA GLIDES

SHOULDER MOBILITY SERIES • BEGINNING • 4-10 REPS



**Springs:** 0 to 1 SB (protraction), 2 SB - 2 SR (elevation)

**Prerequisites:** Mat Pinwheel and Telescope Arms

**Position:** High

**Bar/Straps:** Push through bar

## Retraction/Protraction

### STARTING POSITION

Sit straddling the table with one hand on the bar, the sit bones anchored to the table and the spine in neutral.

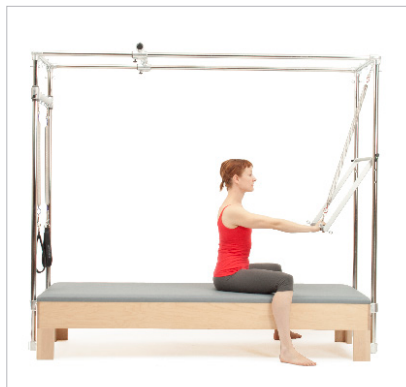
### MOVEMENT SEQUENCE

**Inhale:** Press the bar forward by sliding the scapula away from the spine. Keep the elbow straight but not locked. Maintain a neutral spine.

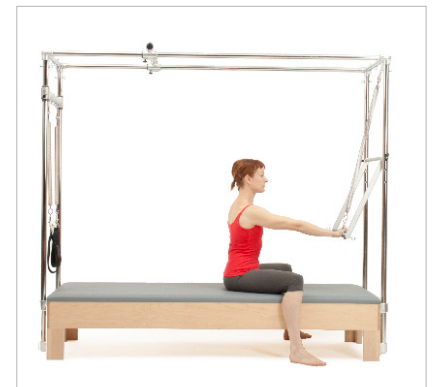
**Exhale:** Slide the scapula back around the ribs toward the spine.

### MODIFICATIONS

For clients who can't straddle the table, choose an alternative position from the Sitting Cat exercise



1. Starting position. Sit tall with one arm on the bar.



2. Slide the scapula forward to press the bar toward the uprights.

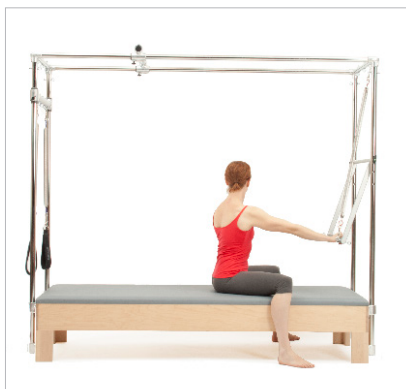
## Retraction/Protraction with Rotation

Same starting position as above.

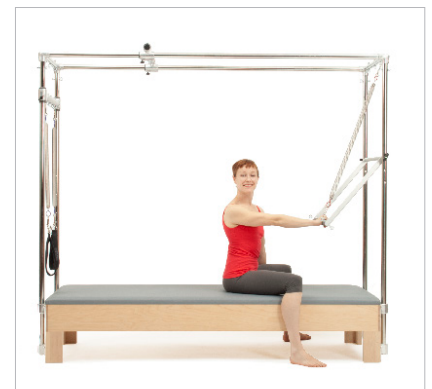
### MOVEMENT SEQUENCE

**Inhale:** Press the bar forward by protracting the scapula and rotating the torso away from the arm. Keep the elbow straight but not locked. Maintain a neutral spine and let the head follow the movement of the torso.

**Exhale:** Pull the bar back while retracting the scapula and rotating the spine in the opposite direction.



1. Rotate the torso and protract the scapula.



2. Rotate back in the opposite direction and retract the scapula.



## Elevation/Depression

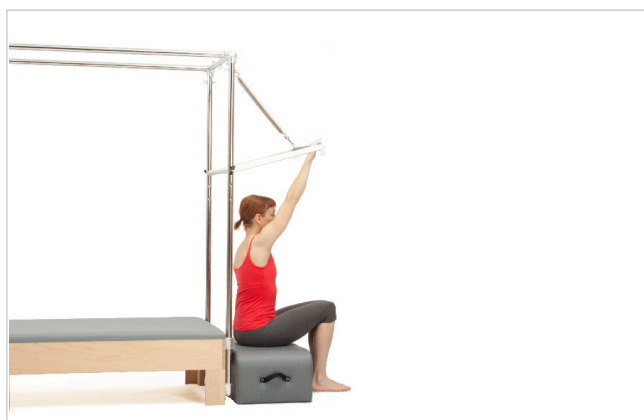
### STARTING POSITION

Sit in a neutral spine position on a moon box, Reformer sitting box or baby arc at the tower end facing away from the table. Hold the bar with one hand at the lateral edge of the bar.

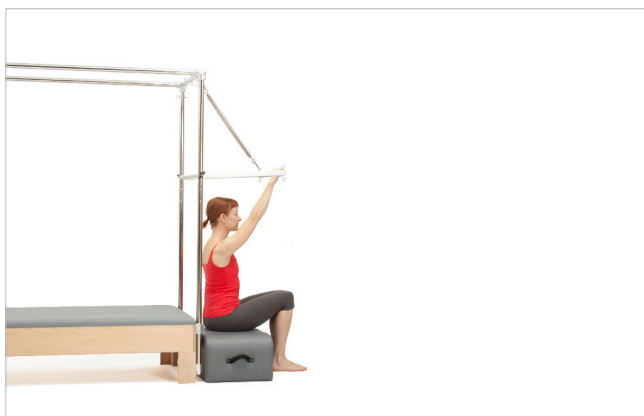
### MOVEMENT SEQUENCE

Inhale: Press the bar up by sliding the scapula out and up. Keep the elbow straight but not locked. Move as smoothly as possible throughout the motion. Maintain a neutral spine.

Exhale: Return to the starting position by sliding the scapula down and in toward the spine.



1. Press the bar up by sliding the scapula up towards the ceiling.



2. Pull the bar down by sliding the scapula down and in toward the spine.

## Elevation/Depression with Rotation

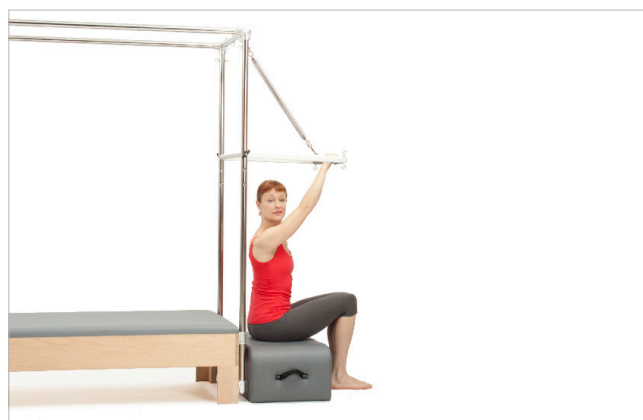
### STARTING POSITION

Same starting position as above.

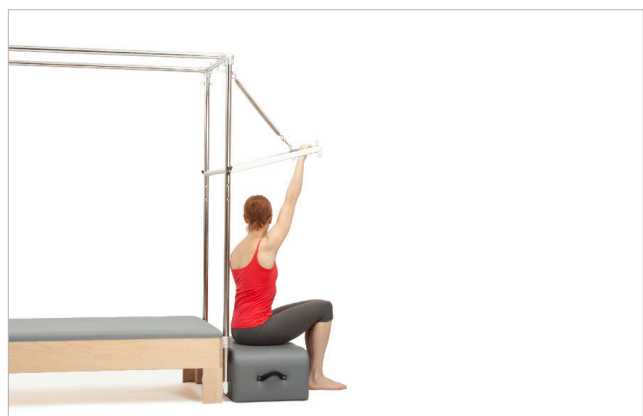
### MOVEMENT SEQUENCE

Inhale: Press the bar up by sliding the scapula out and up as the torso rotates away from the arm on the bar. Keep the elbow straight but not locked. Move as smoothly as possible throughout the motion. Maintain a neutral spine.

Exhale: Pull the bar back down by pulling the scapula down and in as the torso rotates toward the arm. Follow the rotation with the head. Move smoothly throughout.



1. Slide the scapula down and in as the torso rotates toward the arm.



2. Slide the scapula up as the torso rotates away from the arm.

CUEING AND IMAGERY

- » Move the shoulder blade smoothly in each exercise.
  - Feel the shoulder blade slide over the ribs without any speed bumps.
- » Rotate the torso in coordination with the shoulder blade.
  - Connect all the pieces.
  - Keep the head connected to the spine.
- » Sit up on top of the sit bones throughout.
  - Imagine your torso is rotating like a barber pole.
- » Hold the bar using the 4th and 5th finger to increase the engagement of the scapula depressors.
- » Instructor Note: Watch for symmetry in the movements on each side and cue to create similar movement patterns on each side.

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PURPOSE

- » Strengthen the muscles around the scapula including the serratus anterior, rhomboids, trapezius.
- » Increase scapular mobility.
- » Increase spinal rotation.
- » Improve the coordination of the spine, scapula and humerus.

PRECAUTIONS

**For neck and shoulder problems:** Limit the range of motion or lighten the spring resistance.

**For back problems:** Client must tolerate spinal rotation or avoid.

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# MERMAID - SITTING

BEGINNING • 4 REPS

Springs: 1 to 2 SB

Position: High

Bar/Straps: Push through bar

## STARTING POSITION

Sit on the table facing sideways with one hand on the push through bar with the palm down. Align head, rib cage, and pelvis.

### Alternate leg position

Sit on the table with both knees bent and the knees facing the push through bar as in Mermaid on the Reformer.

## MOVEMENT SEQUENCE

Inhale: Anchoring the sit bones down, press the bar away while reaching the free arm up and laterally flexing the spine into a side stretch.

Exhale: Return to sitting by stacking each vertebra one on top of another.

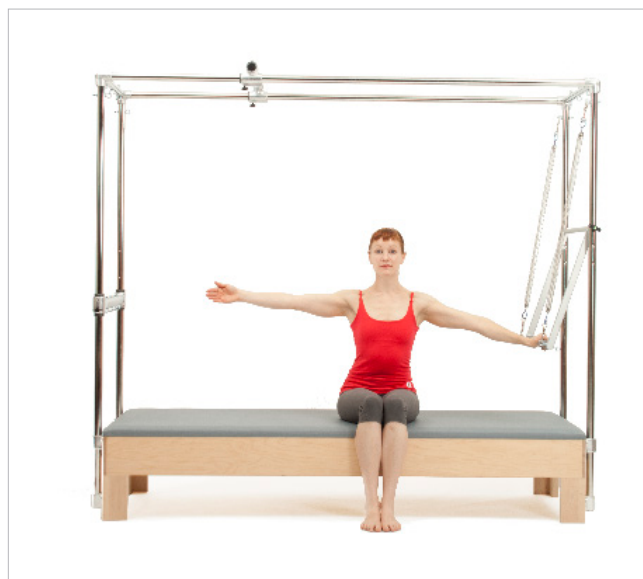
## VARIATION

### Rotation

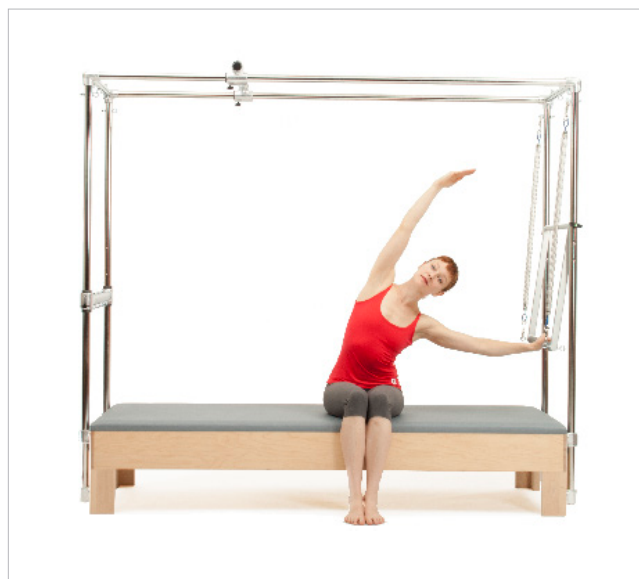
Add a rotation by bending sideways then rotating the torso and bringing the free arm towards the bar. Bring the torso back to facing front before returning to sitting.



1. Starting position. Seated upright facing side with closest hand holding bar.



2. Press the bar down and reach the arm out to the side.



3. Lean over and reach the arm towards the bar.





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## Bridge and Back Body Integration

Some of the unique aspects of the Pilates system begins to be experienced in these exercises. The strength and integration of the entire back line of the body is novel and not only strengthens but teaches adaptability while moving and elongating the spine. Learning these exercises are key to successfully managing more advanced work.

- » Tower
- » Parakeet
- » Monkey
- » Leg Springs Magician

### Pre-Pilates Essentials

Bridge, Leg differentiation essentials

### Mat and Reformer Related Exercises

Jackknife, Roll Over, Rolling Like a Ball,, Short Spine, Long Spine, Stomach Massage

### Trapeze/Cadillac Related Exercises

Leg Springs, Push Through, Carola and Joe's Breathing, Upper Arm series.

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## Upper Body and Alignment

These exercises explore upper body strengthening with an aligned spine and, as with Side Bends, the upper body strength is coupled with spinal motion in side bending.

- » Side Bends
- » Chest Expansion
- » Standing Arms Facing Away
- » Standing Arms Facing Table
- » Standing Arms Facing Side

### Pre-Pilates Essentials

Arm Rotations, Rib Cage Arms, Sternum Drop, Scapula Glides, Plank Preps

### Mat and Reformer Related Exercises

Seated Twist, Kneeling Side Kicks, Side Mermaid and Twist, Chest Expansion and Arm Work Facing Back/Risers, Arm Work Facing Side, Arm Work Facing Footbar

### Trapeze/Cadillac Related Exercises

Push Through, Rowing Sitting Tall, Prone Arm Circles, Supine Arm Circles

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# CAROLA'S BREATHING

INTERMEDIATE • 6 REPS



**Springs:** 2 SB or 1 SY and 1 SR

**Position:** High

**Bar/Straps:** Push through bar, Trapeze bar

## STARTING POSITION

Lie supine with the head at the tower end of the Trap Table and the knees bent. Adjust the horizontal slider so the trapeze is over the knees. Place the feet in the trapeze (or the sling) with the legs slightly turned out. Hold the push through bar with both hands with the palms facing down.

## MOVEMENT SEQUENCE

**Inhale:** Pull the push through bar down to the chest by bending the elbows wide. Extend the arms and press the bar through the uprights and overhead.

**Exhale:** Bend the elbows to bring the arms down and back to the starting position.

**Inhale:** Press into the trapeze to lift the hips off the table with a flat back.

**Exhale:** Roll the back down to return to the starting position.

**Inhale:** Press the bar up and roll the torso off the table into the Teaser position.

**Exhale:** Return to the starting position.

## MODIFICATIONS

### Beginners

Teach each part of Carola's Breathing separately before connecting all the pieces.

### Kathy Grant's version

Keep the arms overhead as you press the hips up and down.

### Tower version

Place the ankles on a Reformer sitting box (easier) or a fitball (harder) if you have a Tower instead of a full Trapeze Table.

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## CUEING AND IMAGERY

» Connect the exercises.

- Imagine you are a perpetual motion machine moving continuously from one position to the next.
- Press the torso up and roll the torso down from the sit up and the bridge.

» Keep the shoulders down.

- Keep the shoulder blades on the mat as if they are feet you are standing on.

» Coordinate the breath with the movement in all the exercises.

## PURPOSE

» Strengthen abdominals.

» Strengthen the back extensors, gluteals and hamstrings.

» Stretch the pectoralis major and the latissimus dorsi.

» Stretch the back.

» Improve coordination.

## PRECAUTIONS

**For low back problems:** Limit range of motion and maintain the appropriate position of the low back for the client.

**For shoulder and neck problems:** Don't press the arms overhead and don't roll up past the bottom of the shoulder blades.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**

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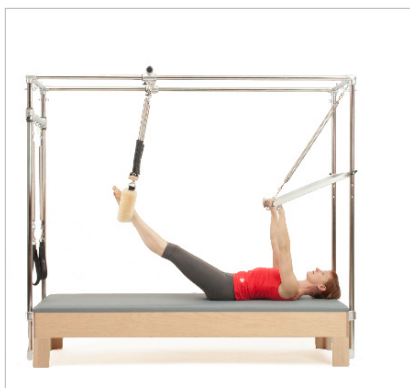
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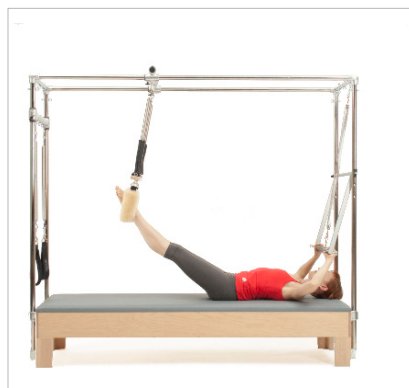
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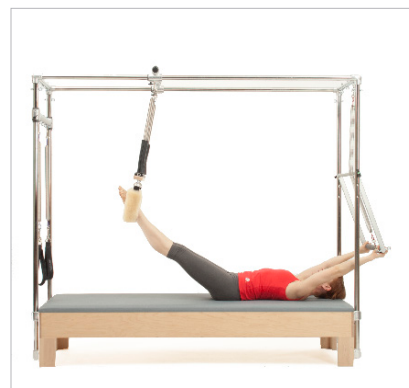
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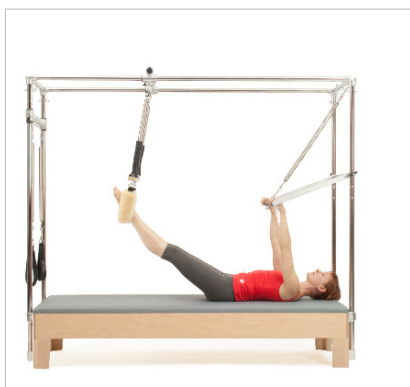
1. Starting position. Feet in the trapeze, hands holding the push thru bar.



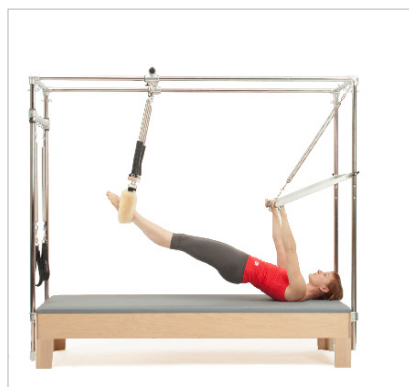
2. Pull the bar down and place the upper arms on the table.



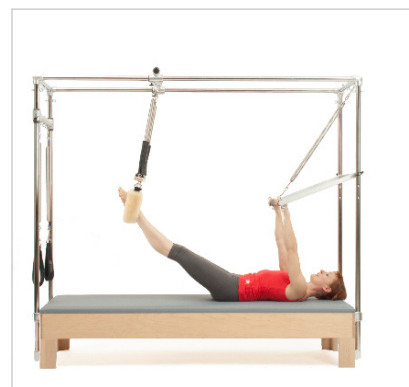
3. Press the bar through the uprights.



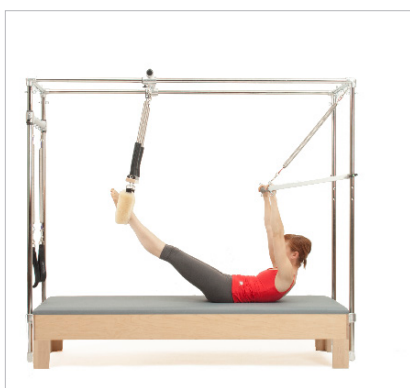
4. Return to the starting position.



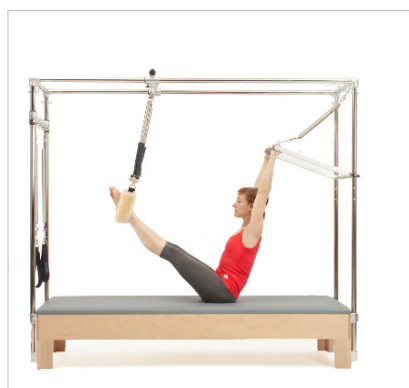
5. Press the hips up.



6. Return to the starting position.



7. Curl the upper body off the table.



8. Press the torso up into Teaser.

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# JOE'S BREATHING

INTERMEDIATE • 6 REPS

**Springs:** 2 LY

**Position:** Middle or High

**Bar/Straps:** Roll bar, Trapeze

## STARTING POSITION

Lie supine facing away from the roll down bar with the knees bent. Adjust the horizontal slider so the trapeze is over the knees. Place the feet in the trapeze or the sling with the legs slightly turned out. Hold the roll down bar with both hands with the palms facing down.



1. Starting position. Lie supine with feet in the trapeze and hands holding the roll down bar.

## MOVEMENT SEQUENCE

**Inhale:** Press the roll down bar down as you press the hips and torso off the table into a plank position.

**Exhale:** Return to the starting position by rolling down through the spine.



2. Press the hips up as you pull the bar down.

## MODIFICATIONS

### Breakdown

When first teaching Joe's Breathing, break it down by doing arms alone, then legs alone then combining the two together.

## CUEING AND IMAGERY

- » Coordinate the arm press with the pelvic lift.
  - The whole body arrives at the final position at the same time.
  - Press the pelvis up and roll the spine down.
- » Keep the shoulders down.
  - Keep the shoulder blades on the mat as if they are feet you are standing on.
- » Coordinate the breath with the movement.

## PURPOSE

- » Strengthen abdominals.
- » Strengthen the back extensors, gluteals and hamstrings.
- » Stretch the pectoralis major and the latissimus dorsi.
- » Stretch the back.
- » Improve coordination.

## PRECAUTIONS

**For low back problems:** Limit range of motion and maintain the appropriate position of the low back for the client.

**For shoulder and neck problems:** Don't roll up past the bottom of the shoulder blades.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**







## MODIFICATIONS

### Level 1

The knees stay bent at 90 degrees. Low back stays on the mat or in a supported neutral position.

### Level 2

The legs straighten to the ceiling. The leg position can be parallel or turned out. Bend knees with tight hamstrings.

### Bar behind knees

Place the knees over the roll down bar and hold the ends. Lower it as the upper body rises.

### Handle variation

Use the handles to allow the hands to come down beside the hips.



1. Starting position with the roll down bar under the knees.



1. Starting position with the handles.



2. Press the bar down to the mat, lift the head up and straighten the legs.



2. Press the handles down to the mat, lift the head up and straighten the legs.

## VARIATIONS

### Head at Tower end of table

Lie with the head at the tower end of the table and pull the bar toward the hips as the torso

## CHALLENGE

**Add leg and ankle movements:** Raise and lower the legs as the arms pulse or flex and point the feet as the arms pulse.

## CUEING AND IMAGERY

- » Utilize the breath to engage the abdominals.
  - Exhale and scoop the abdominals in and up.
- » Breathe into the sides and back of the ribs while maintaining a scooped abdomen.
- » Lower the legs only as far as the back can stay stable.
  - Instructor monitor the position as the student lowers the legs.
- » Keep the chest open and the shoulders away from the ears.
  - Feel the tips of the shoulder blades on the carriage.
- » Keep the head and torso steady as the arms move.
  - Don't bounce. No bobbing heads or funky chickens!

## PURPOSE

- » Teach lumbopelvic stability.
- » Strengthen abdominals and hip flexors.
- » Increase thoracic flexibility.
- » Learn to connect the arms to the core.

## PRECAUTIONS

**For low back, hip and sacroiliac joint problems:** Keep the knees bent at 90 degrees.

**For neck and shoulder injuries:** Support the upper body with pillows or a foam wedge.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**

# PRONE ARM CIRCLES

INTERMEDIATE • 4-8 REPS

Springs: 2 LY

Position: Middle or Overhead

Bar/Straps: Handles

## STARTING POSITION

Lie prone with the head facing the open end of the table. Hold onto the handles with the arms straight and reaching out to the side. Keep the legs together. Use a towel under the forehead to pad the nose if necessary.

**Instructor Note:** The resistance of the springs is controlled by the distance from the attachment point. Choose a distance that allows smooth movement throughout the entire exercise. If the long yellow springs are too tight, use elastic tubing with handles looped around the vertical slider or the high position of the Trapeze Table.



1. Pull the straps down until the hands are pointed to the floor.



2. Pull the straps down to the hips.



3. Reach the arms back to circle them around.



4. Continue to circle the arms up toward the shoulders.

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# FLYING EAGLE/DOUBLE LEG KICK

INTERMEDIATE • 3-4 REPS



Springs: 2 SY

Position: Middle

Bar/Straps: Straps

Prerequisite: Mat Double Leg Kick

## STARTING POSITION

Lie prone on the table facing the tower end. Hold the straps with the hands at the waist and the head to one side.

## MOVEMENT SEQUENCE

**Inhale:** Kick the heels into the buttocks 3 times without flexing the hips.

**Exhale:** Straighten the legs as you reach the arms toward the feet externally rotate the shoulders and lift the torso into extension.

Add external rotation of the shoulders to increase the anterior chest stretch.

Return to the starting position with the head facing the opposite direction.



1. Kick the heels in toward the hips..



2. Straighten the legs and extend the spine.

## VARIATION

**Springs from the head end:** Place the spring on the tower end of the trap to change the angle of pull on the shoulders.

## CUEING AND IMAGERY

- » Keep the front of the hips on the mat and the lower back long.
- » Press the hip bones into the mat as the legs kick.
- » Keep the head in line with the spine.
- » Focus the eyes a few inches in front of the body.
- » As you are lifting the body up into extension, imagine you are watching a marble roll away across the floor.
- » Keep the abdominals engaged throughout.
- » No sagging stomachs.
- » Reach the arms back toward the feet to open the front of the chest.
- » Imagine you have a light on the front of your sternum and shine it straight ahead as you reach back.
- » Engage the back, gluteals and hamstring while keeping the torso long and without compressing the lower back.
- » Keep the lower legs in line with the thighs.
- » Imagine you have a spring attached from your sit bones to your heels.

## PURPOSE

- » Strengthen back extensors, hamstrings and gluteals.
- » Strengthen the biceps and triceps.
- » Stretch the quadriceps.
- » Stretch the front of the shoulder.

## PRECAUTIONS

**Low back injuries:** Engage the abdominals and press the pubic bone into the mat to decrease the pressure on the lower back. To limit range of motion in extension, place a pillow under the hips or avoid.

**Knee problems:** Limit the range of motion in knee flexion. Stretching the quadriceps before this exercise can also be helpful at decreasing knee discomfort.

**Shoulder problems:** Limit the range of motion.

# SWAN - ROLL DOWN BAR

INTERMEDIATE • 3-4 REPS



**Springs:** 2 LY to 2 SB

**Position:** High

**Bar/Straps:** Roll down bar or handles

**Prerequisite:** Mat Mini Swan, Chair Swan on Seat

## STARTING POSITION

Lie prone on the table, facing the open end with the hands on the roll down bar and the palms down. The belly strap can be placed over the calves for support if needed.

## MOVEMENT SEQUENCE

**Inhale:** Press the bar down as the torso rises into extension.

**Exhale:** Return to the starting position.

## LEG VARIATIONS FOR THE SWAN

### Swimming

As the torso lifts into extension, lift the legs off the table and flutter kick the legs keeping the knees straight. Find a breathing pattern that suits the speed of the legs.

### Scissors

As the torso lifts into extension, turn the legs out, lift the legs off the table and open and close the legs out to the side.

## ARM VARIATION FOR THE SWAN

### Swimming

Use the handles rather than the roll down bar and with the back in extension, alternately press each handle down as in swimming on the Mat.

## MODIFICATION

### Decrease resistance

Place the springs in the middle position and keep the torso low to begin.

## CUEING AND IMAGERY

- » Think 12 o'clock pelvic placement to activate the abdominals before extending the back.
  - Lift the abdominals off the table as you begin.
  - Imagine there is a stream of lava running under your belly.
- » Press the pubic bone into the mat as you rise into extension.
  - The gluteals engage as needed as the pubic bone presses forward and the abdominals lift in and up to decompress the lower back.
- » Keep the shoulders down and the neck long.
  - Slide the shoulder blades down the back to begin the extension.
- » Reach the legs out rather than up.
  - Imagine you are suspended in a cargo net.



1. Starting position. Lie prone with the hands on the roll down bar.



2. Press the bar down and extend the back.

## PURPOSE

- » Strengthen the back extensors.
- » Strengthen the scapular stabilizers.
- » Strengthen the hamstrings and gluteals.
- » Increase scapular mobility.

## PRECAUTIONS

**For back problems:** Limit range of motion or avoid if extension is not tolerated.

**For shoulder problems:** Limit range of motion or avoid if shoulder flexion above 90 degrees is not tolerated.

# SWAN - PUSH THROUGH BAR

INTERMEDIATE • 3-4 REPS



Springs: 0, 1 or 2 SB

Position: High

Bar/Straps: Push through bar

Prerequisite: Mat Mini Swan, Chair Swan on Seat

## STARTING POSITION

Lie prone on the table facing the tower end with the hands on the push through bar. The bar should be level with the uprights to start the exercise. The belly strap can be placed over the calves for support if needed.

**Instructor Note:** For safety, place the client on the table before bringing the bar down and having them place their hands on it. While moving the bar into position, place the hand gently on the client's head to keep them from lifting it. You can also use no springs for these exercises if the client is working on their own or you are not able to spot the bar.

## MOVEMENT SEQUENCE

**Inhale:** Press down on the bar as you slide the scapula down the back, pull the abdominals in and extend the spine.

**Exhale:** Return by rolling the torso back down on to the table as the bar moves forward.

### Scapula Glide Prep

Pull the bar towards you by sliding the scapula down the back and push it forward by sliding the scapula up.

## MODIFICATION

### Limited shoulder range of motion

If the client's shoulders won't accommodate the position, lower the push through bar or raise the client by padding the table with mats.

### Sitting Box

If lowest setting of the push through bar is too high for clients shoulder range of motion, or if client can not lift arms above the line of the head, place the sitting box on the table and the client prone on top of a sitting box. The arms will remain lower than the shoulders throughout the exercise



1. Starting position with strap over calves. Lie prone facing the tower with the hands on the push through bar.



2. Press the bar down and extend the back.



# SUPINE ARM CIRCLES

INTERMEDIATE • 4-8 REPS

Springs: 2 LY

Position: Middle or Overhead

Bar/Straps: Handles

## STARTING POSITION

Lie supine with the head facing the open end of the table holding onto the handles with the arms straight and reaching toward the ceiling. Keep the legs together.

**Instructor Note:** The resistance of the springs is controlled by the distance from the attachment point. Choose a distance that allows smooth movement throughout the entire exercise. If the long yellow springs are too tight, use elastic tubing with handles looped around the vertical slider or the high position of the Trapeze Table.



1. Starting position. Lie supine with head at open end. Hands hold springs at shoulder height.



2. Pull the straps toward the table.



3. Circle the arms down and wide.



4. Return to the starting position.

## MOVEMENT SEQUENCE

**Inhale:** Pull the straps down toward the table.

**Exhale:** Circle the arms out into abduction then return to the starting position.

Repeat 4-8x in one direction then reverse directions. Maintain the length of the neck and the stability of the torso without popping the ribs forward.

VARIATION

**Enhanced range of motion**

Place the springs in the overhead position and directly over the chest to maximize range of motion. Or lie on a roller or 1/2 roller to allow the shoulders and arms to move behind the torso.

CUEING AND IMAGERY

- » Keep the shoulders down.
- » Keep the ribs from popping up as the arms circle back.
  - Connect the ribs to the hips as the arms rise.
  - Keep the lower back of the ribs on the table as the arms move.
- » Move smoothly and with control.

PURPOSE

- » Strengthen the shoulders including the latissimus dorsi, serratus anterior, trapezius and pectoralis major.
- » Stretch the anterior shoulder.
- » Stabilize the ribs in relationship to the pelvis.-Improve the mobility of the shoulders.

PRECAUTIONS

**For neck and shoulder problems:** Use very light resistance to start and decrease the size of the circle. Keep the arms below shoulder height.



1. Alternate starting position springs attached above the shoulders.

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# ROWING FRONT - SITTING TALL

ROWING SERIES • INTERMEDIATE • 4-6 REPS

Springs: 2 LY

Position: Middle

Bar/Straps: Handles

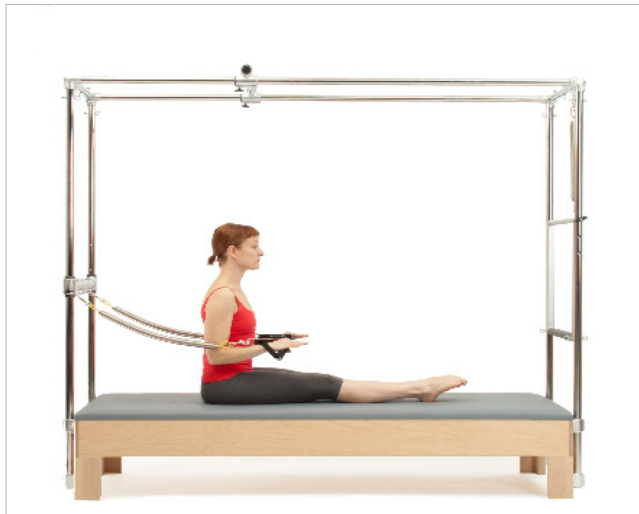
Line the vertical slider up with the bottom of the shoulder blades so the springs come from below the shoulders

Prerequisite: Reformer Rowing Front

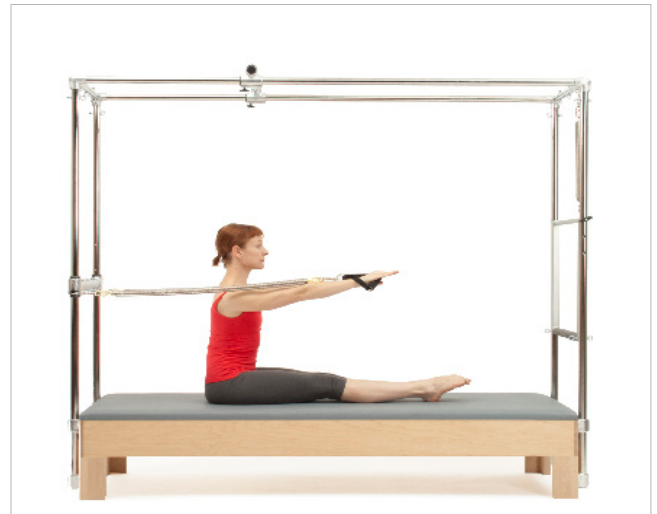
## STARTING POSITION

(Chicken Wings) Sit on the table facing the tower end with the legs extended. Sit up on the sit bones without rounding the back. Place the straps around the thumbs and bend the elbows until the hands are just in front of the shoulders.

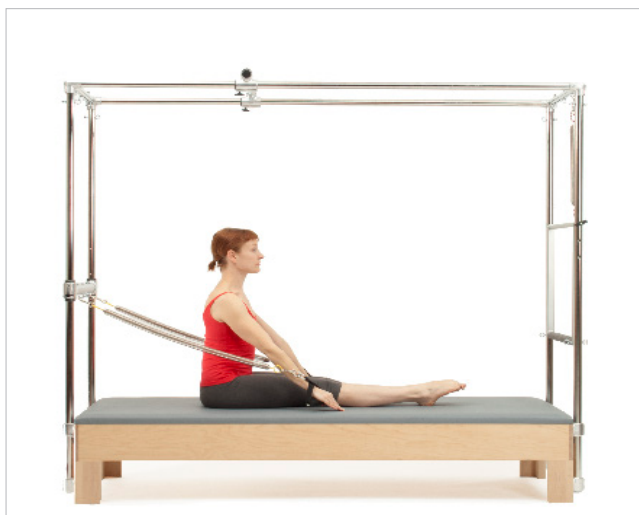
**Instructor Note:** The resistance of the springs is controlled by the distance from the attachment point. Choose a distance that allows smooth movement throughout the entire exercise. If the long yellow springs are too tight, use elastic tubing with handles looped around the vertical slider or the high position of the Trapeze Table.



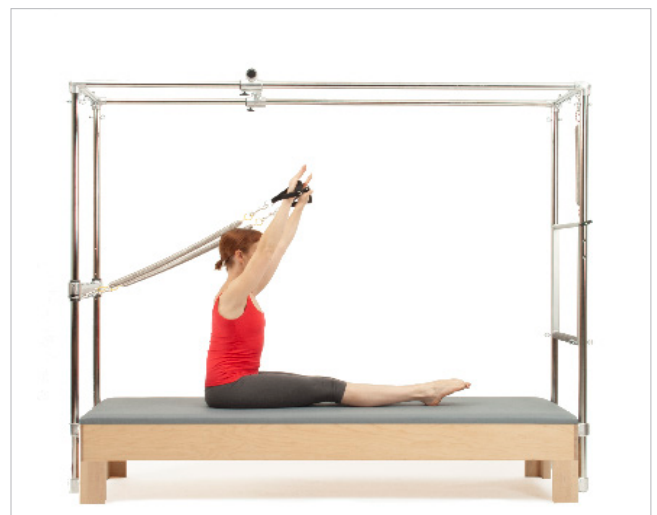
1. Starting position. Sit facing the tower with the legs straight, hands holding the springs at elbow height, palms down.



2. Press the arms forward.



3. Lower the arms to the table.



4. Circle the arms up.



## MOVEMENT SEQUENCE

**Exhale:** Press the arms forward with the straps at shoulder level.

**Inhale:** With the thumbs pointing toward the floor, lower the hands to the table.

**Exhale:** Circle the arms up overhead and open the arms out to the side.

**Inhale:** Bring the hands back to the table before starting again.

## MODIFICATIONS

### Tight hamstrings

Bend knees slightly, sit cross legged on the carriage or sit on a pad or towel.

### Beginning variation (polishing)

Push the straps out on a low diagonal, circle the arms out and around to the starting position as if you were polishing a large table.

## CUEING AND IMAGERY

- » Find the upright alignment before moving the arms.
- » Stay upright on your sit bones.
  - Imagine the sit bones are attached to the mat by Velcro. Don't rip the Velcro.
- » Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead.
  - Lift the torso off the pelvis.

- » Keep the ribs in place as the arms circle.
  - Imagine you have a thin string attached from the ribs to the pelvis, don't break it as the arms circle.
- » Keep the wrists straight.
  - As if you have a board attached to the back of your wrist.

## PURPOSE

- » Strengthen the shoulder muscles including the pectoralis major, latissimus dorsi, rotator cuff and deltoid.
- » Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.
- » Strengthen abdominals and hip flexors.
- » Stretch hamstrings.
- » Increase torso stabilization.
- » Improve coordination.

## PRECAUTIONS

**For shoulder, arm and wrist injuries:** Keep the weight light. Keep the arms below shoulder height. Avoid if symptoms increase.

**For low back injuries:** Keep the pelvis over the sit bones to maintain a neutral spine and pelvis throughout. Avoid if sitting is uncomfortable.

**For tight hamstrings:** Sit on a pad, bend the knees or sit cross legged to keep the pelvis over the sit bones rather than behind them.



5. Continue to circle the arms to the side.



6. Circle the arms back to the starting position.

# ROWING FRONT - BENDING DOWN

ROWING SERIES • INTERMEDIATE • 4-6 REPS

**Springs:** 2 LY

**Position:** Middle

**Bar/Straps:** Handles

Line the vertical slider up with the bottom of the shoulder blades.

**Prerequisite:** Reformer Rowing Front

## STARTING POSITION

Begin sitting on the table facing the tower end with the legs extended. Sit up on the sit bones without rounding the back. Place the strap around the palms with the back of the hand on the table at the side of the hips.

**Instructor Note:** The resistance of the springs is controlled by the distance from the attachment point. Choose a distance that allows smooth movement throughout the entire exercise. If the long yellow springs are too tight, use elastic tubing with handles looped around the vertical slider or the high position of the Trapeze Table.



1. Starting position. Seated facing the tower end, hands holding the springs at the hips.



2. Roll down over the legs reaching the arms toward the tower end.



3. Roll back up reaching the arms forward.



4. Lower the arms towards the legs.



5. Circle the arms up and overhead.



6. Circle the arms to the sides.



7. Continue to circle the arms to the starting position.

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## MOVEMENT SEQUENCE

**Exhale:** With the back of the hands on the table, engage the abdominals, reach the arms forward and curve the back over the legs as if leaning over a ball.

**Inhale:** Scoop the abdominals and stack one vertebra on top of the next to return to sitting tall with the arms reaching out in front of you.

**Exhale:** Reach the arms overhead and circle them around to shoulder height.

**Inhale:** Return to the starting position.

## MODIFICATIONS

### **Tight hamstrings**

Bend knees slightly, sit cross legged on the carriage or sit on a pad or towel.

## CHALLENGE

### **Diagonal reach**

Once you have scooped the abdominals in and sat back up on the sit bones, lower the hands to the mat, raise the arms to chest height and reach the torso forward keeping the back flat if your flexibility will allow.

## CUEING AND IMAGERY

- » Find the upright alignment before moving the arms.
- » Stay upright on your sit bones throughout the exercise.
- » Keep the abdominals lifting in and up as you bend forward as if flexing over a ball.
- » Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead.
- » Keep the ribs in place as the arms circle.
- » The wrists remain straight throughout.

## PURPOSE

- » Strengthen the shoulder muscles including the pectoralis major, latissimus dorsi, rotator cuff and deltoid.
- » Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.
- » Strengthen abdominals and hip flexors.
- » Stretch hamstrings, back and latissimus dorsi.
- » Increase torso stabilization.
- » Improve coordination.

## PRECAUTIONS

**For shoulder, arm and wrist injuries:** Keep the weight light. Keep the arms below shoulder height. Avoid if symptoms increase.

**For low back injuries:** Keep the pelvis over the sit bones to maintain a neutral spine and pelvis throughout. Avoid if sitting is uncomfortable.

**For tight hamstrings:** Sit on a pad, bend the knees or sit cross legged to keep the pelvis over the ischial tuberosities rather than behind them.

**Avoid with osteoporosis.**

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# TOWER

ADVANCED • 4-6 REPS



**Springs:** 1 LP to 2 LY

**Position:** Low

**Bar/Straps:** Push through bar with safety strap

**Safety note:** Heavier weight places more pressure on the discs and gives a stronger back stretch. Choose the resistance to minimize excessive stress on the back.

## STARTING POSITION

Lie supine on the table, with the head at the tower end. Place the hands on the upright bars with the elbows straight or bent and the balls of the feet on the push through bar with the legs parallel or in a Pilates V position.

**Safety note:** With taller people, do not allow the client to press the push through bar past the uprights.

## MOVEMENT SEQUENCE

**Inhale:** Press the bar up and roll the torso off the table into a shoulder stand. Point the feet.

**Exhale:** Bend the knees without lowering the hips.

- Feet may dorsiflex or remain in plantar flexion as knees bend.

**Inhale:** Press the bar back up.

- Feet may dorsiflex or remain in plantar flexion as legs straighten.

**Exhale:** Roll the spine down with control. .

## VARIATION

### Taller/tighter clients

In order to begin with the hips in 90 degrees of flexion, the head may be off the end of the table for tall clients. Use a combo Chair or head cushion to support the head.

## CUEING AND IMAGERY

- » Roll the torso off the table smoothly, one vertebra at a time.
  - Imagine you are peeling the back off the mat as if lifting a pancake off a griddle.
  - Use the abdominals, gluteals and hamstrings to make the sequence smooth.
- » Don't lower the hips as the knees bend.
  - Imagine your sit bones are hooked up to the ceiling as the legs bend and straighten.
- » Maintain the correct alignment of the lower leg.
  - Keep the ASIS over the knees and the knees over the center of the foot.



1. Lie down with head at the end and the hands on the uprights. Roll up to place feet on bar.



4. Bend the knees keeping the hips high.



## PURPOSE

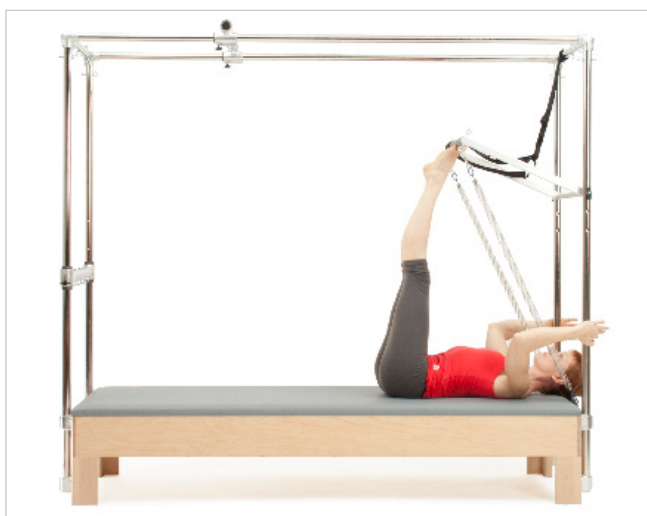
- » Strengthen the abdominals.
- » Strengthen the gluteals and hamstrings.
- » Stretch the spine.
- » Learn to articulate the spine with control.

## PRECAUTIONS

**For low back problems:** Avoid with any condition that does not tolerate extreme flexion like most disc injuries.

**For neck and shoulder problems:** Don't roll past the top of the shoulder blades or avoid.

**Avoid with osteoporosis, active lumbar or cervical disc injuries and sciatica.**



2. Starting position. Straighten the legs and point the toes.



3. Roll the spine off the mat and press the bar up.



5. Straighten the legs keeping the hips high.



6 Roll the torso down keeping the legs straight.

# PARAKEET

PARAKEET SERIES • ADVANCED • 4- 6 REPS



Springs: 2 SB to 2 SR

Position: High

Bar/Straps: Push through bar

## STARTING POSITION

Lie supine with the head toward the open end of the table. Grip the push through bar with the toes. If a secure grip cannot be maintained with the toes, place the bar just below the metatarsals. To find the correct position on the table, pull the bar down with the feet and see if the sacrum remains on the table with the back in neutral. If the sacrum lifts up, move farther away from the bar.

**Safety Note:** Make sure the feet are secure on the bar by using sticky socks, a sticky mat or bare feet if they can feel secure. Use the four sided push through bar or attach the springs to the uprights, otherwise it is very easy to lose control of the bar.

## MOVEMENT SEQUENCE

**Inhale:** Bend the knees and pull the bar down toward the hips.

**Exhale:** Press the bar out, keeping a firm grip on the bar with the toes or the arch of the foot, until the legs are straight.

**Inhale:** Pull the bar back by bending the knees and press it up toward the ceiling.

**Exhale:** Roll the spine off the table into a shoulder stand.

**Inhale and Exhale:** Lift one foot off the bar and return it, switch legs. Maintaining pelvic placement.

**Inhale:** Bend and straighten the knees maintaining the height of the torso.

**Exhale:** Roll the back down, one vertebra at a time, to the starting position.



1. Starting position. Lie supine with head at open end and hold bar with toes.



2. Bend the knees and bring the bar down.



3. Press the bar through the uprights.

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4. Bend the knees and bring the bar back in.



5. Straighten the legs.



6. Press the hips up.



7. Lift one foot off the bar keeping the hips stable. Place the foot back on the bar.



8. Place the foot back on the bar.



9. Bend the knees.



10. Straighten the legs.



11. Roll down to return to the starting position.

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## Roll Up Variation

Add this piece after the legs have pressed the bar out. (photo #3)

**Inhale:** Lift the arms overhead until they are resting on the mat. Don't pop the ribs forward,

**Exhale:** Reach the arms toward the feet and roll off the table as in the Roll Up on the mat.

**Inhale:** Reach the arms toward the bar and stretch or hold onto the bar and flex and point the feet to increase the stretch.

**Exhale:** Release the bar and roll back down onto the mat one vertebra at a time until the body is completely on the table with the hands at the sides. Continue with the rest of the Parakeet as above.



1. Press the legs out straight and bring the arms overhead.



2. Roll up.



3. Reach for the bar and stretch.



4. Roll back down.



5. Bend the knees and push the bar up to straighten the legs.

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## Bridge Push Through Variation

Add this piece when the body is in the straight leg bridge position with the torso off the mat and the legs straight.

**Inhale:** Maintaining the height of the hips, bend the knees to lower the bar toward the mat and then extend the knees to push the bar towards the uprights.

**Exhale:** Bend the knees and lift the hips to return to the starting position.



1. Begin in the straight leg bridge position.



2. Bend the knees.



3. Keeping the hips high, bring the bar down and push it forward.

### CUEING AND IMAGERY

- » Move smoothly and with control on each phase of the exercise.
  - Articulate each vertebra on the rolling up and down.
  - Imagine you have a striped shirt on. Lay one stripe down at a time.
- » Don't roll up farther than the top of the shoulder blades.
  - Stand on the shoulder blades and press the upper arms into the mat to decrease the stress on the neck.
- » Keep the hips level when the feet lift off the bar in the shoulder stand.
  - Imagine there is a bar under your hips and keep both hips on the bar as each leg lifts.
- » Reach the sit bones to the ceiling as you bend and straighten the knees.
  - Imagine your sit bones are hooked to the ceiling.
  - Engage the abdominals and lift the torso away from the shoulders.

### PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back extensors.
- » Strengthen the gluteals and hamstrings.
- » Stretch the spine.
- » Improve spinal articulation.
- » Improve pelvic stability.
- » Improve core control.

### PRECAUTIONS

For low back problems: Avoid unless client can tolerate flexion well. Avoid the Roll Up and Rolling variation.

For neck and shoulder problems: Do not roll past the top of the shoulders. Avoid the Roll Up and Rolling variation.

Avoid with osteoporosis, active disc injuries and sciatica.

# MONKEY

PARAKEET SERIES • INTERMEDIATE • 4 – 6 REPS

Springs: 2 LY to 2 LP

Position: Low

Bar/Straps: Push through bar with safety strap

**Safety note:** Heavier weight places more pressure on the discs. Choose the resistance to minimize excessive stress on the back.

## STARTING POSITION

Sit on the table facing the open end with the hips at least a hand width from the edge of the table. Hold the bar with both hands and place the feet on the bar with the knees bent and the hips in external rotation. Play with the placement of the hips on the table to achieve the optimum stretch.

## MOVEMENT SEQUENCE

**Inhale:** Press the bar up by straightening the legs. Straighten the legs as far as flexibility allows.

**Exhale:** Bend the arms and pull the torso up to the legs if possible.

**Inhale:** Bend the legs

**Exhale:** Straighten the legs

Repeat the bending and straightening 4 to 6x before rolling back down.



1. Starting position. Sit near the end of the table facing the open end. Place both hands and feet on the bar with bent knees.



2. Straighten the legs. Bend the elbows to bring the head to the knees.

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## Reverse Monkey

This exercise also fits in well as a variation on the Parakeet exercise on page 122..

**Exhale:** Sit facing the tower end holding on to the push through bar. Straighten the legs as much as flexibility will allow.

**Inhale:** Bend the knees, flex the spine and roll back until the bar is above the hips. Straighten the legs to press the bar up toward the ceiling. Make the movement slow and controlled.

**Exhale:** Bend the knees and roll forward to return to the starting position. This is the challenging part!



1. Facing the tower, hold onto the push through bar and straighten the legs to press the bar toward the uprights.



2. Bend the knees and round the back to bring the bar in with control..

### CUEING AND IMAGERY

- » Bring the torso as close to the legs as you can to maximize the stretch.
- Try to kiss your knees.

### PURPOSE

- » Stretch the back and hamstrings.

### PRECAUTIONS

**For low back problems:** Avoid with any condition that does not tolerate extreme flexion like most disc injuries.

**For neck, shoulder and wrist problems:** Be careful or avoid.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**



3. Straighten the legs to press the bar up toward the ceiling.

# LEG SPRINGS SUPINE - MAGICIAN

ADVANCED • 4 REPS

Springs: 2 LP

Position: High

Bar/Straps: Straps

## STARTING POSITION

Lie supine on the Trap Table with the head at the open end and the straps around the arches. Place the hands on the uprights with the elbows slightly bent. Choose a spring strength and placement that comfortably supports the body weight.

## MOVEMENT SEQUENCE

**Exhale:** Press the legs down and allow the pelvis to lift off the table until the torso is in a straight line from the shoulder blades to the feet. Do not roll past the top of the shoulder blades.

## LEG VARIATIONS FOR THE MAGICIAN

### Raise and lower

Keeping the torso in line, raise and lower the whole body.

### Walking

Split the legs with one going into hip flexion and the other into hip extension.

### Circles

Circle the legs in both directions without changing the height of the hips. For a stability challenge, hold one leg steady and circle the other leg.

### Beats

Keep the legs straight and cross the legs front and back keeping the hips steady.

### Frogs

Press the heels together, bend and straighten the knees.

### Rotation

Reach one leg across the body to create a long rotation of the torso. Keep the shoulders firmly anchored on the mat.

## CUEING AND IMAGERY

- » Keep the torso completely still in the Magician position.
  - Imagine your torso is like a board and only the legs can move.
- » Don't roll up past the top of the shoulder blades.
- » Anchor the top of the shoulder blades.
  - Imagine the top of your shoulder blades are the feet you are standing on.
- » Keep the shoulders and neck relaxed.
  - Don't keep a death grip on the uprights.



1. Starting position. Feet in straps, legs straight, hands hold uprights.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back.
- » Strengthen the hamstrings and gluteals.
- » Teach pelvic stability.

## PRECAUTIONS

**For low back problems:** Limit range of motion in the Magician. Especially in hip extension.

**For neck and shoulder problems:** Don't roll up past the shoulder blades. Place the hands on the table for the Magician or avoid.

**For knee injuries and knee hyperextension:** Keep the knees slightly bent in order to decrease knee stress.

**Avoid with osteoporosis, active lumbar or cervical disc injuries or sciatica.**



2. Press the springs down to lift the torso into one long line.



3. Lower the legs to hover just above the mat.



4. Walking in the Magician. Lift one leg and hold the other steady above the mat.



5. Switch legs, hold the torso steady.

# SIDE BENDS

ADVANCED • 4 REPS

Springs: 2 SY or 1 LY

Position: Middle or High

Bar/Straps: Roll down bar or straps

## STARTING POSITION

Side lying on the table with the top leg braced against the front upright and the bottom leg braced against the back upright. Line the hips up perpendicular to the table as in side lying on the mat. Bend the bottom leg slightly (if necessary) to keep the hips lined up. Reach the bottom arm along the table with the head resting on it and hold the roll down bar with the top arm.

## MOVEMENT SEQUENCE

**Exhale:** Reach the bottom arm up to lengthen the spine and lift the torso off the table into a Side Bend.

**Inhale:** Return to the starting position or hover just above the mat.



1. Starting position. Side lying with the top leg on the forward bar and the bottom leg on the back bar, top arm holding roll down bar.



2. Lift the torso up.

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## CHALLENGE

### Super advanced

Use the middle spring position with two springs on the roll down bar or the high position with either a strap or a handle and one spring from the middle high position. Place both hands on the bar or strap with the elbows bent as you lift the torso off the table. |

### Side Snake/Side Dolphin

With the torso in lateral flexion, initiate the return to the mat by reversing the side bend beginning with the crown of the head.

## CUEING AND IMAGERY

- » Control the lift from the center.
- » Balance the effort through the front and the back of the torso to keep the torso straight.
  - As if the spine is sandwiched by the anterior and posterior torso muscles.
- » Keep the shoulders down.
  - Pull the bar slightly to anchor the shoulders down.
- » Keep the hips lined up perpendicular to the table.
  - As if there is a stake through them.
- » Keep the torso as long as possible as you lift up.
  - Don't crunch at the waist or you can't go very far.

## PURPOSE

- » Strengthen the oblique abdominals, quadratus lumborum and hip abductors.
- » Stretch the lateral torso.
- » Strengthen scapular stability.

## PRECAUTIONS

**For low back problems:** Avoid.

**For neck and shoulder problems:** Do the standard exercise only.

**Avoid with osteoporosis, active disc injuries, sacroiliac joint instability and sciatica.**



3. Advanced arm position. Hold roll down bar with both hands starting at the middle spring position.



4. Lift the torso up. Keep the hands and bar over the top of the head.

# CHEST EXPANSION/THIGH STRETCH

INTERMEDIATE • 3 REPS

Springs: 2 LY or 2 SY

Position: High

Bar/Straps: Roll down bar

## Chest Expansion

### STARTING POSITION

Begin in high kneeling with the hips off the heels facing the open end of the table. Place the hands on the roll down bar with the palms down and the elbows straight.

### MOVEMENT SEQUENCE

**Exhale:** Press the bar down to the hips.

**Inhale** Turn the head and look to the right.

**Exhale:** Turn the head back to the center.

**Inhale:** Turn the head to the left.

**Exhale:** Turn the head back to the center and return the arms to the starting position.

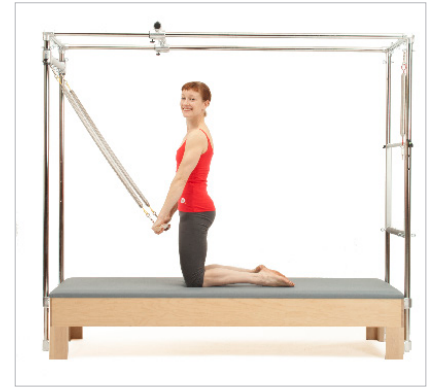
\*Reverse the breathing pattern to elicit different internal sensations.



1. Starting position. Kneeling upright holding the roll down bar.



2. Pull the bar down to the hips.



3. Look to one side.



4. Look forward.



5. Look to the other side.



6. Look forward.



## Thigh Stretch

### STARTING POSITION

Same as Chest Expansion.

### MOVEMENT SEQUENCE

Exhale: Press the bar down to the hips.

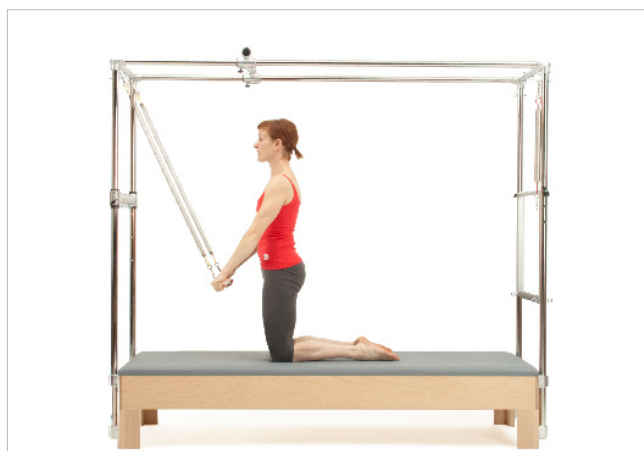
Inhale: Lean back allowing and extend the spine.

Exhale: Bring the chin into the chest and roll up.

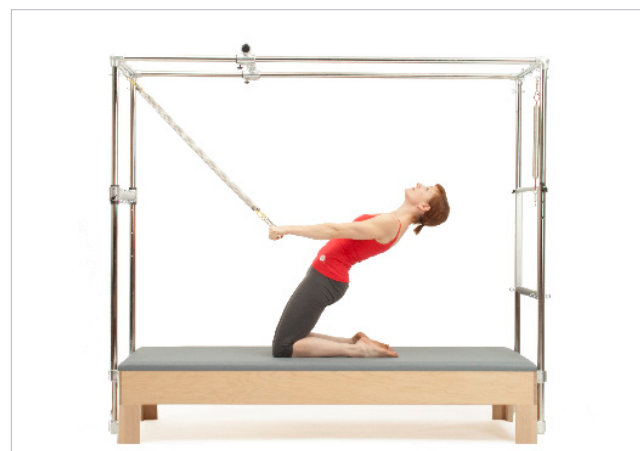
Inhale: Bring the bar forward to return to the starting position.



1. Starting position. Kneeling with the hips on the heels holding the roll down bar.



2. Pull the bar down to the hips and lift the hips to upright kneeling.



2. Lean back.



3. Return to the starting position.



4. Deeper extension variation. On the lean back portion, continue the extension bending back over the toes and looking back.



## Punching

### STARTING POSITION

Begin with the elbows bent and the palms facing the torso. Leg position can be parallel with the knees straight or a wide stance with the knees bent.

### MOVEMENT SEQUENCE

**Inhale:** To prepare.

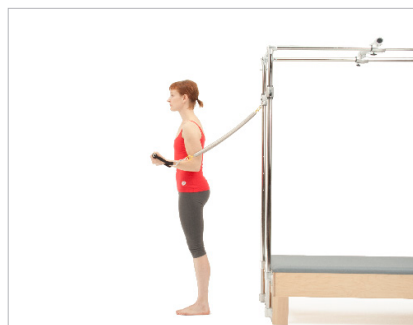
**Exhale:** Punch one arm out level with the chest allowing the palm to rotate down and the torso to rotate slightly.

**Inhale:** Hold the position.

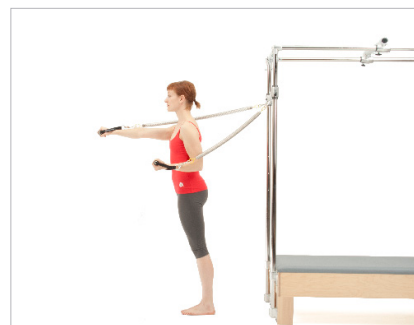
**Exhale:** Punch the other arm out level with the chest as you bring the first arm back in.

Add rotation of the torso as a variation.

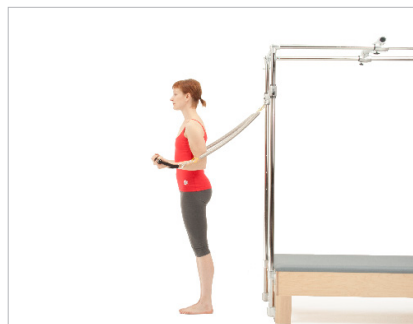
Repeat 4-8 sets.



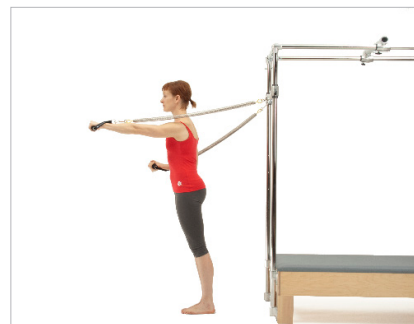
1. Starting position. Stand facing away from the table with the elbows bent.



2. Punch one arm forward.



3. Return to the starting position.



4. Punch the other arm forward.

## Salutes

### STARTING POSITION

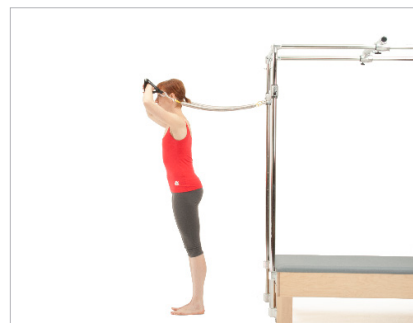
Begin with the elbows bent and the hands in front of the forehead with the palms facing out.

### MOVEMENT SEQUENCE

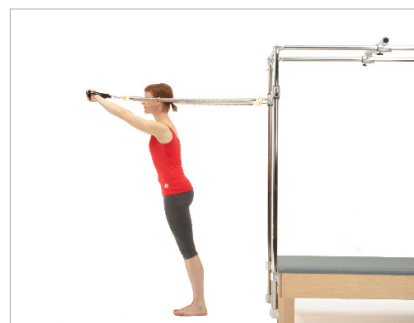
**Exhale:** Press the springs up and forward.

**Inhale:** Return to the starting position.

Repeat 6-10x.



1. Starting position. Face away from the table with the elbows bent in front of head.



2. Press the springs up on the diagonal.

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## Flying

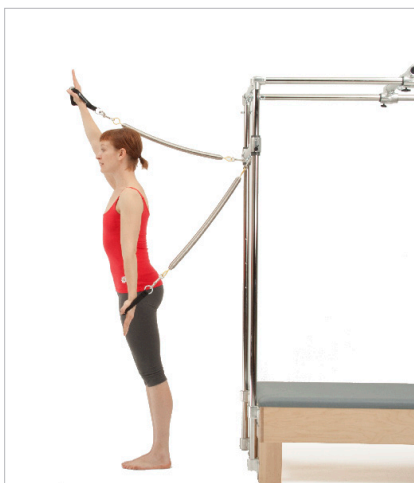
### STARTING POSITION

Begin with the elbows straight, one arm down at the waist and the other up to the ceiling with the palms facing slightly forward. Keep the arms slightly in front of the body.

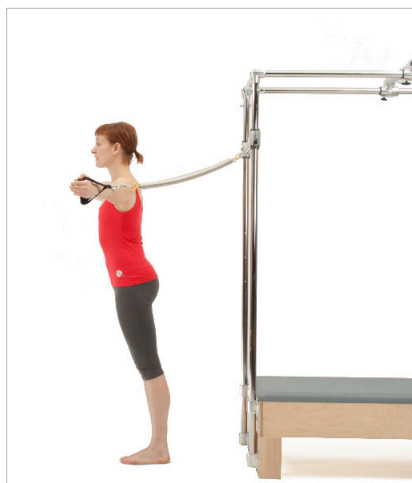
### MOVEMENT SEQUENCE

» Breathing continuously, alternately raise one arm up as the other goes down. Keep both arms out to the side and slightly in front of the body.

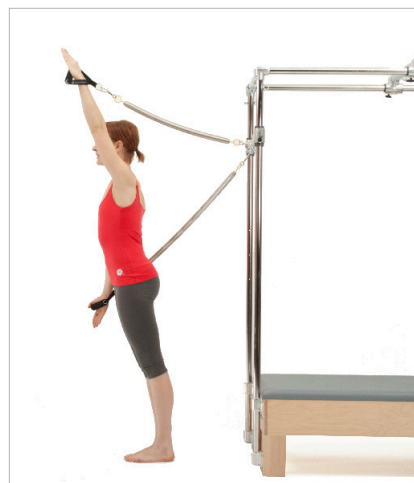
» Repeat 4-6x.



1. Starting position. One arm at the waist, one arm up.



2. Bring arms to the side.



3. Switch arms.

## Hug a Tree

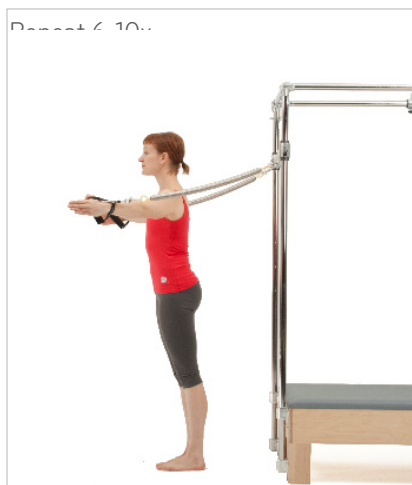
### STARTING POSITION

Begin with the arms out to the sides, the elbows slightly bent and the palms facing forward.

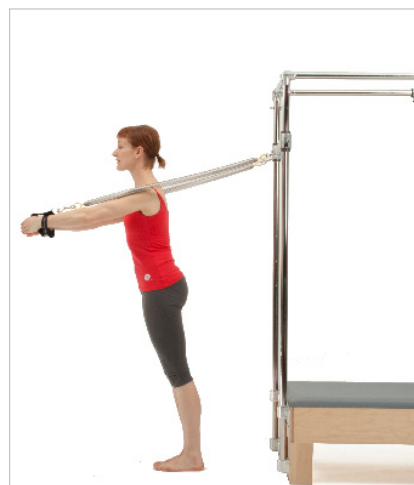
### MOVEMENT SEQUENCE

**Inhale:** Bring the hands toward each other as if hugging a tree.

**Exhale:** Return to the starting position.



1. Starting position. Arms to sides.



2. Bring the hands together.

## Chest Expansion, facing out

### STARTING POSITION

Begin with the elbows straight, the arms in line with the torso and the palms facing forward.

### MOVEMENT SEQUENCE

**Inhale:** Press the springs forward without changing the torso or rolling the shoulders forward.

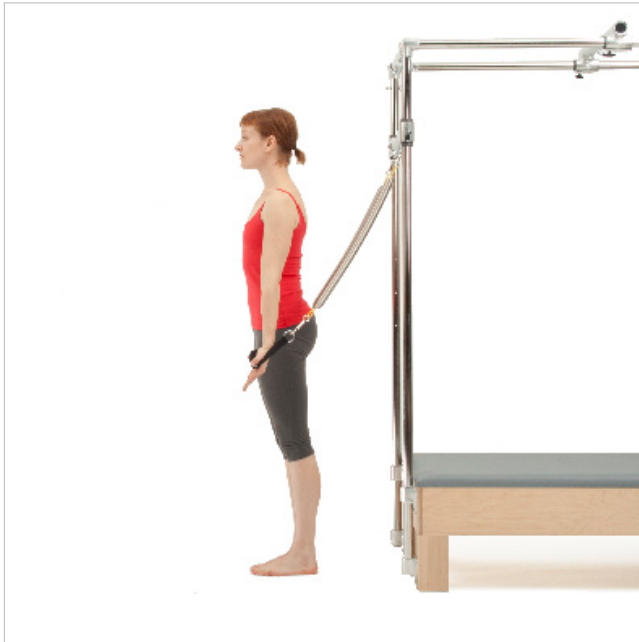
**Exhale:** Turn the head to the right.

**Inhale:** Turn the head back to the center.

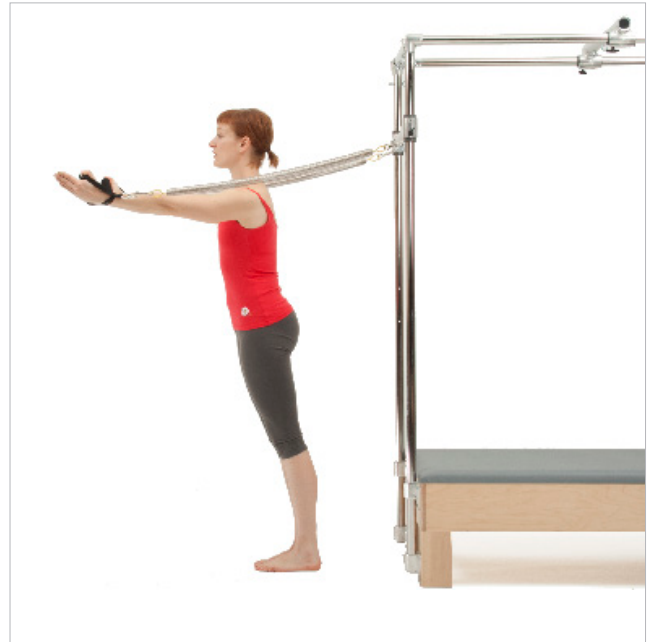
**Exhale:** Turn the head to the left.

**Inhale:** Turn the head back to the center and return the arms to the starting position.

Repeat 4-6x.



1. Starting position. Stand facing away from the table with the arms at the hips.



2. Press the springs forward.

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# Twist

## STARTING POSITION

Begin with the arms out to the sides.

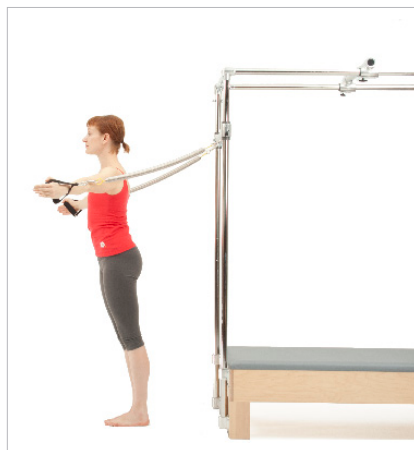
## MOVEMENT SEQUENCE

**Inhale:** Abduct one arm up in line with the head while the other adducts down toward the hips.

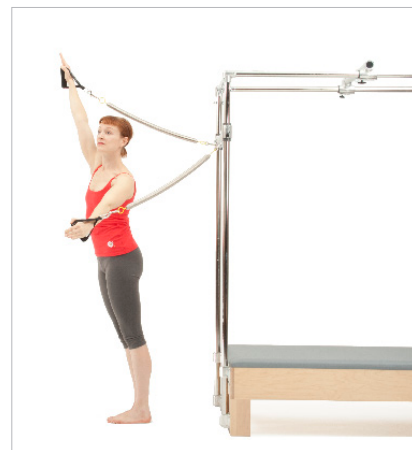
**Exhale:** Rotate the torso towards the bottom arm, bring the top spring behind the head and down toward the bottom arm.

**Inhale:** Return to the starting position to begin the exercise on the other side.

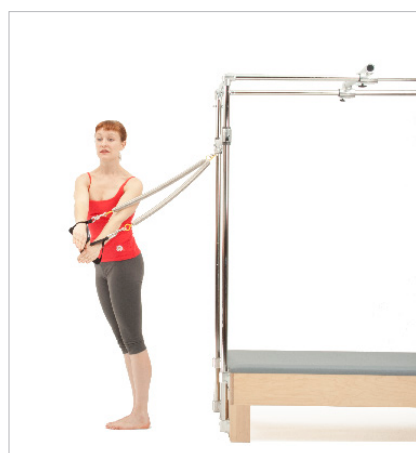
Repeat 4x to each side.



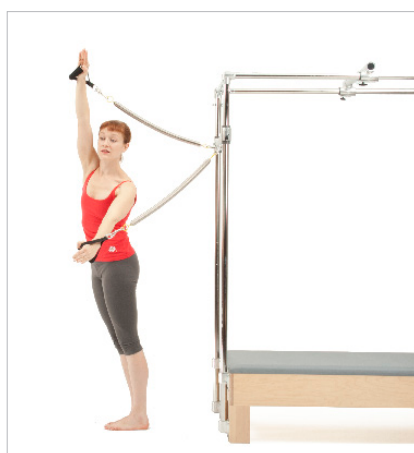
1. Starting position. Arms at sides.



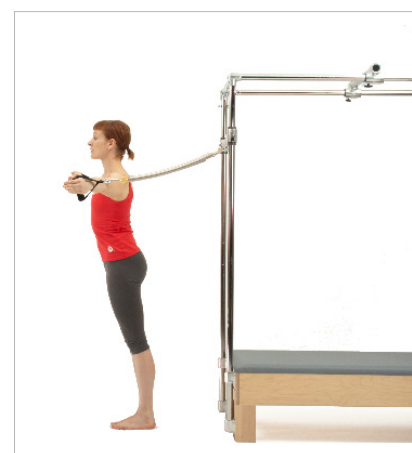
2. Lower one arm, raise the other.



3. Twist the torso and bring the arms together.



4. Untwist and open the arms.



5. Return to the starting position.

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## CUEING AND IMAGERY

- » Maintain the integrity of the torso in each of the exercises.
  - Keep the body in one line from head to feet.
- » Keep the shoulders down.
- » Move smoothly and precisely from one position to the next.
- » Move closer to the table for less resistance or farther away for more resistance.
  - Choose a position that provides an appropriate amount of resistance for each phase of the exercise.
- » Keep the back of the wrist straight throughout each exercise.
  - Imagine you have a board strapped to the back of your wrist.
  - Roll the wrist slightly forward to initiate each exercise.
- » For hyperextended elbows, keep the arms slightly bent and lighten the weight.

## PURPOSE

- » Strengthen the shoulder flexors including the pectoralis major, deltoid and coracobrachialis.
- » Strengthen the elbow flexors and extensors including the biceps brachii, brachialis, brachioradialis and triceps brachii.
- » Strengthen the scapular stabilizers including the serratus anterior.
- » Strengthen the rotator cuff, especially the subscapularis and supraspinatus.
- » Develop scapula, torso and pelvic stability.

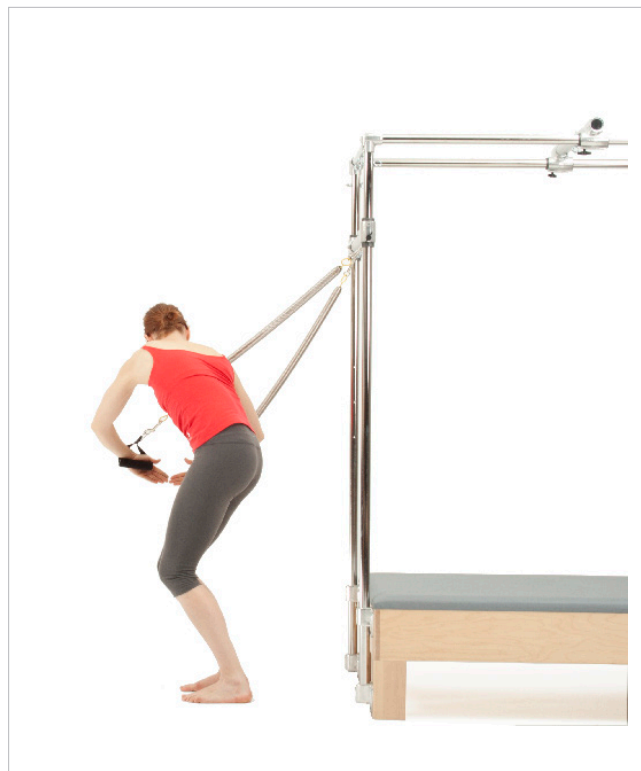
## PRECAUTIONS

**For neck and shoulder problems:** Use a lighter weight to start. Choose exercises that are not contraindicated for the client.

**For low back and SI joint problems and osteoporosis:** Limit the range of motion in rotation if necessary.



3. Untwist and bring the arms back to the starting position.



4. Repeat to the other side.

# STANDING ARMS - FACING THE TABLE

INTERMEDIATE • REPS VARY

Springs: 2 LY

Position: Middle, just above shoulder height

Bar/Straps: Straps or handles

**Instructor Note:** The resistance of the springs is controlled by the distance from the table. Choose a distance that allows smooth movement throughout the entire exercise. This distance may need to be adjusted for each exercise. If the long yellow springs are too tight, use elastic bands or tubing or Slastix attached to the uprights of the Trapeze Table.

## STARTING POSITION

Stand on the floor facing the table at the open end with the handles in the hands and the arms straight and in front of the hips. Place the springs on the tower so they are slightly above shoulder height.

## Chest Expansion, facing in

### STARTING POSITION

Stand with the elbows straight, the arms raised to the level of the waist and a slight tension on the springs.

### MOVEMENT SEQUENCE

**Inhale:** Press the springs back without changing the torso or rolling the shoulders forward.

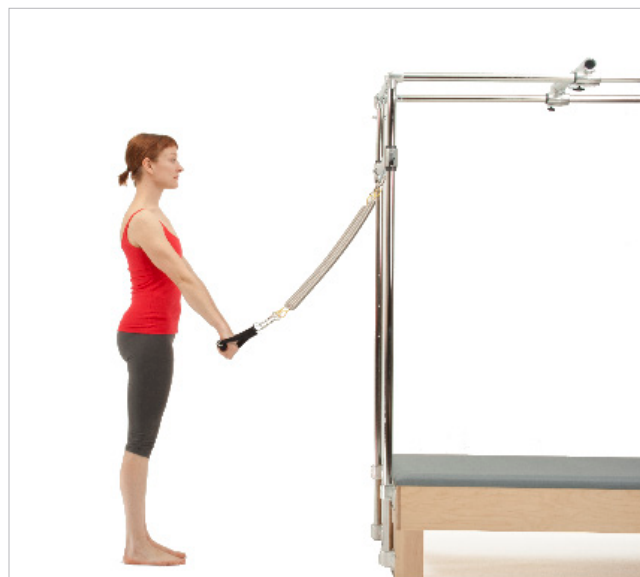
**Exhale:** Turn the head to the right.

**Inhale:** Turn the head back to the center.

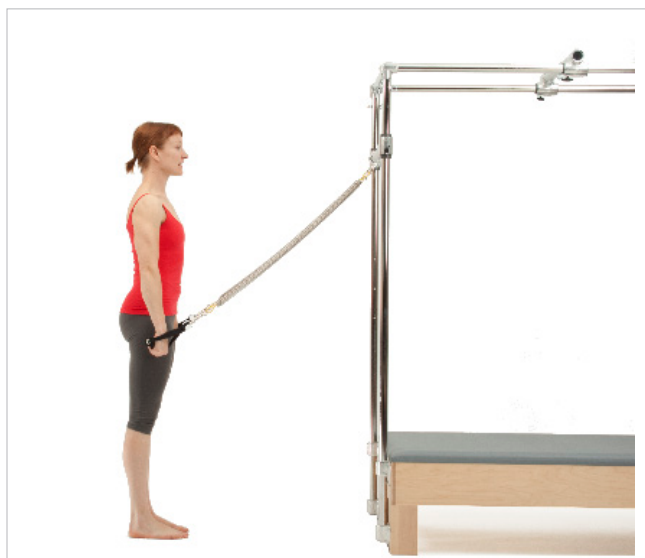
**Exhale:** Turn the head to the left.

**Inhale:** Turn the head back to the center and return the arms to the starting position.

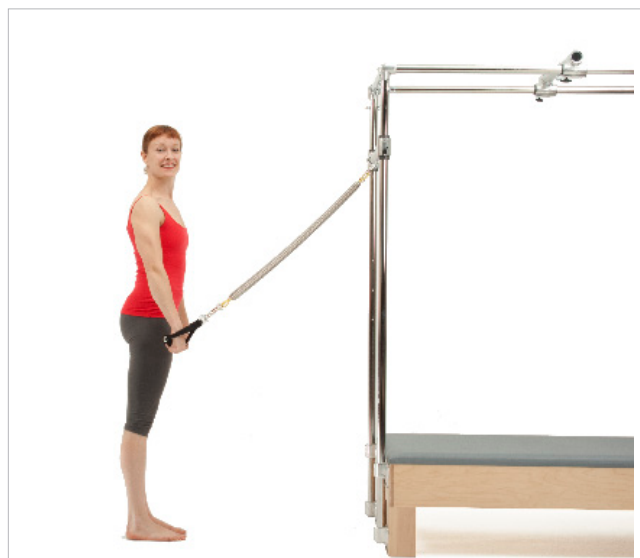
Repeat 4x.



1. Starting position. Stand facing the table with the arms straight and in front of the body.



2. Pull the springs back.



3. Look right, then left, then return to the starting position.

## Upper Arm Control, facing in

### STARTING POSITION

Stand with the elbows straight, the arms raised to the level of the waist and a slight tension on the springs.

### MOVEMENT SEQUENCE

**Inhale:** Bend the elbows and pull the springs until the elbows are level with the waist and in line with the torso.

**Exhale:** Press the spring back by straightening the elbow. Keep the elbow in place to engage the triceps.

**Inhale:** Bend the elbow keeping the arm in line with the torso

Repeat 6-10x, then return to the starting position.

### CUEING AND IMAGERY

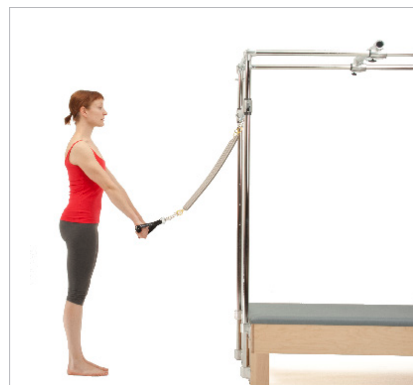
- » Maintain the integrity of the torso in each of the exercises.
  - Keep the torso in one line from head to feet.
- » Keep the shoulders down.
- » Move smoothly and precisely from one position to the next.
- » Move closer to the table for less resistance or farther away for more resistance.
  - Choose a position that provides an appropriate amount of resistance for each phase of the exercise.
- » Keep the back of the wrist straight throughout each exercise.
  - Imagine you have a board strapped to the back of your wrist.
  - Roll the wrist slightly forward to initiate each exercise.

### PURPOSE

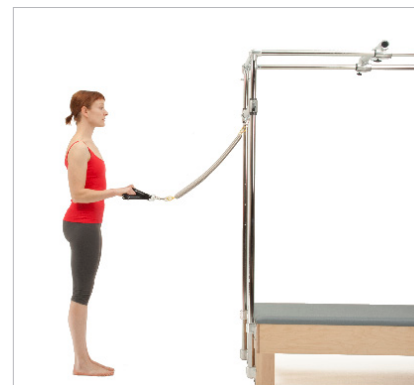
- » Strengthen the shoulder extensors, including the latissimus dorsi, teres major and deltoid.
- » Strengthen the triceps brachii.
- » Strengthen the scapular stabilizers, including the serratus anterior.
- » Strengthen the rotator cuff, especially the infraspinatus and teres minor.
- » Develop scapula, torso and pelvic stability.

### PRECAUTIONS

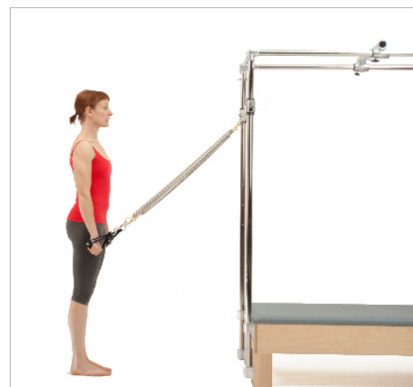
**For neck and shoulder problems:** Use a lighter weight to start. Choose exercises that are not contraindicated for the client.



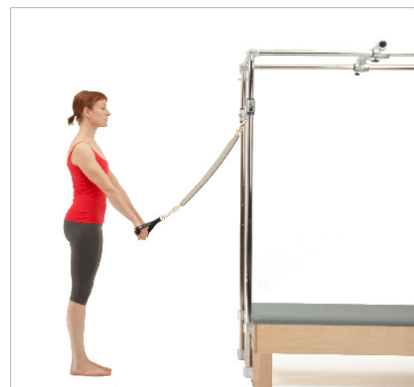
1. Starting position. Face the table with the arms straight in front of the body.



2. Bend the elbows.



3. Straighten the arms.



4. Return the arms to the starting position.

# STANDING ARMS - FACING THE SIDE

INTERMEDIATE • REPS VARY

Springs: 2 LY

Position: Middle, just above shoulder height

Bar/Straps: Straps or handles

**Instructor Note:** The resistance of the springs is controlled by the distance from the table. Choose a distance that allows smooth movement throughout the entire exercise. This distance may need to be adjusted for each exercise. If the long yellow springs are too tight, use elastic bands or tubing or Slastix attached to the uprights of the Trapeze Table. Light elastic bands or tubes with handles are recommended for the rotator cuff exercises.

## STARTING POSITION

Stand on the floor with the side of the torso facing the table.

## Lunge (Sword)

### STARTING POSITION

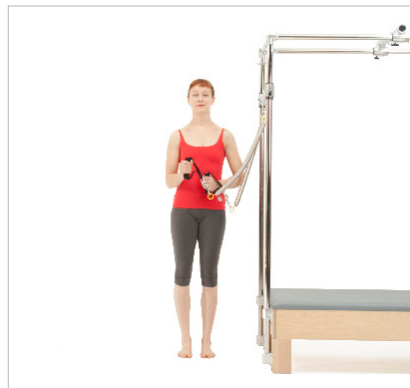
Face sideways with the straps in the hands and the feet parallel. Hold both springs in front of the body.

### MOVEMENT SEQUENCE

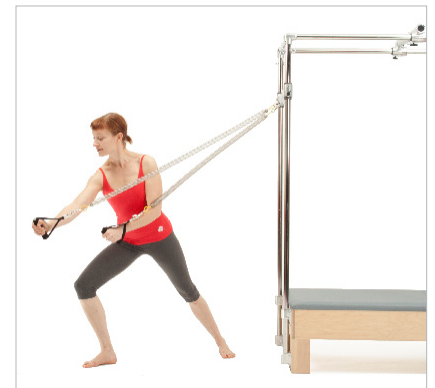
**Exhale:** Step out into a lunge turning the front leg out and bending the front knee. Punch the front arm forward as if stabbing an opponent.

**Inhale:** Return to the starting position in one move.

Repeat 4x to each side.



1. Starting position. Hold springs with outside hand holding back handle.



2. Press the springs out.

## Internal Rotation

### STARTING POSITION

Hold the spring with the hand that is closest to the table. Bend the elbow with the upper arm in line with the side of the torso. Place a small folded towel between the arm and the torso. Begin with the forearm directly in front of the body.

**Inhale:** Pull the spring across the body keeping the elbow bent and the upper arm connected to the torso.

**Exhale:** Return to the starting position.

Repeat 5-25x.



1. Starting position. Hold the spring with the elbow bent at waist height.



2. Pull the spring across the body.

## External Rotation

### STARTING POSITION

Hold the spring with the hand farthest away from the table. Bend the elbow and bring the upper arm in line with the side of the torso. Place a small folded towel between the arm and the torso. Begin with the forearm across the front of the body.

**Inhale:** Pull the spring away from the body keeping the elbow bent and the upper arm connected to the torso.

**Exhale:** Return to the starting position.

Repeat 5-25x.

### CUEING AND IMAGERY

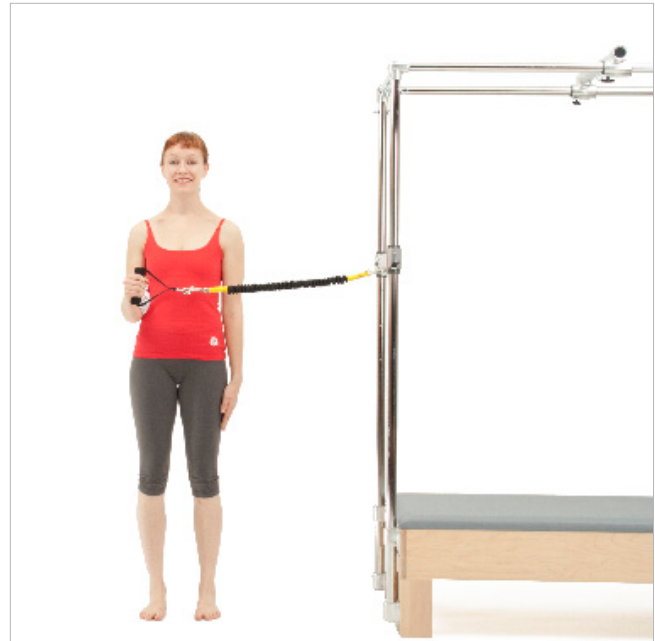
- » Maintain the integrity of the torso in each of the exercises.
  - Keep the torso in one line from head to feet.
- » Keep the shoulders down.
- » Move smoothly and precisely from one position to the next.
- » Move closer to the table for less resistance or farther away for more resistance.
  - Choose a position that provides an appropriate amount of resistance for each phase of the exercise.

### PURPOSE

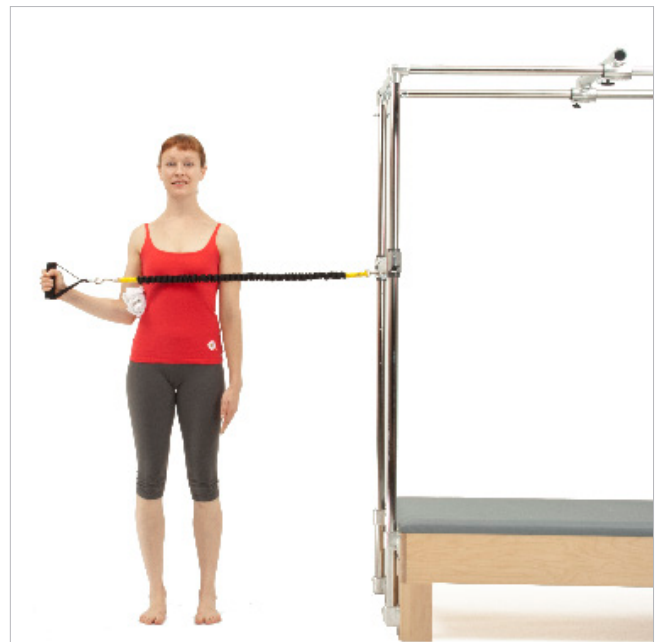
- » **For the Lunge:** Develop full body coordination and strength
- » **For Internal and External Rotation:** Strengthen the rotator cuff
- » Develop scapula, torso and pelvic stability

### PRECAUTIONS

**For neck and shoulder problems:** Use a lighter weight to start. Choose exercises that are not contraindicated for the client.



1. Starting position. Hold the spring with the hand furthest away from the table.



2. Pull the spring away from the table.

# PART 3

## ADVANCED TRAPEZE TABLE/CADILLAC

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### Advanced Trapeze Table/Cadillac

The advanced Trapeze Table/Cadillac work will pull together everything learned so far. From fluid spinal undulations through to full body hanging exercises, this group requires strength, coordination, control and integration. All the prior skills will be called upon and are necessary for successful engagement with these exercises.

#### Standing Single Leg Work

- » Leg Springs Standing

#### Advanced Push Through.

- » Advanced Swan
- » Advanced Mermaid
- » Push Through Back

##### Pre-Pilates Essentials

What Pre-Pilates essential skills are required prior to teaching these advanced exercises.

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##### Mat and Reformer Related Exercises

What Mat and/or Reformer Exercises are related to these advanced exercises? Would they be preparatory exercises mastered first before teaching these or are they simply related and another variation of the primary exercise?

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##### Trapeze/Cadillac Related Exercises

What other Trapeze/Cadillac Exercises are related to these advanced exercises? Would you teach them before teaching these? What benefit or how does teaching these exercises on the Trapeze Table/Cadillac challenge or change the primary exercise?

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#### Spinal Strength and Coordination

- » Spread Eagle
- » Short Spine/Ferris Wheel
- » Hip Flexor Pull
- » Dolphin and Airplane
- » Rowing Back - Round Back and Flat Back
- » Advanced Bridging
- » Chest Expansion and Rolling In and Out

##### Pre-Pilates Essentials

What Pre-Pilates essential skills are required prior to teaching these advanced exercises.

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##### Mat and Reformer Related Exercises

What Mat and/or Reformer Exercises are related to these advanced exercises? Would they be preparatory exercises mastered first before teaching these or are they simply related and another variation of the primary exercise?

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##### Trapeze/Cadillac Related Exercises

What other Trapeze/Cadillac Exercises are related to these advanced exercises? Would you teach them before teaching these? What benefit or how does teaching these exercises on the Trapeze Table/Cadillac challenge or change the primary exercise?

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## Hanging and Trapeze Canopy Work

- » Hanging Pull Ups
- » Hanging Down
- » Cat Walkover

### Pre-Pilates Essentials

What Pre-Pilates essential skills are required prior to teaching these advanced exercises.

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### Mat and Reformer Related Exercises

What Mat and/or Reformer Exercises are related to these advanced exercises? Would they be preparatory exercises mastered first before teaching these or are they simply related and another variation of the primary exercise?

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### Trapeze/Cadillac Related Exercises

What other Trapeze/Cadillac Exercises are related to these advanced exercises? Would you teach them before teaching these? What benefit or how does teaching these exercises on the Trapeze Table/Cadillac challenge or change the primary exercise?

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# LEG SPRINGS - STANDING

INTERMEDIATE • 10 REPS

**Springs:** 1 LY

**Position:** Middle

**Straps:** Strap or Velcro ankle strap

**Prerequisite:** Small box or rotator disc

## STARTING POSITION

Stand with one foot on the small box or rotator disc on the Trap table and the Velcro strap around the opposite ankle. Keep the torso in line with the hips and the shoulders in line with each other. Stabilize the torso by holding onto the cross bars. Place the spring in line with the ankle.

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## LEG POSITION VARIATIONS

» The legs can be parallel or in external or internal rotation for all of the following exercises.

## Hip Flexion

### STARTING POSITION

Stand facing away from the spring.

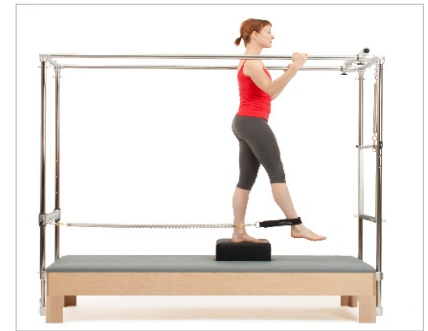
### MOVEMENT SEQUENCE

Exhale: Pull the spring forward maintaining standing alignment.

Inhale: Move the leg back to the starting position.



1. Starting position. Stand on small box facing away from the spring, holding horizontal bars.



2. Pull the spring to the forward of the standing leg.

## Hip Extension

### STARTING POSITION

Stand facing the spring.

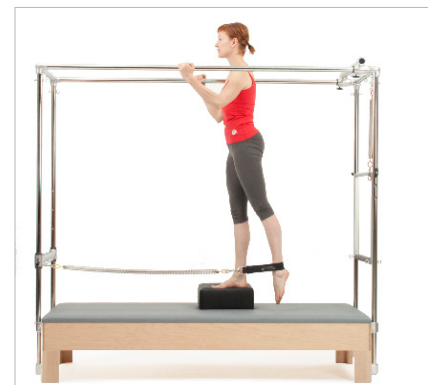
### MOVEMENT SEQUENCE

Exhale: Move the leg back maintaining standing alignment.

Inhale: Return the leg to the starting position.



1. Starting position. Stand on a small box facing the spring.



2. Pull the spring behind the standing leg.



## Hip Adduction

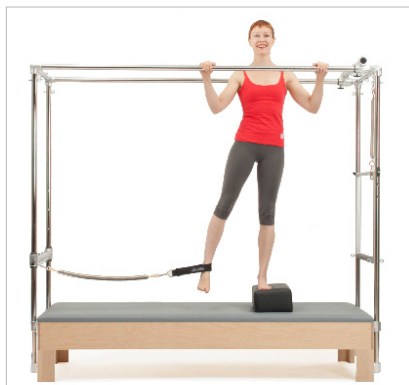
### STARTING POSITION

Stand facing the side of the table with the spring on the leg closest to the spring attachment.

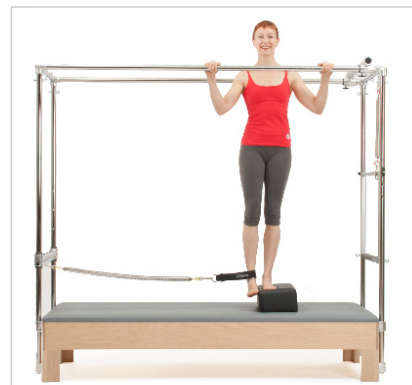
### MOVEMENT SEQUENCE

Exhale: Pull the spring toward the midline or across it.

Inhale: Return the leg back to the starting position.



1. Starting position. Stand on a small box facing the side of the table.



2. Pull the spring to the standing leg.

## Hip Abduction

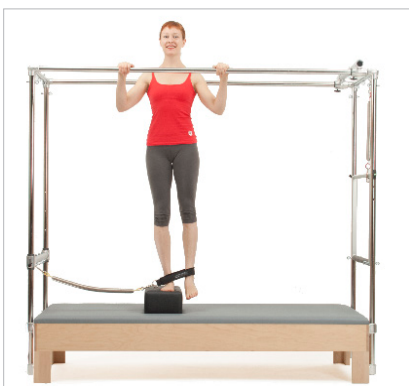
### STARTING POSITION

Stand facing the side of the table with the spring on the leg farthest from the spring attachment.

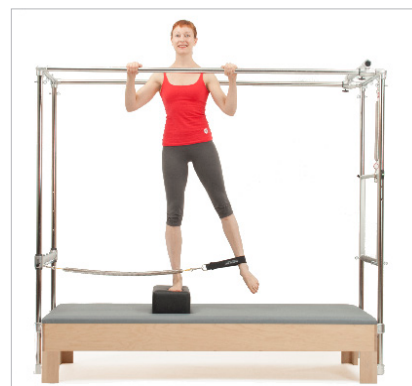
### MOVEMENT SEQUENCE

Exhale: Pull the spring away from the midline of the body maintaining standing alignment.

Inhale: Move the leg back to the starting position.



1. Starting position. Stand on a small box facing the side of the table.



2. Pull the spring away from the standing leg.

### CUEING AND IMAGERY

- » Keep the hips and the shoulders facing straight ahead.
  - Imagine you are a piece of toast in a toaster and don't touch the burners.
  - If your hips were headlights, point the beams straight ahead.
- » Keep the leg in line with the hip.
  - Don't let it swing to the side as it goes forward and back.

### PURPOSE

- » Strengthen the hip flexors.
- » Strengthen the hip extensors.
- » Strengthen the abductors.
- » Strengthen the adductors.
- » Strengthen pelvic stability in standing.

### PRECAUTIONS

**For knee and hip problems:** Keep the resistance light at first or avoid if the exercise is not tolerated well.

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# ADVANCED SWAN - PUSH THROUGH BAR

SWAN SERIES • ADVANCED • 3- 4 REPS

**Springs:** 2 SB

**Position:** High

**Bar/Straps:** Push through bar

**Prerequisite:** Trap Swan Push through bar

## STARTING POSITION

Lie prone on the table facing the tower end with the hands on the push through bar. The belly strap can be placed over the calves for support if needed. Taller clients and those with tighter shoulders or backs should start farther away from the tower end.

## MOVEMENT SEQUENCE

Exhale: Lift the abdominals, glide the shoulder blades down the back and begin to rise into extension.

Inhale: Bend the elbows and press the bar up overhead as the back rises into full extension.

Exhale and Inhale: Bend and straighten the arms 3 times pressing the bar forward and maintaining the height of the torso in extension.

Inhale: Bend the elbows and press the bar forward as the torso rolls back down to the starting position.

**Instructor Note:** Spot this exercise very carefully. Clients need to have relatively flexible shoulders and a strong and flexible lumbar spine before attempting the Advanced Swan.

## CUEING AND IMAGERY

- » Engage the abdominals before extending the back.
  - Lift the abdominals off the table as you begin.
  - Imagine there is a stream of lava running under your belly.
- » Press the pubic bone into the mat as you rise into extension.
  - Engage the gluteals as needed to press the pubic bone forward and decompress the lower back.
- » Keep the shoulders down and the neck long.
  - Slide the shoulder blades down the back to begin the extension.
- » Reach the legs out rather than up.
  - Imagine you are suspended in a cargo net.



1. Starting position. Lie prone with the hands on the push through bar.



2. Bend the elbows to bring the bar overhead.



## PURPOSE

- » Strengthen the back extensors.
- » Strengthen the scapular stabilizers.
- » Strengthen the hamstrings and gluteals.
- » Increase scapular mobility.

## PRECAUTIONS

**For back problems:** Limit range of motion or avoid if extension is not tolerated.

**For shoulder problems:** Limit range of motion or avoid if shoulder flexion above 90 degrees is not tolerated.



3. Extend the spine and press the bar up toward the ceiling.



4. Pull the bar down bending the elbows keeping the back extended.



5. Straighten the arms pushing the bar forward with the back extended.



6. Push the bar forward and lower the upper body to the starting position.

# MERMAID - ADVANCED

MERMAID SERIES • SUPER ADVANCED • 3 REPS

**Springs:** 1 to 2 SB

**Position:** High

**Bar/Straps:** Push through bar

## STARTING POSITION

Sit on the table facing sideways with one hand on the push through bar with the palm down.

## MOVEMENT SEQUENCE

Inhale: Press the bar away and lean sideways, reaching the top arm toward the bar and lifting the legs up until the torso is lying sideways on the table. Keep the torso straight and the hips lined up perpendicular to the table.

Exhale: Reach the top arm off the bar and swing the legs down to return to the starting position.



1. Starting position. Seated upright facing side with closest hand holding bar.



2. Rotate the torso toward the bar.



3. Press the bar arm down and lift the legs up onto the table.



4. Drop the legs off the table.



5. Return to the starting position.

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# PUSH THROUGH BACK

ADVANCED • 4 REPS

**Springs:** 2 SY  
bar

**Position:** High

**Bar/Straps:** Push through bar

## STARTING POSITION

Sit on the Trapeze Table with the legs extended facing away from the tower end. Place the hands on the push through bar with the palms facing down and the shoulders rolled open. Sit up on the sit bones with the legs together.

**Instructor Note:** Bring the bar down to the client to allow them to get into and out of the exercise comfortably.

## MOVEMENT SEQUENCE

**Exhale:** Engage the abdominals and roll back flexing the spine and pressing the bar back.

**Inhale:** Roll forward flexing the hips to increase the stretch of the chest by lifting the bar up.

**Exhale:** Lower the arms, roll back up and stack the spine to return to the starting position.



1. Starting position. Sit upright facing open end, hold bar behind the torso.



2. Roll back, bringing the ribs behind the hips.



5. Flex spine and lower arms.



6. Roll back.



### CUEING AND IMAGERY

- » Lift the abdominals in and up to begin.
  - Lift out of the hips and round forward as if a large ball is resting on your lap.
- » Keep the shoulders open throughout the exercise.

### PURPOSE

- » Strengthen the abdominals.
- » Stretch the anterior shoulder.
- » Improve shoulder mobility.
- » Strengthen the torso.

### PRECAUTIONS

**For neck and shoulder problems:** Avoid with current shoulder injuries or a history of anterior shoulder dislocations.

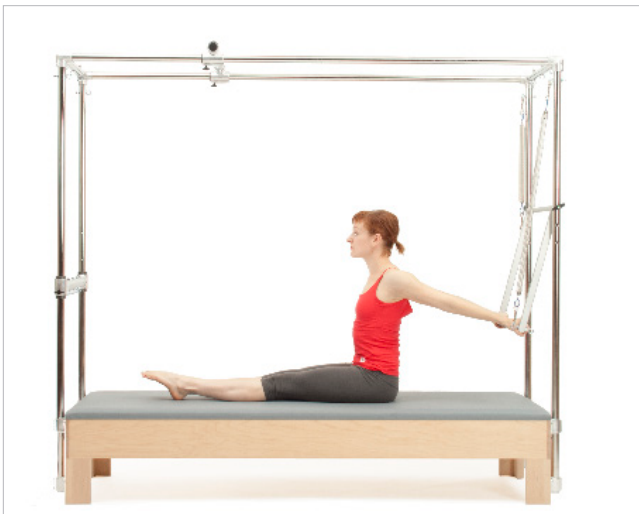
**Avoid with lumbar disc problems and osteoporosis.**



3. Roll forward.



4. Lift arms maintaining flexed hips.



7. Return to the starting position by stacking the spine.

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# SPREAD EAGLE

BEGINNING • 4 REPS



**Set up:** no set up

**Springs:** none

**Position:** n/a

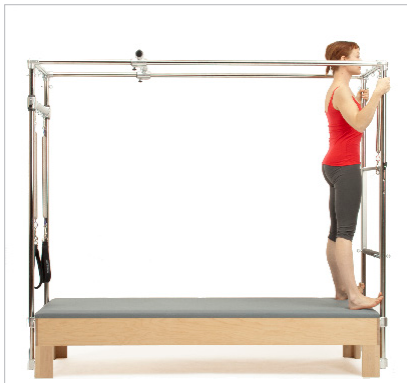
**Bar/Straps:** n/a

**Optional:** Use a footplate across the uprights to place the feet on.

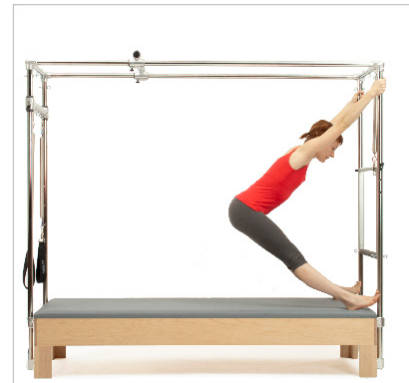
## STARTING POSITION

Stand on the table with the ankles in dorsiflexion, the metatarsals against the uprights and the heels on the table. Hold onto the uprights with both hands near the top of the bars. Use sticky pads to prolong the grip.

**Safety note:** For tall clients, make sure to move the horizontal slider away from the client so they don't bump their head.



1. Stand on the table facing the uprights. Press the metatarsals into the bars and hold the bars with the hands.



2. Lean back with the back flat.

## MOVEMENT SEQUENCE

Exhale: Engage the abdominals, flex the hips and lean away from the bars to stretch the arms and the sides of the torso.

Inhale: Curl the tailbone under and press the hips forward to arch the back into a full extension. The knees can stay straight or bend to change the stretch.

Exhale: Reverse the movement to return to the starting position.



3. Curl the tail and press the hips forward.



4. Extend the back.

## CUEING AND IMAGERY

- » Get as much stretch out of this exercise as possible.
- » Motivate the movement from the pelvis.

Arch the back as you lean away from the bars to increase the stretch.

- Curl the pelvis under to initiate the extension.
- » Keep the shoulders down.
- » Keep a firm grip on the uprights.
- » Keep the head in line with the spine.
  - Don't hyper-extend the neck.

## PURPOSE

- » Strengthen the abdominals.
- » Stretch the back and latissimus dorsi.
- » Stretch the back of the legs including the gastrocnemius and hamstrings.
- » Increase the mobility in spinal flexion and extension.
- » Coordinate full body movement.

## PRECAUTIONS

**For low back problems:** Limit range of motion or avoid if flexion is not tolerated.

**Avoid with osteoporosis, active lumbar disc injuries and sciatica.**



# SHORT SPINE/SEMI CIRCLE/FERRIS WHEEL

ADVANCED • 3 REPS

**Springs:** 2 SY, 2 LY or 2 SB

**Position:** High

**Bar/Straps:** Roll down bar

## STARTING POSITION

Lie supine on the table with the head at the open end. Place the wooden bar underneath the knees. Hold onto the uprights with the elbows slightly bent.

**Safety Note:** Keep the knees securely over the bar.

## MOVEMENT SEQUENCE

Exhale: Flex the knees into the chest and curl the lumbar into flexion until the pelvis lifts off the table.

Inhale: Extend the lumbar and reach the toes to the table, keeping the pelvis high.

Exhale: Reversing directions, lift the legs up and curl the spine back down onto the mat. Ride the springs.

## MODIFICATIONS

Do one direction at a time, making one continuous curling movement.

### Hip traction with bar

Relax the front of the hips with the legs over the bar.

### Hamstring push

Press the bar down touching the toes on to the mat and return without lifting the torso off the mat.

## CUEING AND IMAGERY

- » Control the exercise from the center.
  - Use the abdominals to flex the spine, use the back to extend the spine.
  - Keep the core supported throughout the exercise.
- » Articulate each vertebra as you roll up and down.
- » Press the arms into the bar to decrease the stress on the neck and support the upper body.

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1. Starting position. Hold the uprights and hook legs over the roll down bar.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back.
- » Strengthen the hamstrings and gluteals.
- » Articulate the spine.
- » Improve coordination.

## PRECAUTIONS

**For low back problems:** Avoid unless client can tolerate flexion well. Do the Hamstring Push only.

**For neck and shoulder problems:** Avoid.

**For knee problems:** Do only if the knees are comfortable over the bar.

**Avoid with osteoporosis, active disc injuries and sciatica.**



2. Roll the hips off the table.



3. Extend the back and reach the toes to the table.



4. Continue to extend.



5. Reach the toes toward the table.



6. Lift the toes to bring the knees over the hips.



7. Round the back and bring the knees above the head.



8. Continue to roll down to bring the hips to the table.



1. Hip traction: Relax the lower back and hips by supporting them on the bar.



1. Hamstring push: Push the bar toward the mat by engaging the hamstrings.

# LEG SPRINGS SUPINE - HIP FLEXOR PULL

ADVANCED • 6 REPS

**Springs:** 1 LY

**Position:** Low

**Bar/Straps:** Strap or Velcro Cuff

**Prerequisite:** Mat Single Leg Stretch

## STARTING POSITION

Lie supine on the table with the head at the tower end. Place the strap or the Velcro cuff around the leg just above the knee. Maintain a neutral position of the pelvis and spine.

## Hip Flexor Strengthening Progression

To begin strengthening the hip flexors, perform the hip flexor pulls without springs.

**Level 1: No springs supine:** In supine, bend the knee to 90 degrees and flex it by bringing it in toward the chest.

**Level 2: Supine isometric:** In supine, bend the knee to 90 degrees and press the hand into the thigh while isometrically contracting the hips flexors. Keep the lumbar spine absolutely steady during this movement.

**Level 3: No springs seated:** Sit in a chair and flex one hip at a time with the knee bent.

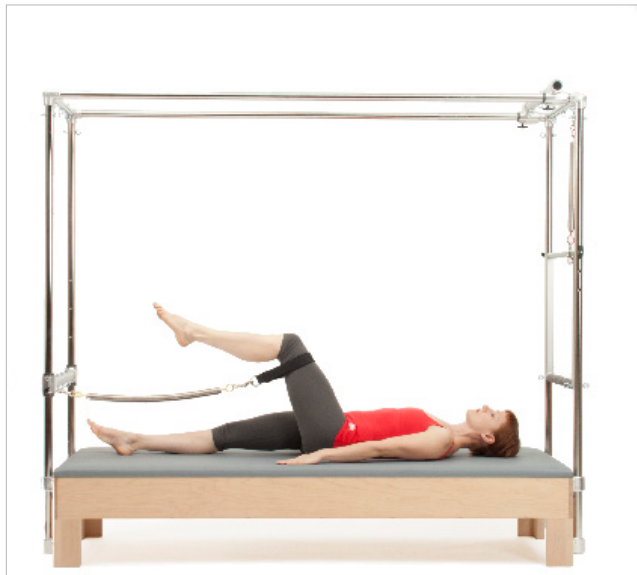
**Level 3: No springs standing:** Stand with the hip flexed to 90 degrees and lift it up from there.

Straighten the leg to increase the challenge.

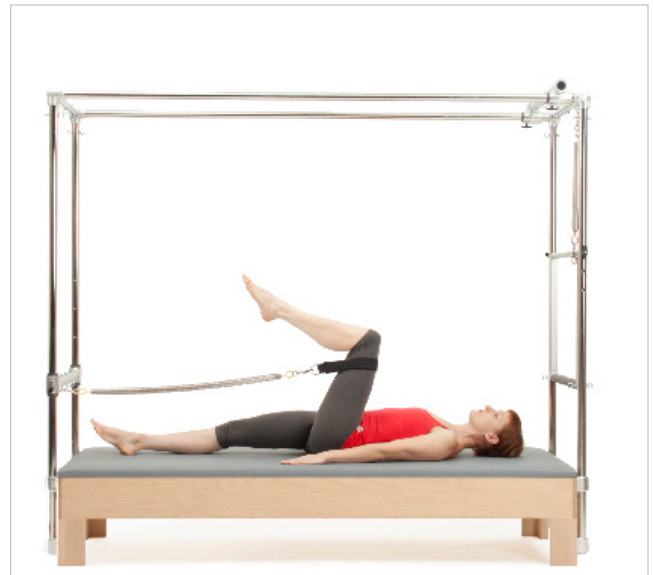
## MOVEMENT SEQUENCE

**Exhale:** Bend the knee to 90 degrees. Pull the strap in toward the body keeping the lower leg parallel without changing the position of the low back.

**Inhale:** Return just to 90 degrees of hip flexion.



1. Starting position, Hip Flexor Pull Bent Knee. Lie supine with strap above the knee and the knee bent.



2. Pull the strap in.

## Hip Flexor Pull

### STARTING POSITION

Place one leg in the strap around the thigh, with the other leg stretched out long on the table.

### MOVEMENT SEQUENCE

Pull the strap in toward the chest without losing the stability of the standing hip or pulling the spine into extension.

### LEG POSITION VARIATIONS

The leg can be parallel or turned out.

The knee can be bent or straight.

### CUEING AND IMAGERY

- » Keep the pelvis and low back absolutely still while performing the exercise.
  - Use a supported neutral position if needed.
- » Imagine the femur sliding back into the socket as the leg lifts.
- » To target the superficial hip flexors: Work from below 90 degrees to above 90 degrees of hip flexion.
- » To target the iliopsoas: Work above 90 degrees of hip flexion.

### PURPOSE

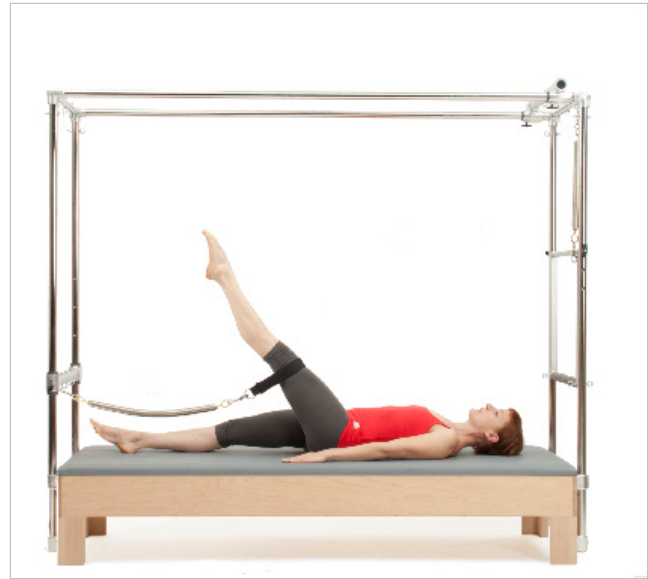
- » Strengthen the hip flexors including the rectus femoris, sartorius, iliopsoas and tensor fascia lata.
- » Teach lumbopelvic stability.

### PRECAUTIONS

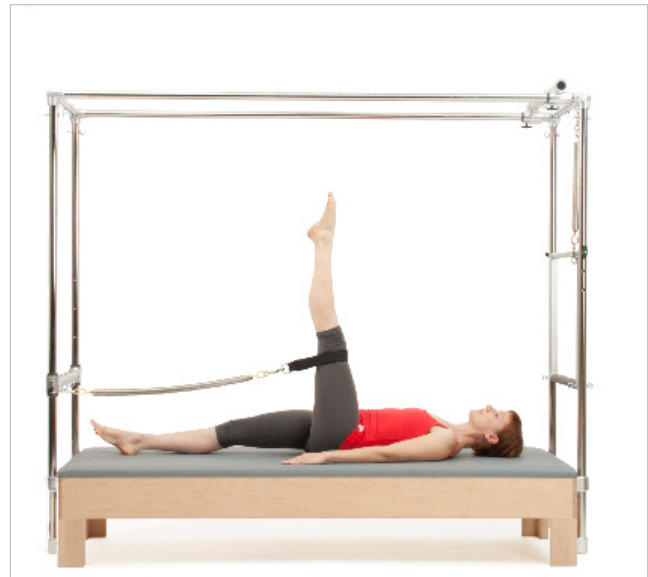
**For low back problems:** Use a supported neutral back position and very light weight to start. Avoid if the client cannot stabilize the low back.

**For hip flexor strains:** Avoid.

**Avoid with active lumbar disc injuries and sciatica.**



1. Starting position, Hip Flexor Pull, Straight Leg. Lie supine with the strap above the knee and the leg straight.



2. Pull the strap in.

# DOLPHIN

LEG SPRINGS SUPINE SERIES • ADVANCED • 4 REPS

Springs: 2 LP

Position: High

Bar/Straps: Straps

## STARTING POSITION

Lie supine on the Trap Table with the head at the open end and the straps around the arches. Place the hands on the uprights with the elbows slightly bent. Choose a spring strength and placement that comfortably supports the body weight.

## MOVEMENT SEQUENCE

Exhale: Press the hips up toward the ceiling as in **Magician**.

Inhale: Bend the knees slightly and turn the legs out into the diamond position. Arch the back into extension with control and arc the feet down toward the table.

Exhale: Flex the pelvis under, curl the spine and straighten the legs to roll back up into the starting position. Allow some momentum to make the movement smooth. Dolphin can be done in both directions.

## VARIATIONS

### Leg position

The legs can be parallel or turned out.

## CUEING AND IMAGERY

- » Don't roll up past the top of the shoulder blades.
- » Anchor the top of the shoulder blades.
  - Imagine the top of your shoulder blades are the feet you are standing on.
- » Motivate the Dolphin from the center.
  - Initiate the arc from the back extension, initiate the roll up from the spinal flexion.
- » Make the movement flow.
  - Imagine a dolphin diving in and out of the waves.
- » Keep the shoulders and neck relaxed.
  - Don't keep a death grip on the uprights.



1. Feet in straps, legs straight, hands hold uprights.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back.
- » Strengthen the hamstrings and gluteals.
- » Stretch the spine.
- » Teach pelvic stability.
- » Maintain abdominal support for the low back while in lumbar flexion and extension.

## PRECAUTIONS

**For low back problems:** Avoid.

**For neck and shoulder problems:** Avoid.

**Avoid with osteoporosis, active lumbar or cervical disc injuries and sciatica.**



2. Starting position. Press the springs down to float the legs up at a diagonal.



3. Bend the knees, slightly extend the spine and arc the legs toward the table.



4. Straighten legs.



5. Slightly flex the spine to lift the body as one long line to the starting position.

# AIRPLANE

LEG SPRINGS SUPINE SERIES • SUPER ADVANCED • 4 REPS

**Springs:** 2 LY to 2 LP

**Position:** High

**Bar/Straps:** Straps

## STARTING POSITION

Lie supine facing away from the straps. Place both feet in the straps with the legs straight. Place the hands on the upright bars with the elbows bent.

## MOVEMENT SEQUENCE

**Exhale:** Bend the knees and roll the hips and low back up off the mat as in rolling like a ball. Keep the abdominals engaged and do not roll above the top of the shoulder blades. Reach the sit bones toward the ceiling to decompress the spine.

**Inhale** Straighten the legs and torso up toward the ceiling as in Jackknife on the Mat or Reformer. Lower the legs and torso toward the table with control until they are at a straight diagonal line from the shoulders to the toes.

**Exhale:** Roll the torso down onto the mat and bring the legs back to the starting position.

## MODIFICATION

### First step

From the inverted position, straighten the legs into the spring tension rather than straight up toward the ceiling.

## CUEING AND IMAGERY

- » Don't roll up past the top of the shoulder blades.
  - Anchor the top of the shoulder blades to the table.
  - Imagine the top of your shoulder blades are the feet you are standing on.
- » Keep the shoulders and neck relaxed.
  - Don't have a death grip on the uprights.
- » Control the torso from the Jackknife position to the diagonal.
  - Move slowly and smoothly as if lowering a gangplank.
  - Don't fall down.
- » Maintain control of the torso throughout the exercise.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back, gluteals and hamstrings.
- » Strengthen scapular stabilization.
- » Stretch the spine.
- » Teach torso control and spinal articulation.



1. Starting position. Feet in straps, legs straight, hands hold uprights.



4. Press the springs out keeping the torso straight.



## PRECAUTIONS

**For low back problems:** Avoid.

**For neck and shoulder problems:** Avoid.

**For knee injuries and knee hyper-extension:** Keep the knees slightly bent in order to decrease the stress on the knees.

**Avoid with osteoporosis, active lumbar or cervical disc injuries and sciatica.**



2. Bend the knees and roll up.



3. Straighten the legs.



5. Lower the torso down with control.



6. Roll the torso to the mat and lift the legs to the starting position.

# ROWING BACK - ROUND BACK

ROWING SERIES • ADVANCED • 4 REPS

**Springs:** 2 LY

**Position:** Middle

**Bar/Straps:** Handles

Place the middle bar level with the shoulders for this exercise.

**Prerequisite:** Reformer Rowing Back

## STARTING POSITION

Sit on the table facing the open end with the legs extended. Sit up on the sit bones without rounding the back. Hold the handles in the hands.

**Instructor Note:** The resistance of the springs is controlled by the distance from the attachment point. Choose a distance that allows smooth movement throughout the entire exercise. If the long yellow springs are too tight, use elastic tubing with handles looped around the vertical slider or the high position of the Trapeze Table.

## MOVEMENT SEQUENCE

Inhale: Pull the straps in toward the sternum with the elbows wide.

Exhale: Engage the abdominals and roll back keeping the hands about 6 inches from the sternum.

Inhale: Open the arms out to the side with the palms facing back and press the arms back.

Exhale: Round the torso forward as the arms continue to press back until the hands are behind the body.

Inhale: Keeping the torso forward, circle the arms around to the front as if doing the butterfly stroke in swimming.

Exhale: Pull the abdominals in and roll the back up until the torso is straight over the hips.

## CUEING AND IMAGERY

- » Engage the abdominals and tuck the tailbone under to roll down.
- » Maintain an open curve in the spine throughout the exercise.
  - Imagine you are fitting your back into a large barrel.
- » Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead.
- » Move smoothly through the entire exercise.
  - Connect the dots.
- » Remember: You control the springs, they don't control you.
- » Don't worry if the springs lose tension. Keep moving through the full sequence.



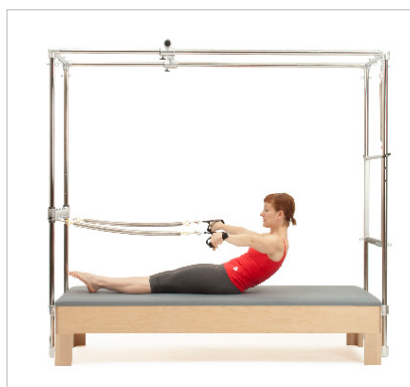
1. Starting position. Seated facing the open end with the hands at chest level.

## PURPOSE

- » Strengthen the shoulder muscles including the pectoralis major, latissimus dorsi, rotator cuff and posterior deltoid.
- » Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.
- » Strengthen abdominals and hip flexors.
- » Stretch hamstrings and back.
- » Increase dynamic torso stabilization.
- » Improve coordination.



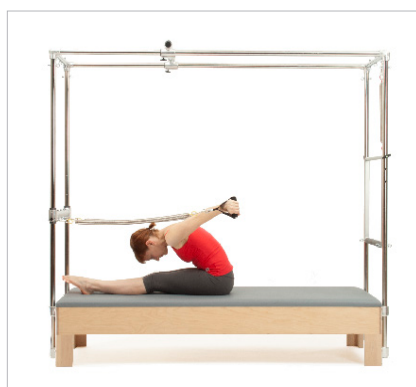
2. Roll back.



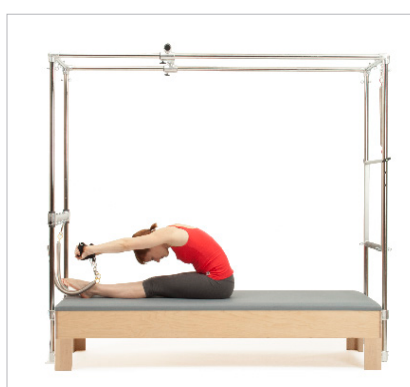
3. Open the arms out to the side.



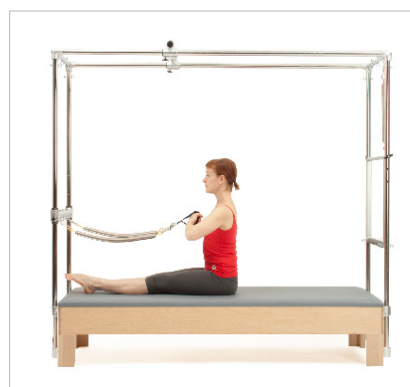
4. Press the arms back and round the torso forward.



5. Circle the arms back and up.



6. Circle the arms forward.



7. Roll the back up to the starting position.

## PRECAUTIONS

**For shoulder, arm and wrist injuries:** Keep the weight light. Don't press the arms back.

**For tight hamstrings and low back injuries:** Bend the knees slightly if that makes it possible to sit up on the sit bones. Because of the roll back it doesn't work well to pad the hips or sit cross legged.

**Avoid with lumbar disc problems and osteoporosis.**

# ROWING BACK - FLAT BACK

ROWING SERIES • ADVANCED • 4 REPS

**Springs:** 2 LY

**Position:** Middle

**Bar/Straps:** Handles

Place the middle bar level with the shoulders for this exercise.

**Prerequisite:** Reformer Rowing Back

## STARTING POSITION

Sit on the table facing the straps with the legs extended. Sit up on the sit bones without rounding the back. Hold the straps in the hands with the elbows bent to 90 degrees with the palms facing you and the upper arm parallel to the table.

**Instructor Note:** The resistance of the springs is controlled by the distance from the attachment point. Choose a distance that allows smooth movement throughout the entire exercise. If the long yellow springs are too tight, use elastic tubing with handles looped around the vertical slider or the high position of the Trapeze Table.



1. Starting position. Seated, arms at shoulder height, palms toward face.



2. Lean back.



3. Reach the arms up.



4. Hinge forward at the hips, keeping the arms up.



5. Lean torso over the legs and reach the arms forward.



6. Circle the arms down and back.



7. Bend the elbows.



8. Reach the arms back.



9. Circle the arms around to the side.



10. Circle the arms front, stack the torso and return the arms to the starting position.

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## MOVEMENT SEQUENCE

Exhale: Engage the abdominals and lean back, keeping the arms and elbows at a 90 degree angle.

Inhale: Hinge forward from the hips as the arms reach forward on a high diagonal as the chest lifts up.

Exhale: Round the back over as the arms come forward beside the legs.

Inhale: Circle the arms around to the back, bend the elbows and bring the back of the hands to the back of the waist.

Exhale: Reach the arms back and around as the torso stacks up to return to the starting position.

## CUEING AND IMAGERY

- » Engage the abdominals to support the back as the torso hinges back.
- » Reach the chest up toward the ceiling as the arms reach forward.
- » Keep the chest open, the shoulders away from the ears and the eyes looking straight ahead. Move smoothly through the entire exercise.
- » Remember: You control the springs, they don't control you.

## PURPOSE

- » Strengthen the arm and shoulder muscles including the biceps, brachialis, pectoralis major, latissimus dorsi, rotator cuff and deltoid.
- » Strengthen the scapular stabilizers including the serratus anterior, trapezius and rhomboids.
- » Strengthen abdominals and hip flexors.
- » Stretch hamstrings and back.
- » Increase dynamic torso stabilization.
- » Improve coordination.

## PRECAUTIONS

**For shoulder, arm and wrist injuries:** Keep the weight light. Don't press the arms back.

**For tight hamstrings and low back injuries:** Bend the knees slightly if that makes it possible to sit up on the sit bones. Because of the roll back it doesn't work well to pad the hips or sit cross legged.

**Avoid with lumbar disc problems and osteoporosis.**

# ADVANCED BRIDGING

CAT SERIES • SUPER ADVANCED • 3 REPS



**Springs:** 2 SB  
bar

**Position:** High

**Bar/Straps:** Push through

## STARTING POSITION

Sit on the table facing the tower end with the feet against the upright bars or the footplate if you have one. Hold onto the push through bar with the palms down. Extend the legs. Sit on a slippery mat in order to make this as smooth as possible.

## MOVEMENT SEQUENCE

Exhale: Bend the knees and curve the pelvis under, rolling the torso down until the head is on the mat. From there, press the pelvis up into a bridge position.

Inhale: Brace the feet against the uprights and press up into a full back extension with the knees straight and the torso and head off the table.

Exhale: Lower the head back onto the mat maintaining the back extension until the head touches.

Inhale: Bring the chin into the chest and place the upper back on the mat. Control this part of the exercise so that there is no weight on the head at any time.

Exhale: Lift the head off the mat and curve the upper back off the mat as each vertebra in turn presses into the table.

Inhale: Continue to articulate each part of the spine until you return to sitting with the legs straight.

Exhale: Press the bar up toward the ceiling to begin again.



1. Starting position. Seated with the legs straight, push the bar up.



2. Roll back.



3. Roll forward and stretch over the legs.



4. Curl the tailbone under.

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## MODIFICATION

### Beginner version

Leave out the press up into full body extension.

## CUEING AND IMAGERY

- » Move smoothly and with control on each phase of the exercise.
  - Articulate each vertebra on the rolling up and down.
  - Imagine you have a striped shirt on. Lay one stripe down at a time.
- » Press the feet into the bar and the hips up as you rise into the full extension.
  - Imagine someone is pressing the hips up from the back.
- » Keep the weight off the head as you lower the body down.
- » Keep the shoulders down and the chest open.

## PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back extensors.
- » Strengthen the gluteals and hamstrings.
- » Strengthen the quadriceps.
- » Stretch the spine.
- » Stretch the front of the hips.
- » Improve spinal articulation.
- » Improve pelvic stability.
- » Improve core control.

## PRECAUTIONS

**For low back problems:** Avoid unless client can tolerate flexion well. Do the beginning version only.

**For neck and shoulder problems:** Avoid.

**For knee problems:** Do the beginner version only if the client can tolerate the knee flexion.

**Avoid with osteoporosis, active disc injuries and sciatica.**



5. Continue curling, sliding the hips forward and up.



6. Press the hips up until the shoulders are on the table.



7. Continue pressing the hips up until the torso rises off the table.



8. Bend the knees to bring the upper back onto the table.



9. Slide back and begin to curl the spine.



10. Continue to roll up to the starting position.

# CHEST EXPANSION/THIGH STRETCH

INTERMEDIATE • 3 REPS

**Springs:** 2 LY or 2 SY

**Position:** High

**Bar/Straps:** Roll down bar

## Chest Expansion

### STARTING POSITION

Begin in high kneeling with the hips off the heels facing the open end of the table. Place the hands on the roll down bar with the palms down and the elbows straight.

### MOVEMENT SEQUENCE

Inhale: Press the bar down to the hips.

Exhale: Turn the head and look to the right.

Inhale: Turn the head back to the center.

Exhale: Turn the head to the left.

Inhale: Turn the head back to the center and return the arms to the starting position.



1. Starting position. Kneeling upright holding the roll down bar.



2. Pull the bar down to the hips.



3. Look to one side.



4. Look forward.



5. Look to the other side.



6. Look forward.



## Thigh Stretch

### STARTING POSITION

Same as Chest Expansion.

### MOVEMENT SEQUENCE

Inhale: Press the bar down to the hips.

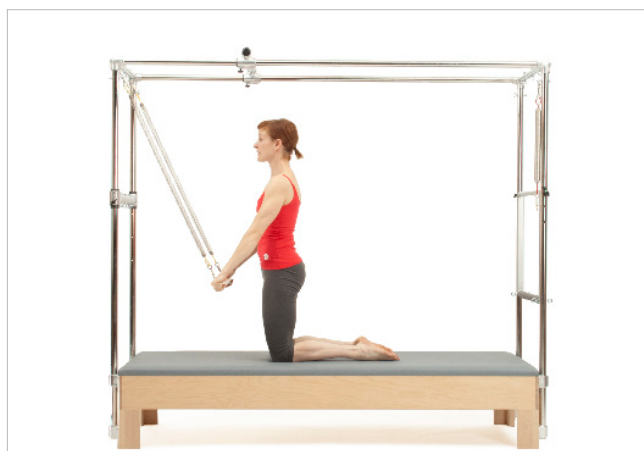
Exhale: Engage the abdominals and lean back allowing the torso to extend in a long line from thighs to top of head.

Inhale: Bring the chin into the chest and roll up.

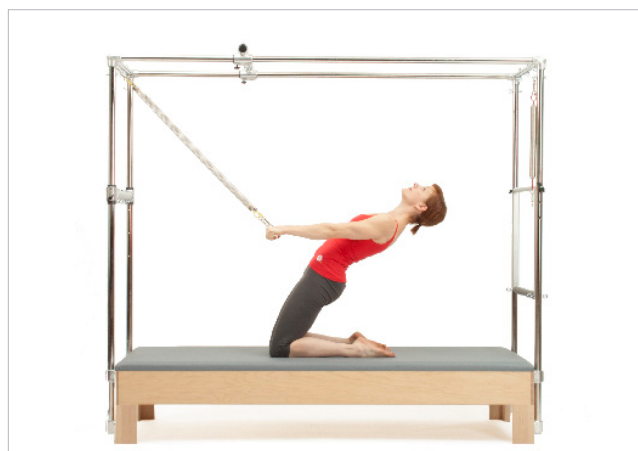
Exhale: Bring the bar forward to return to the starting position.



1. Starting position. Kneeling with the hips on the heels holding the roll down bar.



2. Pull the bar down to the hips and lift the hips to upright kneeling.



2. Lean back.



3. Return to the starting position.



4. Deeper extension variation. On the lean back portion, continue the extension bending back over the toes and looking back.

# ROLLING IN AND OUT

CAT SERIES • ADVANCED • 3 REPS

**Springs:** 2 LY or 2 SY

**Position:** High

**Bar/Straps:** Roll down bar

## Rolling In and Out

### STARTING POSITION

Same as Chest Expansion.

### MOVEMENT SEQUENCE

Inhale: Press the bar down toward the table and curve the spine forward.

Exhale: Lean back into a thigh stretch position and pull the bar up to chest height.

Inhale: Press the bar back down toward the table rolling the spine back into flexion.

Exhale: Stack the spine back up to return to the starting position.

### CUEING AND IMAGERY

- » Keep the shoulders down.
- » Keep the hips pressing forward.
  - Open the hips as you lean back.
  - Imagine the hips are yawning.
- » Keep the wrists straight.

### PURPOSE

- » Strengthen the abdominals.
- » Strengthen the back.
- » Strengthen the quadriceps, gluteals and hamstrings.
- » Stretch the spine.
- » Stretch the quadriceps.
- » Stretch the hip flexors.



1. Starting position. Kneeling upright holding the roll down bar.

### PRECAUTIONS

**For low back problems:** Avoid unless client can tolerate flexion and extension well.

**For neck and shoulder problems:** Avoid.

**For knee problems:** Squeeze a small ball between the legs just above the knees to decrease the stress on the knee joint. Avoid if the client can't tolerate kneeling.

**Avoid with osteoporosis, active disc injuries and sciatica.**



2. Press the bar down to the table.



3. Roll back and pull the bar up to the chest.



4. Press the bar back down to the table.



5. Return to the starting position.

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# HANGING PULL UPS

CAT SERIES • ADVANCED • REPS VARY

Springs: 2 SB

Position: Overhead

Bar/Straps: Trapeze bar or fuzzies

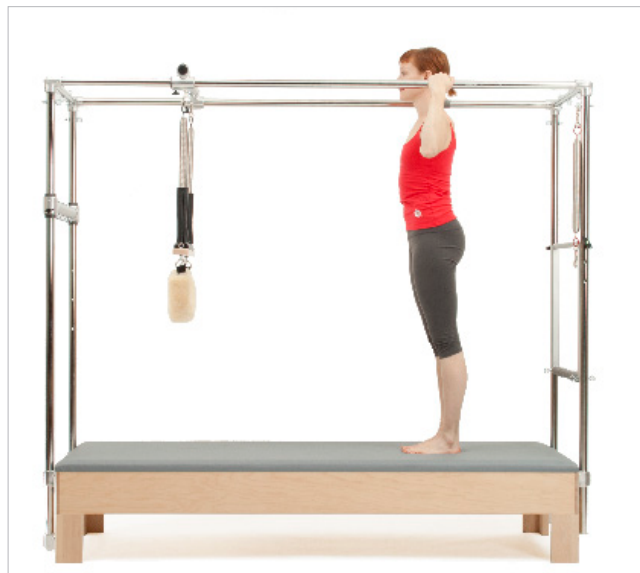
## STARTING POSITION

Place the horizontal slider about the length of one leg in front of the body. Lock it down with the wingnuts. Hold on to the overhead rails using sticky pads to prolong the grip. Place one foot and then the other in one of two positions:

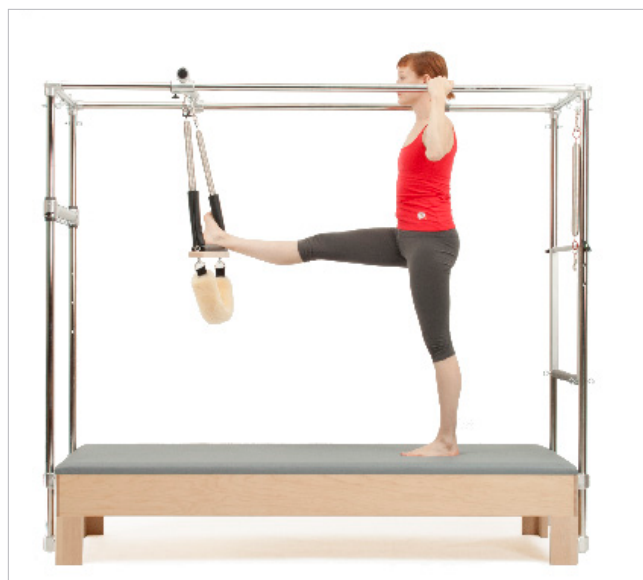
- » On the strap under the trapeze with the legs turned out and the feet hooked onto the strap.
- » Into the fuzzies. Safety note: Only use the fuzzies if someone is there to assist getting in and out of them.

## Hanging Preparation

Hang down from the cross bars allowing the latissimus dorsi and back muscles to stretch out.



1. Getting into the starting position. Stand facing the trapeze with the hands on the overhead rails.



2. Place one foot and then the other on the trapeze or on the strap underneath it.



3. Flex at the hips and hang down away from the rails to stretch the torso.



## Hanging Back Flexion/Extension

### STARTING POSITION

Start from the Hanging position.

### MOVEMENT SEQUENCE

**Inhale:** From the Hanging position, articulate the spine from the pelvis to bring the hips forward as far as they can go creating a long back extension. As the hips are rising, depress and adduct the scapula to bring the chest forward.

**Exhale:** Start to return by articulating head, to rib cage through to the pelvis until you can release back into the Hanging position. Think **Spread Eagle**.



1. Starting position. Hanging down.



2. Extend the spine fully.

## Hanging Twist

### MOVEMENT SEQUENCE

**Inhale:** From the Hanging position, articulate the spine from the pelvis. Lead with the right hip creating a long back extension with a rotation in the torso toward the left. The knees will bend as you move from spinal flexion into extension. Rotate the head to the left. Bend the knees deeper to increase the extension.

**Exhale:** Reverse to return to the Hanging position.

**Inhale:** Press the left hip forward and look to the right.

**Exhale:** Return to the Hanging position.



1. Starting position. Hanging down.



2. Reach one hip forward as the torso extends.

## Hanging Pull Ups

### STARTING POSITION

Start from the Hanging position.

### MOVEMENT SEQUENCE

Inhale: Start in the Hanging position and press the hips forward just far enough to bring the body into one long line from head to tail.

Exhale: Pull the torso up with the arms trying to bring the chest through the side rails.

Repeat the Pull Ups 3 to 10x.

Inhale: Return to the starting position and remove one foot from the trapeze at a time.

**Instructor Note:** Spot the client carefully as they are getting in and out of the trapeze or fuzzy.



1. Starting position. Press the hips up until the body is one long line.



2. Pull the torso up to the bars by bending the elbows.

### CHALLENGES

**Fuzzies:** Place the feet in the fuzzies rather than on the trapeze bar.

**Spine stretch:** Take one foot out of the trapeze and rotate the leg across the body for a rotation stretch.



1. Release one foot from the trapeze, strap or fuzzies and rotate across the body for a big rotational stretch.



2. If the range of motion is available, twist all the way over to stand on the table then return to the starting position.



# HANGING DOWN

PLANK SERIES • SUPER ADVANCED • 3 REPS

Springs: 2 SB

Position: Overhead

Bar/Straps: Trapeze bar

## STARTING POSITION

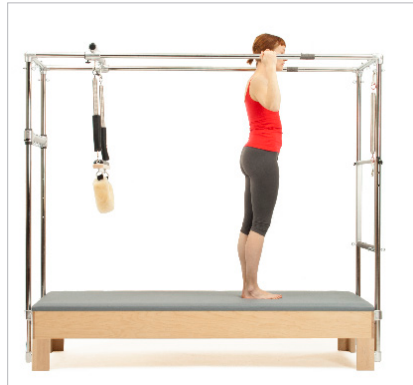
Place the horizontal slider about the length of one leg behind the body. Lock it down with the wing nuts. Hold on to the overhead rails facing away from the trapeze. Use sticky pads to prolong the grip. Place one foot and then the other in the sling under the trapeze with the legs turned out and the feet hooked onto the strap.

## MOVEMENT SEQUENCE

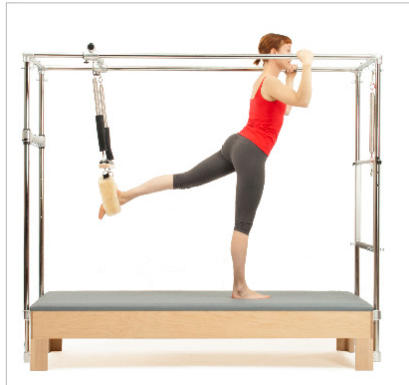
Inhale: Bend the elbows to bring the torso up toward the overhead bars.

Exhale: Lower the torso by straightening the arms as far as you can maintain control.

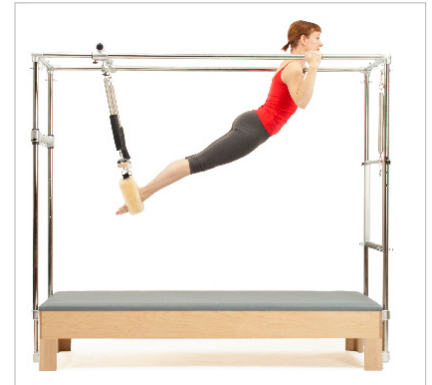
Repeat 3 or 4x. Take one foot out of the trapeze and put it on the table to get out of the exercise.



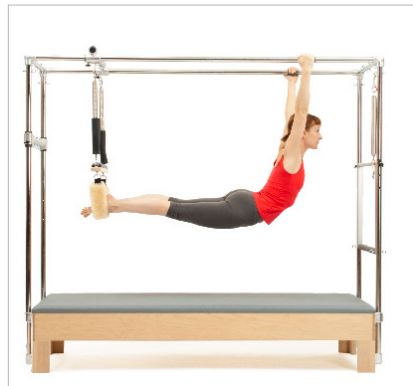
1. Stand on the table facing away from the trapeze holding the overhead rails.



2. Reach back with one leg and place the foot face down in the trapeze.



3. Bring the other foot into the trapeze.



4. Straighten the arms to lower the torso.



5. Bend the elbows to pull up.



# CAT WALKOVER

EVERYTHING SERIES • SUPER ADVANCED • 3 REPS

Springs: none

Position: n/a

Bar/Straps: n/a

## STARTING POSITION

Stand on the table facing the open end. Grasp the overhead bars with both hands. Use a sticky pad for a better grip. If you are under 5'7" or have tight shoulders you may want to start standing on a small box.

## MOVEMENT SEQUENCE

Inhale: Take one foot off the table and put it on the horizontal slider. Lift the other foot off the table and place it on the high crossbar.

Exhale: Take the bottom leg off the horizontal slider and reach it up to the ceiling with the knee bent. The torso will be upside down.

Inhale: Take the foot off the high crossbar and bring both legs together over the torso with the hips flexed and the knees bent. Find the balance of the torso when it is upside down.

Exhale: Reach one leg back into the splits.

Inhale: Switch the legs keeping them straight if the ceiling is high enough, or bend the knees if needed.

Exhale: Bring the legs to the pike position and lower them towards the table. (This is where the small box can come in very handy). Lower the body down with control until the feet touch the table.

Inhale: Pull the abdominals in and bring the torso back through the arms with control until the feet come back to the table.

Exhale: Release the arms from the bars and stand up tall.

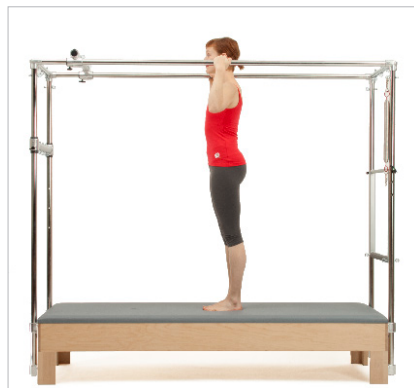
## MODIFICATIONS

This exercise can be broken down into several pieces for teaching purposes.

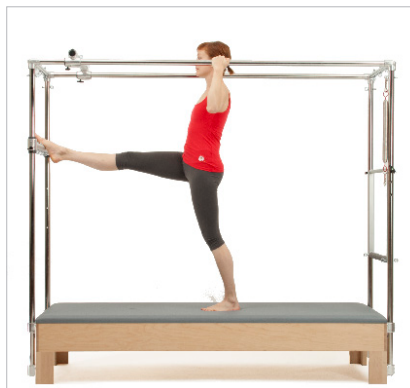
- » Walk up into the inverted position and walk back down.
- » Walk up into the inverted position, split the legs, bend the knees and roll back down to the starting position.
- » Walk up into the inverted position, split the legs, pike the torso and roll down as far as you can with control before rolling back to the starting position.
- » Walk up into the inverted position, split the legs, pike the torso and roll down until the feet are on the table. Release the hands and stand up.

## CUEING AND IMAGERY

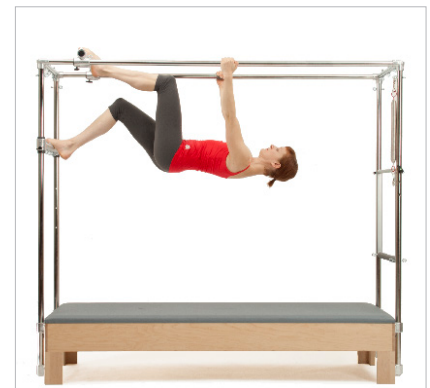
- » Control the movement from the center.
- » Support the torso in inversion by keeping the torso slightly extended.
- » Lower the body to the mat with control in both directions.



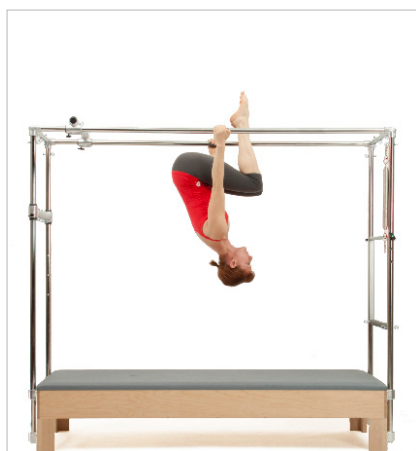
1. Starting position. Stand on the table facing the open end.



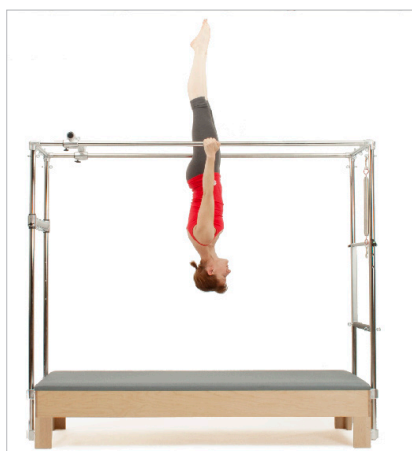
2. Step up onto the vertical crossbar.



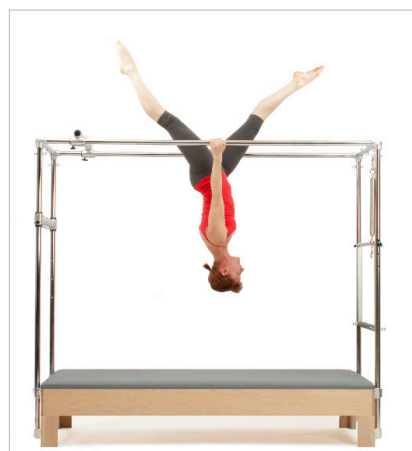
3. Step the other foot up to the high crossbar.



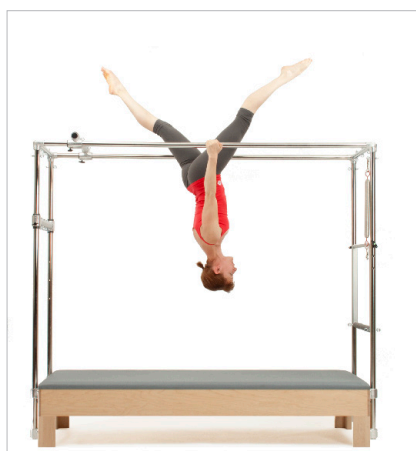
4. Bend both legs in.



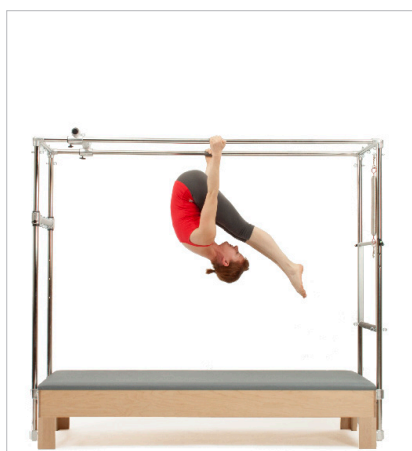
5. Straighten both legs over the hips.



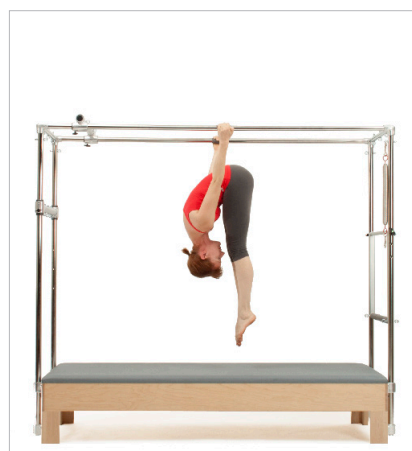
6. Split the legs evenly.



7. Split the legs the other way.



8. Bring both legs together into the pike position.



9. Bring the feet towards the table and deepen the pike position.

## PURPOSE

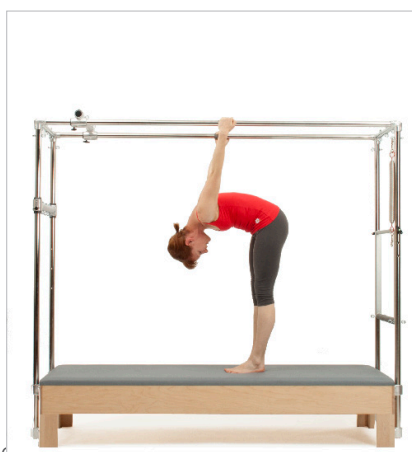
- » Strengthen the abdominals.
- » Strengthen the shoulders.
- » Stretch the shoulders.
- » Improve core control.
- » Improve coordination and balance.
- » Develop skill in the inverted position.

## PRECAUTIONS

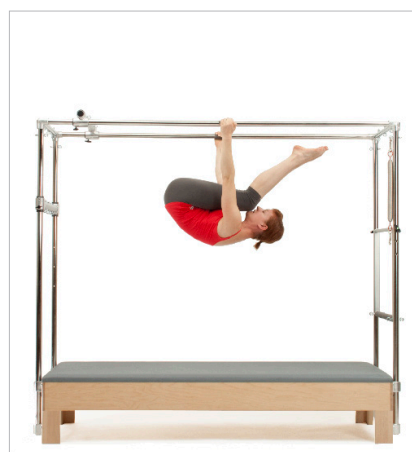
**For low back problems:** Avoid.

**For neck and shoulder problems:** Avoid.

**Avoid with osteoporosis.**



10. Lower the feet down to the table with control.



11. Pull the abdominals in and roll back through the arms to the starting position.

# VIDEO RESOURCES - TRAPEZE TABLE

## EXERCISES AND SEQUENCES

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Push Through Bar - Sprung From the  
Top - Extras



Roll Down Bar Extras



Educator Trapeze Extras



Push Through Bar - Sprung From the  
Top - All Exercises



All Roll Down Bar All Exercises



All Trapeze All Exercises



Push Through Bar - Sprung From the  
Bottom - Extras



Push Through Bar - Sprung From the  
Bottom All Exercises



# EXERCISE SEQUENCES

## MULTIPLE APPARATUS

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### Introductory Session

This program is designed to teach a new student or a post rehabilitation client the principles of Pilates using the Trapeze Table, Chair and Barrels. It takes advantage of the unique properties of each piece of equipment to teach key principles in the Pilates repertoire while providing a complete workout.

KEY PRINCIPLE:  
ABDOMINAL STRENGTH AND SEQUENCING

**Trapeze Table**

- » Roll Downs
  - Sagittal
  - Oblique

KEY PRINCIPLES:  
PELVIC STABILIZATION  
AND LEG STRENGTHENING

**Trapeze Table**

- » Feet in Straps

KEY PRINCIPLE:  
STRETCHING THE BACK

**Trapeze Table**

- » Seated Push Through
- » Seated Cat
- » Saw

KEY PRINCIPLE:  
LEG STRENGTH AND ALIGNMENT  
AND PELVIC STABILIZATION

**Trapeze Table**

- » Footwork Bend and Stretch
- » Plantarflexion
- » Dorsi flexion

**Chair**

- » Double Leg Pumps

KEY PRINCIPLE:  
SCAPULA MOBILITY/STABILITY

**Trapeze Table**

- » Pull Downs
  - Double Arms
  - Single Arms
- » Scapula Glides

**Chair**

- » Chest Press
- » Scapula Mobilization

KEY PRINCIPLE:  
BACK EXTENSION

**Chair**

- » Swan on Seat (beginning version)

**Ladder Barrel**

- » Swan

KEY PRINCIPLE:  
WHOLE BODY INTEGRATION

**Trapeze Table**

- » Carola's Breathing
- » Spread Eagle

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## Beginner Session

This beginner session uses all of the major pieces of equipment to provide a complete workout to a beginning student. The exercises are chosen because they are not complex but they create strength and teach the principles.

### Chair

- » Double Leg Pumps
- » Single Leg Pumps

### Trapeze Table

- » Roll Downs
  - Sagittal
  - Oblique
- » Assisted Sit Ups
- » Carola's Breathing
- » Feet in Straps
  - Supine
  - Sidelying
- » Chair
- » Prone Triceps Press
- » Scapula Mobilization

### Step Barrel

- » Well Abdominal Series
- » Side Sit up
- » Side Stretch
- » Reach

### Reformer

- » Seated arm work
  - Facing Front
  - Serve a Tray
  - Hug a Tree
  - Salutes
  - Facing Back
  - Biceps Curls
  - Posterior Shoulder Press
- » Twist
- » Long stretch
- » Elephant

### Ladder Barrel

- » Swan

### Trapeze Table

- » Kneeling Cat
- » Circle Saw
- » Spread Eagle

















# PILATES EXERCISE FAMILIES

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As you learn more of the Pilates repertoire, you may start to notice a number of exercises that repeat themselves in slightly different forms on the different pieces of equipment. When creating programs using multiple pieces of equipment, it is useful to remember these exercise families and to use them to create new experiences for your clients. The following chart lists several exercise families and their members. Under each heading, the exercises are listed roughly in the order of easiest to hardest.

## PRIMARILY ABDOMINALS

### Family 1: Roll Downs

- » Trap: Roll Downs, Assisted Sit Ups
- » Reformer: Roll Downs
- » Reformer: Short Box Abdominals
- » Ladder Barrel: Short Box Abdominals
- » Mat: Roll down
- » Trap: Parakeet with Roll Up

### Family 2: The Hundred

- » Reformer: Supine Arm Work
- » Mat: Single Leg Stretch, Single Straight Leg Stretch
- » Mat: 100, Criss cross
- » Reformer: 100
- » Trap: 100
- » Mat: Double Straight Leg Stretch,
- » Chair: Reverse Swan
- » Reformer: Back Stroke

### Family 3: Teaser

- » Trap: Upper Arms, Carola's Breathing, Teaser
- » Step Barrel: Teaser
- » Chair: Teaser on floor
- » Mat: Teaser
- » Chair: Reverse Swan
- » Reformer: Teaser

## PRIMARILY BACK EXTENSION

### Family 4: Swan

- » Mat: Baby Swan
- » Reformer: Long Box Swan facing bar
- » Trap: Prone Push Through
- » Ladder Barrel: Swan
- » Mat: Swan, Swan Dive
- » Reformer: Long Box Back Extension, Breaststroke
- » Step Barrel: Swan
- » Mat: Swan Rocking, Rocking
- » Step Barrel: Grasshopper
- » Ladder Barrel: Grasshopper
- » Reformer: Grasshopper, Rocking

## PRIMARILY SPINAL MOBILITY/GLUTEAL AND HAMSTRING STRENGTH

### Family 5: Bridging

- » Mat: Bridging, Pelvic Lift
- » Reformer: Bridging Prep
- » Reformer: Bottom Lift/Pelvic Lift
- » Mat: Bridging with Marching
- » Reformer: Bridging Single Leg
- » Step Barrel: Low Bridge
- » Reformer: Bridge, Down Stretch, Hip Circles
- » Chair: Supine Press Down
- » Trap: Pelvic Press, Hanging Pull Downs, Short Spine Stretch, Parakeet, Magician

### Family 6: Spinals

- » Mat: Rolling Like a Ball, Open Leg Rocker, Seal
- » Mat: Roll over, Jackknife, Corkscrew
- » Reformer: Short Spine Massage, Long Spine Massage, Jackknife, Corkscrew
- » Trap: Tower, Monkey, Short Spine, Airplane, Parakeet

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## PRIMARILY SPINAL LATERAL FLEXION STRENGTH AND MOBILITY

### Family 7: Mermaid/Side stretch

- » Reformer: Mermaid
- » Mat: Spine Stretch Side
- » Step Barrel: Side Stretch/Side Sit Ups
- » Chair: Mermaid Seated and Kneeling
- » Reformer: Short Box Mermaid
- » Mat: Side Plank Mermaid
- » Reformer: Twist

## PRIMARILY SPINAL ROTATION

### Family 8: Twist

- » Mat: Saw, Spine Twist
- » Reformer: Mermaid with Twist
- » Mat: Leg Circles (large)
- » Reformer: Arm Work Front and Back Twist
- » Chair: Mermaid Seated with Twist
- » Reformer: Short Box Mermaid with Twist, Kneeling Arm Work with Twist

## PRIMARILY FOOT AND LEG WORK

### Family 9: Footwork

- » Trap: Bend and Stretch, Plantarflexion, Dorsiflexion
- » Reformer: Footwork
- » Chair: Achilles Stretch
- » Chair: Double Leg Pumps
- » Reformer: Single Leg Work
- » Chair: Single Leg Pumps
- » Reformer: Jumping
- » Chair: Lunges, Standing Leg Pumps, Russians

### Family 10: Feet in Straps

- » Step Barrel: Scissors, Circles, Helicopter
- » Trap: Supine Leg Springs, Sidelying Leg Springs
- » Reformer: Feet in Straps
- » Trap: Magician, Dolphin, Airplane
- » Ladder Barrel: Scissors, Circles Helicopter

### Family 11: Knee Stretch/Stomach Massage

- » Reformer: Knee Stretch, Stomach Massage
- » Chair: Frogs Standing

### Family 12: Horseback/Adductors

- » Trap: Sidelying leg springs
- » Reformer: Standing
- » Step Barrel: Scissors, Helicopter
- » Reformer: Feet in Straps
- » Ladder Barrel: Horseback
- » Reformer: Horseback, Splits

## PRIMARILY SHOULDER AND ARM WORK

### Family 13: Scapular Mobility

- » Mat: Telescope, Pinwheel, Sternum Drop
- » Trap: Scapula Glides, Seated Push Through, Circle Saw
- » Chair: Scapula Mobilization
- » Reformer: Seated Arm Work, Pulling Straps

### Family 14: Scapular Stability:

- » Mat: Opposite Arm and Leg Reach, Sternum Drop, Push Ups
- » Reformer: Kneeling Abdominals, Seated Arm Work, Pulling Straps,
- » Chair: Chest Press, Chest Expansion, Triceps Sit
- » Trap: Seated Pull Downs, Joe's Breathing, Hundred, Teaser
- » Reformer: Elephant, Knee Stretch, Long Stretch
- » Reformer: Control Front, Control Back, Tendon Stretch, Long Back Slide
- » Chair: Tendon Stretch, Pull Up/Hamstring 3
- » Reformer: Snake, Twist, Star
- » Trap: Hanging Pull ups Family 15: Pulling (Elbow flexors, Glenohumeral extensors, Scapular protraction)
- » Reformer: Seated Arm Work facing Back
- » Trap: Standing Arm Work facing Table, Carola's Breathing, Joe's Breathing
- » Reformer: Chest Expansion, Rowing Back

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**Family 16: Pushing (Elbow Extensors, Glenohumeral Flexors, Scapular Protractors)**

- » Reformer: Seated Arm Work facing Front, Rowing Front
- » Trap: Standing Arm Work facing Away
- » Chair: Chest Press
- » Reformer: Pulling Straps
- » Chair: Plie Front and Back, Press Up with Handles, One Arm Push Ups

**Family 17: Pulling Down (Glenohumeral Adductors, Scapular downward rotation)**

- » Reformer: Pulling Straps.
- » Ped o Pull: Standing Pull Downs

**Family 18: Pushing up/Overhead press (Glenohumeral Abduction, Elbow extension)**

- » Reformer: Overhead Press, Breaststroke
- » Trap: Carola's Breathing, Seated Push Through

PRIMARILY STRETCHING

**Family 19: Stretching**

SPINAL FLEXION (BACK MUSCLES)

- » Mat: Bridging, Abdominal Series, Spine Stretch, Rolling Like a Ball, Roll Up
- » Reformer: Bridging, Knee Stretch Round Back, Short Box Abdominals, Stomach Massage,
- » Rowing Front
- » Trap: Cat, Seated Push Through,
- » Chair: Hamstring Stretch, Cat, Spine Stretch
- » Step Barrel: Roll Downs
- » Mat: Roll Over, Jackknife,
- » Reformer: Rowing Back, Short Spine Massage, Long Spine Stretch
- » Trap: Bridging, Tower, Monkey, Short Spine
- » Chair: Pull Ups

ABDOMINALS

- » Mat: Swan
- » Reformer: Swan, Down Stretch
- » Trap: Cat, Swan, Hanging Up
- » Chair: Swan
- » Step Barrel: Swan
- » Ladder Barrel: Swan

LATERAL SPINAL FLEXION AND ROTATION (OBLIQUES, LATISSIMUS, INTERCOSTALS)

- » Mat: Leg Circles Large, Saw, Spine Twist, Bicycle
- » Reformer: Seated Arms Twist, Short Box Mermaid, Mermaid
- » Trap: Circle Saw, Mermaid
- » Chair: One Arm Push Up Standing, Mermaid, Reverse Swan/Side Arm Twist
- » Step Barrel: Side Stretch

HIP FLEXORS (PSOAS, QUADRICEPS, SARTORIUS)

- » Mat: Bicycle, Scissors
- » Reformer: Lunge
- » Trap: Psoas Stretch
- » Spine Corrector: Bicycle, Scissors
- » Ladder Barrel: Lay Backs, Stretches

HIP EXTENSORS (HAMSTRINGS)

- » Mat: Bicycle, Scissors, Spine Stretch, Leg Circles
- » Reformer: Hamstring Stretch, Elephant, Rowing Front, Stomach Massage
- » Trap: Seated Push Through, Tower, Monkey
- » Spine Corrector: Bicycle, Scissors
- » Ladder Barrel: Stretches



# EXERCISES BY CATEGORY

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This table groups each exercise on each piece of equipment according to its primary purpose. Choose exercises from each category to develop a well-rounded program.

## Reformer Series Exercises by Category

### LOWER BODY WORK

- » Footwork
- » Feet in Straps
- » Bridging/Pelvic Lift
- » Knee Stretch
- » Standing
- » Lunges
- » Single Leg Footwork
- » Footwork on Footplate
- » Jumping on Footplate
- » Stomach Massage
- » Arabesque & Single Leg Elephant
- » Horseback
- » Splits

### SPINAL MOBILITY

- » Side Stretch/Mermaid/Cleopatra
- » Semi Circle
- » Corkscrew

### UPPER BODY WORK

- » Supine Arm Work
  - » Pulling Straps I, II
  - » Elephant
  - » Long Stretch
  - » Up Stretch
  - » Arm Work: Facing Straps
  - » Arm Work: Facing Footbar
  - » Chest Expansion & Kneeling Arm Circles
  - » Kneeling Arms
  - » Rowing Front I: Sitting Tall
  - » Rowing Front II: Bending Down
  - » Rowing Back I: Round Back
  - » Rowing Back II: Flat Back
  - » Control Front (Facing Carriage)
  - » Control Back (Facing Ceiling)
- ### ABDOMINAL WORK
- » Roll Downs
  - » The Hundred
  - » Kneeling Abdominals
  - » Short Box Abdominals
  - » Back Stroke
  - » Abdominals: Oblique and Advanced
  - » Teaser
  - » Reverse Abdominals

### BACK EXTENSION

- » Overhead Press, Swan
- » Breast Stroke
- » Swimming
- » Down Stretch
- » Double Leg Kick
- » Swan
- » Grasshopper
- » Rocking

### FULL BODY EXERCISES

- » Short Spine Massage
- » Mermaid
- » Climb a Tree
- » Knee Stretch: Knees Off
- » Long Spine Massage
- » Jackknife
- » Thigh Stretch
- » Tendon Stretch
- » Long Back Stretch (Slide)
- » Snake
- » Twist
- » Star/Side Support

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## Trapeze Table Exercises by Category

### SPINAL MOBILITY

- » Push through Seated Front
- » Circle Saw
- » Cat: Sitting
- » Cat: Kneeling

### LOWER BODY WORK

- » Leg Springs: Supine
- » Leg Springs: Sidelying
- » Footwork: Bend and Stretch
- » Footwork: Dorsiflexion
- » Leg Springs: Standing
- » Leg Springs Supine: Hip Flexor Pull

### UPPER BODY WORK

- » Pull Downs: Double Arms
- » Pull Downs: Single Arm
- » Scapula Glides
- » Supine Arm Circles
- » Prone Arm Circles
- » Rowing Front: Sitting Tall
- » Rowing Front: Bending Down
- » Standing Arms: Facing Away from the Table
- » Standing Arms: Facing the Table
- » Standing Arms: Facing the Side

### ABDOMINAL WORK

- » Upper Arms
- » Roll Down
- » Assisted Sit Ups
- » Advanced Sit Ups
- » The Hundred
- » Teaser

### BACK EXTENSION

- » Swan: Push Through Bar
- » Swan: Roll Down Bar
- » Flying Eagle/Double Leg Kicks
- » Advanced Swan

### FULL BODY EXERCISES

- » Spread Eagle
- » Joe's Breathing
- » Carola's Breathing
- » Leg Springs Supine: Magician/Dolphin
- » Airplane
- » Tower
- » Monkey
- » Rowing Back: Round Back
- » Rowing Back: Flat Back
- » Push through Back
- » Mermaid
- » Side Bends
- » Parakeet
- » Bridging
- » Short Spine/Semi-Circle
- » Chest Expansion/Thigh Stretch/Rolling In&Out
- » Hanging Pull Ups
- » Hanging Down
- » Cat Walkover





# SPECIFIC EXERCISE PROGRESSIONS

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## Exercise Progressions for Specific Areas and Movements

This table lists different movements and exercises that address that particular movement. The exercises are listed in order of increasing difficulty.

### The Back and Trunk

#### TORSO FLEXION STRENGTHENING

**Low back on mat or in supported neutral, minimal ROM:**

» Mat

- Hollowing
- Marching
- Curls
- All 4's Hollowing

» Trap

- Assisted Sit Up

» Trap

- Feet in Straps
- Seated or Standing Arm Work

» Reformer

- Footwork
- Supine or Seated Arm Work

» Chair

- Leg Pumps

**Rolling down and up with support, ROM variable as needed:**

» Mat

- Roll Downs with hands on knees

» Trap

- Assisted Sit Up
- Roll Downs with Bent Knees

» Reformer

- Roll Downs, 100 (knees bent)
- Kneeling Abdominals

**Rolling down and up with less or no support, working lower abdominals, adding obliques:**

» Mat

- Roll Up
- Single Leg Stretch
- Abdominal Series

» Trap

- Assisted Sit Up
- Roll Downs with Bent or Straight Knees Adding Obliques

» Reformer

- Roll Down obliques
- Kneeling Abdominal obliques
- Box Abdominals Round
- Flat and Oblique
- Coordination

**Challenging, harder to stabilize, multiple activities**

» Mat

- Teaser
- Double Leg Stretch
- Leg Lowers

» Trap

- Roll Downs with Circles
- Legs Straight
- Assisted with Legs Straight
- Arm and/or Leg Lifts
- Teaser with Twist
- Beats

» Reformer

- Short Box Abdominals
- Short Box Mermaid
- Reverse Abdominals
- Teaser
- Backstroke

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## TORSO EXTENSION STRENGTHENING

### Small ROM, well supported

- » Mat
  - Rockets
  - Mini Swan
  - Cat/Camel
- » Reformer
  - Swan on Box Facing Bar

### » High Barrel

- Swan with Feet on Floor

### Increasing ROM, supported

- » Mat
  - Prone Arm and Leg Lift
  - Cat/Camel
  - Higher Swan
- » Trap
  - Prone Push Through
- » Reformer
  - Swan
- » High Barrel
  - Swan with arms supporting

### Increasing ROM, unsupported

- » Mat
  - Leg Pull Up
  - Swan Dive
- » Trap
  - Prone Push Through with Scissors and Swimming
- » High Barrel
  - Swan: No Arms Supporting
  - Arms at Sides
- » Reformer
  - Pulling Straps with a Small Extension

### Full ROM, unsupported, with twists

- » Mat
  - Swan Rocking
- » High Barrel
  - Swan with Arms in 2nd or high 5th
  - Twists
- » Trap
  - Pelvic Lift
  - Hanging Pull Ups
- » Reformer
  - Long Box Swan
  - Long Box Backstroke
  - Down Stretch

## STRETCHING ON THE APPARATUS

### Trap:

- » Posterior torso
  - Cat
  - Seated Push Through
  - Circle Saw
  - Pelvic Lift
  - Tower
  - Monkey
- » Anterior torso
  - Cat
  - Pelvic Lift
- » Torso rotation
  - Mermaid
  - Circle Saw
  - Scapula Glide
  - Single Arm
- » Psoas
  - Off End or Standing
- » Hamstring/calf
  - Plantar Flexion
- » I TB
  - Side Lying Leg Stretch

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## Reformer

- » Posterior torso:
  - Abdominals
  - Pelvic Lift
  - Shortspine
  - Stomach massage
  - Mermaid
  - Rowing
- » Anterior torso
  - Down Stretch
  - Pelvic Lift
  - Swimmer on Box
- » Torso rotation
  - Mermaid
  - Arm Work twists
  - Pelvic Lift with Spinal Articulations
- » Psoas
  - Lunge
- » Hamstring
  - Stretch with Feet in Straps
  - Rowing
  - Elephant
  - Footbar Stretch
- » ITB
  - Cross Stretch with Feet in Straps

## Spinal Rotation and Translation

- » Mat
  - Pinwheel
  - Angel in the Snow
  - Seated Side and Diagonal Stretching
  - Telescope Arms
  - Roller Glides
- » Trap
  - Scapula Glides Single Arm
  - Circle Saw
- » Reformer
  - Arm Work Twist
  - Mermaid
  - Oblique with Magic Circle
- » Chair
  - Arm Work with Split Pedal Single Arm

## PELVIC STABILIZATION

### Mat

- » Single Leg Circles
- » Single Leg Stretch
- » Abdominal Series
- » Sidelying Series
- » Leg Pulls

### Trap

- » Feet in Straps
- » Parakeet
- » Magician
- » Pelvic Lift

### Reformer

- » Leg and Foot Work, esp. Single Leg
- » Feet in Straps
- » Short Spine
- » Pelvic Lift, esp. Single Leg
- » Box Abdominals
- » Obliques
- » Climb a Tree
- » Controls

### Chair

- » Leg and Foot Work, esp. Alternating
- » Arm Work with Split Pedal
- » Step ups
- » single leg pikes

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## The Hip

### PELVIC STABILIZATION

#### Mat

- » Single Leg Circles
- » Single Leg Stretch
- » Abdominal Series
- » Sidelying Series
- » Leg Pulls

#### Trap

- » Feet in Straps
- » Parakeet
- » Magician
- » Pelvic Lift

#### Reformer

- » Leg and Foot Work, esp. Single Leg
- » Feet in Straps
- » Short Spine
- » Pelvic Lift, esp. Single Leg
- » Box Abdominals
- » Obliques
- » Climb a Tree
- » Controls

#### Chair

- » Leg and Foot Work, esp. Alternating
- » Arm Work with split Pedal
- » Step ups
- » Single leg pikes

### STRETCHING ON THE APPARATUS

#### Trap:

- » Psoas
  - Off End or Standing
- » Hamstring
  - Plantar Flexion
  - Back Stretch w/ aluminum bar Tower
  - Monkey
- » ITB
  - Side Lying Leg Stretch

#### Adductor

- Back Stretch w/ aluminum bar straddling the table

#### Reformer:

- » Psoas
  - lunge
  - Down Stretch
- » Hamstring
  - stretch with Feet in Straps
  - Rowing
  - Elephant
  - Megan's Stretch
- » ITB
  - Cross Stretch with Feet in Straps
- » Adductor
  - Feet in Straps
  - Splits

#### Ladder Barrel

- Stretch Series including Piriformis

### HIP FLEXION STRENGTHENING

#### No resistance, gravity or apparatus assisting

- » Mat
  - Leg Pumps
  - Marching
- » Trap
  - knees in straps
- » Reformer
  - Foot Work
- » Chair
  - Foot Work Seated

#### No resistance, working against gravity

- » Mat
  - 100's
  - Leg Circles
  - Abdominal Series
- » Reformer
  - Feet in Straps: 100's
  - Leg Lowers
  - Circles

#### Light resistance

- » Mat
  - Seated Isometrics
- » Trap
  - Hip Flexor Pulls
- » Reformer
  - Reverse Abdominals
  - Kneeling Psoas Pull

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**More resistance, more stabilizing needed**

- » Mat
  - Teaser
  - Double Leg Stretch
  - Leg Lowers
- » Reformer
  - Teaser

**HIP EXTENSION**

**1 Small ROM, well supported**

- » Mat
  - Rockets
  - Cobra
  - Cat/Camel
- » Reformer:
  - Cobra on Box
- » High Barrel
  - Back Extension
  - Feet on Floor

**Increasing ROM, supported**

- » Mat
  - Prone Arm
  - Leg Lift
  - Cat/Camel
  - Higher Cobra
- » Trap
  - Cobra
- » Reformer
  - Cobra
- » High barrel
  - Back Extension with Arms Supporting

**Increasing ROM, unsupported**

- » Mat
  - Swan Dive
  - Rocking
- » Trap
  - Swan
  - Scissors
  - Swimming
- » High Barrel
  - Swan no Arms Supporting
  - Arms at Sides
- » Reformer
  - Pulling Straps
  - Small Extension

**Full ROM, Unsupported, with Twists**

- » High Barrel
  - Swan with Arms in 2nd or high 5th
  - Twists
- » Trap
  - Pelvic Lift
  - Hanging Pull Ups
- » Reformer
  - Swan
  - Long Box Swan
  - Backstroke
  - Down Stretch

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## The Knee, Ankle and Foot

### STRETCHING ON THE APPARATUS

#### Trap:

- » Psoas
  - Off End or Standing
- » Quad
  - Ladder Barrel
- » Hamstring
  - Plantar Flexion
  - Seated Push Through
  - Tower
  - Monkey
- » ITB
  - Side Lying Leg Stretch
- » Adductor
  - Seated Push Through straddling the table
- » Calf
  - Plantar Flexion position

#### Reformer

- » Psoas
  - Lunge
  - Down Stretch
- » Hamstring
  - Stretch with Feet in Straps
  - Rowing Front 2
  - Elephant
  - Footbar Stretch
- » ITB
  - cross stretch with Feet in Straps
- » Adductor
  - Feet in Straps
  - Splits
- » Calf
  - Foot Work, Elephant
  - Wobble board Calf Stretch in different angles

### KNEE EXTENSION STRENGTHENING

#### Mat

- » Quad Sets
- » Seated Heel Press
- » Leg Lifts

#### Trap

- » Foot Work

#### Reformer

- » Foot Work
- » V MO
- » Single Leg Knee Stretch

#### Chair

- » Leg Pumps

#### Mat

- » Theraband

#### Reformer

- » Knee Stretch

#### Chair

- » Standing Leg Pumps

#### Reformer

- » Knee Stretch Knees Off

#### Chair

- » Lunges
- » Climb a Mountain

HIP EXTENSION/ KNEE FLEXION STRENGTHENING

**Mat**

- » Hamstring Lifts: bent and straight leg

**Trap**

- » Feet in Straps

**Reformer**

- » Pelvic Lift
- » Double Leg Kicks

**Ladder Barre**

- » Hamstring Lifts: bent and straight legs

**Trap**

- » Joe's and Carola's Breathing

**Reformer**

- » Hamstring Curls

**Chair**

- » Supine Leg Pumps

**Trap**

- » Parakeet
- » Dolphin
- » Magician

**Reformer**

- » Single Leg Pelvic Lift

**Chair**

- » Pelvic Lift

ANKLE STRENGTHENING

**Mat:**

- » Ankle Theraband
- » Writing the Alphabet
- » Releves
- » Toe Raises

**Trap**

- » Plantar flexion
- » Dorsiflexion

**Reformer**

- » Foot Work on Bar and Board

**Chai**

- » Plantar Flexion

**Reformer**

- » Jumping

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## The Shoulder, Arm and Hand

### SCAPULAR ADDUCTION

#### Mat

- » Sitting or Standing Range of Motion
- » Elbow Push Ups

#### Reformer

- » Seated Pulling X-straps
- » Seated Twist

#### Cadillac

- » Scapula Glides

#### Chair

- » Scapula Mobility

### SCAPULAR ABDUCTION

#### Mat

- » Sitting or Standing Range of Motion
- » Puppet Arms
- » Elbow Push Ups

#### Reformer

- » Seated Twist

#### Cadillac

- » X-straps
- » Scapula Glides

#### Chair

- » Scapula Mobility

### SCAPULAR ELEVATION

#### Mat

- » Sitting or Standing Range of Motion
- » Shrugs
- » Prone Lat Reach
- » Kneeling Box Lower Trap Work

#### Reformer

- » Prone Scapula Mobility with Hands on Frame or Bar

#### Cadillac

- » Seated Push Throughs

### SCAPULAR DEPRESSION

#### Mat

- » Sitting or Standing Range of Motion
- » Shrugs
- » Prone Lat Reach
- » Kneeling Box Lower Trap Work

#### Reformer

- » Pulling Straps
- » Supine Arm Work
- » Overhead Press

#### Cadillac

- » Scapula Glides

#### Chair

- » Press Up with Handles

### SCAPULAR RHYTHM WITH GLENOHUMERAL ABDUCTION

#### Mat

- » Angels in the Snow
- » Pinwheel

#### Reformer

- » Pulling Straps

### SCAPULAR STABILITY

#### Mat

- » Sternum Drop
- » Elbow Push Ups
- » Leg Pull Front
- » Push Ups

#### Reformer

- » Overhead Press
- » Long Stretch Series, Knee Stretch

#### Cadillac

- » Scapula Glide

### GLENOHUMERAL FLEXION

#### Mat

- » Sitting or Standing Range of Motion
- » Bar Flexion
- » Light Weights or Elastic Bands

#### Reformer

- » Pulling Straps

#### Cadillac

- » Seated and Standing Cat

### GLENOHUMERAL EXTENSION

#### Mat

- » Sitting or Standing Range of Motion
- » Pinwheel

#### Reformer

- » Seated Arm Work Triceps
- » Prone Pulling Straps
- » Supine Arm Work
- » Chest Expansion
- » Thigh Stretch

#### Cadillac

- » Legs in Straps with arms
- » Parakeet
- » Tower

#### Chair

- » Press Ups with Handles





# TRAPEZE TABLE

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