

MICHAEL MILLER PILATES

INTERMEDIATE THRU ADVANCED REFORMER

INTERMEDIATE	ADD IN	ADVANCED	REPS	SPRINGS	FOOT BAR	HEAD REST
Footwork	→	Footwork	10 ea.	3-4	↑	↑
100's	→	100's	100	3-4	↓	↓
Short Spine	Short Spine	Overhead	3-5	2	↓	↓
Coordination		Coordination	5	2	↓	↓
Stomach Massage--All						
	Rowing:	Rowing:				
		Front 1 & 2	3 ea.	1	↓	↓
	Back 3-4-5-6	Back 3-4-5-6	3 ea.	1	↓	↓
Swan (on barrel)						
Long Box I:	→	Long Box I:				
	Swan (on box)	Swan	3	2	↓	↓
Pull Straps	→	Pull Straps	3	1	↓	↓
T	→	T	3	1	↓	↓
Backstroke	→	Backstroke	3 ea.	2	↓	↓
Teaser	→	Teaser	3 ea.	1	↓	↓
	Breaststroke	Breaststroke	3 ea.	1	↓	↓
	Horseback	Horseback	3 sets	1	↓	↓
Short Box--All						
Long Stretches:	→	Long Stretches:				
Long Stretch	→	Long Stretch	5	1-2	↑	↑
Down Stretch	→	Down Stretch	3	2	↑	↑
Up Stretch	→	Up Stretch	3	2	↑	↑
		Up/Down Combo	3	2	↑	↑
Elephant	→	Elephant	8	2	↑	↑
	Arabesques 1 & 2	Arabesques 1-2 & 3	3 ea.	2	↑	↑
	Long Back Stretch	Long Back Stretch	3 ea.	2	↑	↑
	Stomach Massage--All	Stomach Massage:				
		Round Back	5-8	3-4	↑	↑
		Arms Back	5-8	3	↑	↑
		Reaching Up	3-5	2	↑	↑
		Twist	3 ea.	2	↑	↑
		Circles	10-20	2	↑	↑
		Tendon Stretch	3	2	↑	↑
		1 Leg--front-side-back	1 set ea.	2	↑	↑
	Overhead	Short Spine	3-5	2	↓	↓
		High Frog	3-5	2	↓	↓
		Headstands:				
		Front	3	2	↑	↑
		Back	3	2	↑	↑
Semi-Circle	→	Semi-Circle	3 ea.	2	↓ ↑	↑

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PART TWO

INTERMEDIATE THRU ADVANCED REFORMER

INTERMEDIATE	ADD IN	ADVANCED	REPS	SPRINGS	FOOT BAR	HEAD REST
Chest Expansion	→	Chest Expansion	3 ea.	1-2	↓	↑
Thigh Stretch	Arching	Thigh Stretch w/Arch	3	3	↓	↑
		Backbend	3 ea.	2	↑	↑
Arm Circles	Side Arms	Arm Circles/Side Arms	3 ea.	1-2	↓	↑
	Snake	Snake	2 ea.	1	↓ ↑	↑
	Twist	Twist w/1 Arm	1 ea.	1	↓ ↑	↑
	Corkscrew	Corkscrew	3 ea.	2	↓	↓
	Balance Control	Balance Control	2 ea.	2	↓	↓
		Control Arabesque	1 ea.	2	↓	↓
	Mermaid	Mermaid	3 ea.	2	↑	↑
	Long Box II--All	Long Box II:				
		Rocking	3-5	2	↓	↓
		Swimming	10-20	2	↓	↓
		Grasshopper	3-5	2	↓	↓
	Short Box--All	Short Box:				
		Round Back	3-5	2-4	↓	↓
		Flat Back	3-5	2-4	↓	↓
		Side Bend	3-5 ea.	2-4	↓	↓
		Spear the Whale	3 ea.	2-4	↓	↓
		Round the World	1 ea.	2-4	↓	↓
		Tree w/Leg Circles/Back Bend	3 ea.	2-4	↓	↓
Long Spine	→	Long Spine	3 ea.	2	↓	↓
Knee Stretches	→	Knee Stretches				
Round	→	Round	3-5	2	↑	↑
Arched	→	Arched	3-5	2	↑	↑
Knees Off	→	Knees Off	3-5	2	↑	↑
	1 Leg /Kick	1 Leg/Kick	3 ea.	2	↑	↑
Running	→	Running	10-20	3-4	↑	↑
Bottom Lift	→	Bottom Lift	3-5	2	↑	↑
Side Splits	→	Side Splits	3 ea.	1-2	↓	↑
		Gondola	3 ea.	2	↓	↑
Front Splits w/Control	→	Front Splits w/Control	3 ea.	2	↑	↑
Russian Splits	→	Russian Splits	3-5 ea.	2	↑	↑
		Big Splits	3 ea.	2	↓	↑
		Control Push Up Front (2nd gear)	3-5 ea.	2	↑	↑
		Control Push Up	3-5 ea.	2	↑	↑
		Russian Squats /1 Leg	3-5 ea.	2	↓	↑
		Star	1 set ea.	1-2	↑	↑
		High Bridge	1 set	2	↑	↑
Jump Board	Variations	Jump Board w/variations	5-8 ea.	1-2	↓	↑