

Reformer 1 Spring Matrix

EXERCISE	SPRINGS	POSITION	EQUIPMENT TYPE
Footwork 1. Heels 2. Toes 3. Pilates V 4. 2nd Position 5. Tendon Stretch 6. Single Leg 7. Side-Lying Variations	1 - 5. 3R - 3RB 6 - 7. RB - 2R	Footbar-2	
Running	3R - 3RB	Footbar- 2	
Bridge 1. Bridge 2 legs 2. Bridge 1 Leg 3. Feet Variations: Pilates V, Parallel Toes, Heels, 2nd Position	3R - RY	Footbar- 2 or 1	
The Hundred Prep 1. Lat Press 2. Snow Angel 3. Circles 4. Triceps 5. Chest Curl	RB - 2R	Footbar- 0	Long or Short Straps
The Hundred	RB - 3R	Footbar- 0	Long or Short Straps

Coordination	RB - 3R	Footbar- 0	Long or Short Straps
Feet in Straps 1. Lower Lift/Hip Hinge 2. Leg Circles 3. Frog	RB - 3R	Footbar- 0	Long Straps
Short Spine Massage	2R	Footbar- 0	Long Straps
Mermaid	R	Footbar- 2	
Arms Facing Back 1. Bicep Curl 2. Rowing 3. Roll Down	B-R	Footbar- 0	Seated on Carriage Facing Back, Seated on Long Box or Small Black Box Long or Short Straps, Knots of the Rope
Arms Facing Front 1. Hug a Tree 2. Scoop 3. Salute 4. Arm Circles	B-R	Footbar- 0	Seated on Carriage Facing Front, Seated on Long Box or Small Black Box Long or Short Straps
Stomach Massage	1. 2R - 3R	Footbar- 1 or 2	Sticky Pad, Optional Ball

Series 1. Round 2. Flat 3. Extended Arms 4. Twist	2 - 4. 2R		Support
Long Box Facing Front 1. Overhead Press 2. Swan 3. Hamstring Curl	R-RB	1 - 2. Foot bar-2 3. Footbar-0	Short Straps (Hamstring Curls)
Long Box Facing Back 1. Pulling Straps 2. Triceps 3. T Pull 4. Arm Circles 5. Swimming	1-4. B - R	Footbar-0	Long or Short Straps, or Knots of the Rope No Straps (Swimming)
Short Box Series 1. Round 2. Flat 3. Side Bend 4. Twist-Round Back 5. Twist- Flat Back 6. Climb A Tree Prep	3RB	Footbar-0	Safety Strap, Sticky Pad, Optional Dowel Arm Variations: Crossed, Genie, Wrapped around Waist, Stacked/Interlaced Behind Head
Kneeling Abdominals Facing Back 1. Flat 2. Obliques 3. Round	B-R	Footbar-0	

Kneeling Abdominals Facing Front 1. Legs 2. Shoulders 3. Combination of shoulders and legs	B, Y, or 0	Footbar- 0	
Chest Expansion	R- RB	Footbar- 0	Short Straps or Knots of the Rope
Thigh Stretch	RB-RR	Footbar-0	Knots of the Rope
Knee Stretch Series 1. Round 2. Flat 3. Single Leg: Round or Flat 4. Lunge Stretch	RB - 2R	Footbar- 2	
Elephant Series 1. Flat Back 2. Round Back 3. Pike to Plank	RB - 2R	Footbar- 2	Heels Down or Up
Side Splits Series 1. Outer Thigh 2. Inner Thigh 3. Side Splits II 3. Skater	1. R - RB 2. Y - R 3. R - RB	Footbar- 0	
Front Splits I 1. Kneeling Front Split	R - RB	Footbar- 2	