



## 3 Reformer Class Plans



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Within this download, you'll find three distinct Reformer Class Plans. Utilize the repetitions and springs as a reference and modify them to fit your reformer or your clients' needs.

By clicking on the orange links, you'll be directed to a video showcasing the exercise cluster. To access this exercise cluster and many others, sign up for a 14-Day Free Trial of The Pilates HQ App.

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# Reformer Class Plan 1

Series: Flying Footwork & Bridges in V

Exercises	<p>Footwork little V                  Bridges in little V                  Flying footwork in little V                  Footwork in Wide V on toes                  Hold out and perform calf raises                  Bridges in Wide V on toes                  Flying Footwork in Wide V on toes</p>	Setup	<p>Footbar up                  Springs - 2 - 3                  Full Springs</p>
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Series: Arms in Straps - Straddle & Leg Beats

Exercises	<ul style="list-style-type: none"> <li>• Arms in straps – knees opening and closing</li> <li>• Plough legs in t.top +/- Ab Curl</li> <li>• -One leg straight</li> <li>• -Both Legs straight</li> <li>• Nutcracker – reach through the legs +/- Ab Curl</li> <li>• Ab Curl + hold</li> <li>• Hold arms reaching– reach the legs to a V then close the legs</li> <li>• - Option for scooping up to a Wide V / Straddle</li> <li>• Triceps legs in t.top +/- Ab curl</li> <li>• - Co-ordination with legs straightening</li> <li>• Hold up and Beat the legs with a criss cross action - legs t.top or straight - Repeat 3-5 Times</li> <li>• Abduction / “T-Arms”</li> <li>• - t.top legs or straight legs</li> <li>• - Open the arms open the legs</li> </ul>	Setup	<p>Supine – 1 - 2                  Springs</p>
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Series: 90/90 Lunge into side skater

Exercises	<ul style="list-style-type: none"> <li>·90/90 Lunge broken down</li> <li>- smoother movement</li> <li>·Keep the carriage still and rise up to straight legs and back to 90/90 lunge</li> <li>Stand facing the box one foot on the box one on the carriage</li> <li>·Single leg squat</li> <li>·Skater</li> <li>·COMBO - Single leg squat + skater</li> </ul>	Setup	<p>Springs= 1 Full Spring, can go heavier for more leg work</p> <p>Box next to the reformer. Standing next to the reformer facing the footbar end, one foot against the shoulder pad and the other leg on the box</p>
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Series: Bird Dog

Exercises	<ul style="list-style-type: none"> <li>·Bird Dog arm only reach</li> <li>·Bird Dog opposite arm and leg reach</li> <li>·Hold Arm and leg out straight and abduct and adduct arm and leg</li> <li>Hold and pulse upwards to the ceiling</li> <li>SWAP SIDES</li> </ul>	Setup	<p>Long box on the reformer, 4pt kneel facing the pulleys</p> <p><math>\frac{3}{4}</math> - 1 Full Spring on</p>
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Series: Extension, Triceps, T - Pull, Pulling Straps

Exercises	<ul style="list-style-type: none"> <li>Extension with hands on the rails pulling forwards</li> <li>Pulling straps no extension</li> <li>Pulling straps with extension</li> <li>Triceps holding spinal extension</li> <li>T-Pull with extension - lower the chest as the arms return</li> <li>T- pull staying in extension the whole time</li> </ul>	Setup	<p>Supine - 1 - 2 Springs</p>
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Series: 90/90 Lunge into side skater other side

Exercises	<ul style="list-style-type: none"> <li>·90/90 Lunge broken down</li> <li>- smoother movement</li> <li>·Keep the carriage still and rise up to straight legs and back to 90/90 lunge</li> <li>Stand facing the box one foot on the box one on the carriage</li> <li>·Single leg squat</li> <li>·Skater</li> <li>·COMBO - Single leg squat + skater</li> </ul>	Setup	<p>Springs= 1 Full Spring, can go heavier for more leg work</p> <p>Box next to the reformer. Standing next to the reformer facing the footbar end, one foot against the shoulder pad and the other leg on the box</p>
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Series: Pike > Knee stretch Combo (Beg-Int)

Exercises	<p>Pike to Plank          Knee stretches knees off          Combo - Pike to Plank and knee stretch</p>	Setup	<p>1 - 1.5 Springs.          Standing up on the carriage heels against the shoulder pads and hands on the footbar</p>
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Series: Hip Flexor Stretch

Exercises	<p>Hip flexor stretch          + round spine as close carriage          + extend spine as release the carriage          Now add one or both arms lifting and lowering          Add hamstring stretch to hip flexor          + add hold          + lift back knee off the carriage          + lift to finger tips or lift arms off the footbar          Swap sides</p>	Setup	<p>1 Full Spring          Standing next to the reformer facing the footbar</p>
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# Boxy Reformer Class Plan 2

Series: Standing Footwork and Roll downs with box

	<p>Standing Footwork</p> <ul style="list-style-type: none"> <li>little V</li> <li>little V - hold down and lift and lower heels</li> <li>little V with heels lifted and lower with straight legs</li> <li>Little V down and squat - with little pulse of hips out and in</li> <li>Parallel</li> <li>up and down</li> <li>Single leg variations</li> <li>Footbar down</li> <li>Roll downs</li> <li>Roll down hold down - overhead press</li> <li>Single leg roll down with knee into chest and reach leg away</li> <li>Single leg Roll down leg up behind and open hips to side</li> <li>Swap to other side</li> </ul>	Setup	<p>Standing in front of the reformer facing the footbar</p> <p>Springs = 1/2 spring (for the roll down portion mainly, if just doing the standing footwork have whatever springs you need for the next exercise you will do with your class)</p>
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Series: Bird dog with spinal articulation on box

Exercises	<p>Cat Stretches</p> <p>Bird Dog (</p> <ul style="list-style-type: none"> <li>- Leg only</li> <li>- Opp Arm &amp; Leg</li> </ul> <p>Leg &amp;/or Arm Reach + round and flat back</p> <p>Fire Hydrant</p> <ul style="list-style-type: none"> <li>+ Leg extension in External Rotation</li> <li>Just the Leg Extension in Rotation</li> </ul>	Setup	<p>1 full Spring</p> <p>Long box on 4pt kneel on the box facing the pulleys</p>
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Series: Roll backs and Back Rowing

Exercises	<p>Chest Expansion</p> <p>Seated Bicep Curl</p> <p>Roll back + Bicep Curl</p> <p>Roll back Teaser prep</p> <p>Straps crossed - high row</p> <p>High row to External Rotation</p> <p>Roll back + High Row</p> <p>Roll backs Arms opening</p> <p>Roll backs all the way with overhead reach</p> <p>Roll back to teaser prep</p>	Setup	<p>1 spring, Long box on Sit facing the pulleys</p>
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## Standing hip abduction > skaters > SL squat

Series:

### (Facing One Side Only)

Exercises	·Standing splits Skaters Single leg squat (Platform leg bends) Single Leg squat & skater combo	Setup	Move box to the short box position and keep it on the carriage Footbar down 1 Full Spring
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## Reverse Kneestretch & plank w Box (First Half of the Cluster)

Series:

### Cluster)

Exercises	Reverse Pike to Plank Reverse Kneestretches	Setup	Box on in the short box position, Hands on the box and feet on the platform/extender mat Springs - 1 Full Spring to start and then lighter or heavier for more of a challenge
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## Standing hip abduction > skaters > SL squat

Series:

### (Facing Other Side Only)

Exercises	·Standing splits Skaters Single leg squat (Platform leg bends) Single Leg squat & skater combo	Setup	Box in short box position and keep it on the carriage Footbar down 1 Full Spring
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## Reverse Kneestretch & plank w Box (Second Half of the Cluster)

Series:

### the Cluster)

Exercises	Plank Holds COMBO - Reverse Pike to Plank + Kneestretch	Setup	Box on in the short box position, Hands on the box and feet on the platform/extender mat Springs - 1 Full Spring to start and then lighter or heavier for more of a challenge
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Series:

## Feet in Straps Froggies and Variations

Exercises	Little Froggies Legs lift and lower - wide apart Smiley Faces frowny face	Setup	Box away Laying Supine 1.5- 2 springs on
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Series:

## Feet in Straps Stretch

Exercises	Feet in the straps - legs straight up to the ceiling - rolling and pointing and flexing the feet Leg Circles Butterfly stretch pose (can rock side to side) One leg out to the side from the butterfly stretch	Setup	Pick any or all of these stretches, Same setup and springs as above
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# Reformer Class Plan 3

Series: Standing Cat/Cow in Well

Exercises	<p>Standing Cat Cow Stretch                  Standing Cat Stretch start with straight legs                  Thread the needle                  Pike to Plank                  + extension                  Pike to Plank single knee to chest both sides</p>	Setup	<p>Standing in the spring well, long box on the carriage</p> <p>No Springs on</p>
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Series: Bird dog & foot in the strap 4pt knl

Exercises	<p>Bird Dog - opp leg opp arm                  3. Bird dog opp leg and arm with spinal articulation                  Foot in strap                  4. Bend &amp; Straighten                  5. Hold out and circle                  6. Straight leg sweeps                  Swap legs 4-6</p>	Setup	<p>1 spring, 4pt kneel facing the pulleys, footbar down</p>
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Series: Prone Pulling Straps > swimming legs > grasshopper

Exercises	<p>Extension with arms on rails*                  Prone pulling straps (plough) - no extension*                  Prone pulling straps + HOLD and swimming legs 2-3 sets x 10*                  Prone pulling straps PLUS extension*                  T pull*                  T pull with bent legs*                  swan dive                  Grasshopper reverse</p>	Setup	<p>1 Springs, Longbox on laying prone on the long box</p>
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Series: Lunge & Scooter with arm movement

Exercises	<p>·Lunge reaching arms out Scooter, press arms out and in Face away from the carriage, foot against shoulder block, other foot on the floor in slight turn out, ball just at chest press carriage out and in - Hold rotate torso to pulleys</p>	Setup	<p>Box away Footbar up Standing next to the reformer facing the pulleys Springs = 1.5M</p>
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Series: Power Press Series

Exercises	<ul style="list-style-type: none"> <li>• Kneestretch</li> <li>• Longstretch prep</li> <li>• Push out and in with arms from a kneestretch posture</li> <li>• - progress to same exercise in kneeling plank</li> </ul>	Setup	<p>1.5 Springs Kneeling on the carriage facing the footbar</p>
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Series: Lunge & Scooter with arm movement

Exercises	<p>·Lunge reaching arms out Scooter, press arms out and in Face away from the carriage, foot against shoulder block, other foot on the floor in slight turn out, ball just at chest press carriage out and in - Hold rotate torso to pulleys</p>	Setup	<p>Box away Footbar up Standing next to the reformer facing the pulleys Springs = 1.5M</p>
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Series: Oblique curl & One Leg Stretch

Exercises	<ul style="list-style-type: none"> <li>• One Leg Stretch</li> <li>• Ab Curl</li> <li>• One leg Stretch and Ab Curl</li> <li>• Hands in straps</li> <li>• Arms in Straps Ab Curl</li> <li>• Arms in Straps Plough</li> <li>• Combination of Both</li> <li>• Oblique Curl</li> <li>• Oblique Curl and One Leg Stretch</li> </ul>	Setup	<p>Box on in the short box position, Hands on the box and feet on the platform/extender mat Springs - 1 Full Spring to start and then lighter or heavier for more of a challenge</p>
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Series:

## Bridging

Exercises	<p>Bridging with carriage still</p> <ul style="list-style-type: none"><li>- Hold the Bridge 3 - 10 sec hold</li><li>- Pulses in the bridge - hips lower and lift - 10 -15 times</li></ul> <p>Rock the knees side to side</p> <p>Bridge +extension of the legs (open the carriage and close the carriage), repetitions up here</p> <p>Bridge + half way preses out and in</p> <p>Butterfly the legs for an inner thigh stretch</p>	Setup	Supine 2 Full Springs
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variety to your exercises

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