

# MICHAEL MILLER PILATES

## BASIC TO INTERMEDIATE REFORMER

BASIC	ADD IN	INTERMEDIATE	REPS	SPRINGS	FOOT BAR	HEAD REST
Footwork	→	<b>Footwork</b>	10 ea.	3-4	↑	↑
100's	→	<b>100's</b>	100	3-4	↓	↑
Leg Circles/Frog	Short Spine	<b>Short Spine</b>	5-8	2	↓	↓
	Coordination	<b>Coordination</b>	5	2	↓	↓
Stomach Massage:	→	<b>Stomach Massage:</b>				
Round Back	→	<b>Round Back</b>	5-8	3-4	↑	↑
Arms Back	→	<b>Arms Back</b>	5-8	3	↑	↑
Reaching Up	→	<b>Reaching Up</b>	5-8	2	↑	↑
	Twist	<b>Twist</b>	3 ea.	2	↑	↑
	Circles	<b>Circles</b>	10-20	2	↑	↑
	Swan (Mat)	<b>Swan (on Barrel)</b>	3			
		<b>Long Box I:</b>				
		<b>Pull Straps</b>	3	1	↓	↓
		<b>T</b>	3	1	↓	↓
	Backstroke (Mat)	<b>Backstroke</b>	3-5 ea.	2	↓	↓
	Teaser (Mat)	<b>Teaser</b>	3 ea.	1	↓	↓
Short Box:	→	<b>Short Box:</b>				
Round Back	→	<b>Round Back</b>	5	2-4	↓	↓
Flat Back	→	<b>Flat Back</b>	5	2-4	↓	↓
Side Bend	→	<b>Side Bend</b>	3 ea.	2-4	↓	↓
Bend/Stretch	Tree	<b>Tree w/ Arching</b>	3 ea.	2-4	↓	↓
Long Stretches:	→	<b>Long Stretches:</b>				
		<b>Long Stretch</b>	5	1-2	↑	↑
		<b>Down Stretch</b>	3	2	↑	↑
		<b>Up Stretch</b>	5	2	↑	↑
Elephant	→	<b>Elephant</b>	8	2	↑	↑
		<b>Semi-Circle</b>	3 ea.	2	↓	↑
		<b>Chest Expansion</b>	3 ea.	1-2	↓	↑
		<b>Thigh Stretch</b>	3	3	↓	↑
		<b>Arm Circles</b>	3 ea.	1	↓	↑
Short Spine		<b>Long Spine</b>	5 ea.	2	↓	↓
Knee Stretches:	→	<b>Knee Stretches:</b>				
Round	→	<b>Round</b>	8	2	↑	↑
Arched	→	<b>Arched</b>	8	2	↑	↑
	Knees Off	<b>Knees Off</b>	5-8	2	↑	↑
Running	→	<b>Running</b>	20	3-4	↑	↑
Bottom Lift	→	<b>Bottom Lift</b>	5-8	3-4	↑	↑
		<b>Side Splits</b>	3-5 ea.	1-2	↓	↑
Front Splits	→	<b>Front Splits w/Control</b>	3-5 ea.	2	↑	↑
		<b>Russian Splits</b>	3-5 ea.	2	↑	↑
		<b>Jump Board</b>	5-8 ea.	1-2	↓	↑