



Reformer + Mat Combo Pack Class Plan

August 15, 2020

What you might need and prepare:

- Mat for floor work
- Sticky mat for Reformer's carriage
- Ropes and loops adjusted to the length, so the loop wraps around shoulder blocks. Double loops, large loop wrapped around shoulder blocks
- Pillows or padding if you have sensitive knees
- A towel and water - for sweat and hydration!

Springs changes minimal 1 light - 2 medium/heavy

You might need some slight changes to rope length or springs to customize your fit to where you're at today.

Mat Warm up

Shoulder circles/arm circles with knee bend
Moderate lunge with finger touch

Reformer medium - 2 R, or 1R or 1B

Wide foot work on heels moderate external rotation

- With ab curl, straight arms between stance

Wide single leg foot work

- Prayer hands ab curl rotate towards opposite knee

Interval Circuit 1

Mat Squat - options

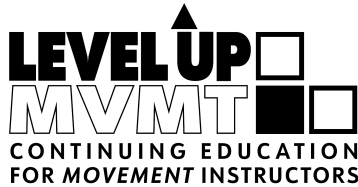
- Squat w/ prayer hands
- Squat with rotation prayer hands
- Squat with finger touch jack

Reformer - stable 3 or more springs

- Step up w/ flamingo
- Step up w/ flamingo & floating leg
 - Cadence change

Hands on carriage feet on floor hops to footbar landmark hops to shoulder block landmark

- Jump with 2 feet (lightly)
- Jump w 1 foot then the other



Flow Content

Flow 1

Standing side of Reformer face frame loop at elbow 1Y

Squat

- Squat flamingo
- Curtsy squat

Side Bend loop at elbow 1Y

- Flat Back
- Circles

Lunges Standing side of Reformer face footbar, loop around closest frame thigh 1Y

Lunge outside leg forward, loop frame leg straight

- Flamingo
- Lunge + flamingo/float back leg
- Cadence change

Boxing shuffle loop around thigh closest to frame alt at elbow 1y

Flow 2

Supine frame facing footbar (mat) 1Y

Abs both hands through loop supine side of frame

- Diamond legs
- Table top to open
- Table top oblique
- Straight legs to straddle
- Straight legs to oblique cross over

Table Top loop around thigh closest to frame

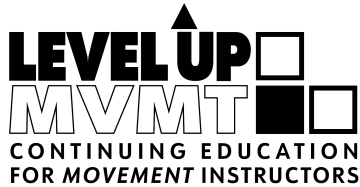
- Toe Taps w leg variations
- Abs supine on mat move a bit away from frame 1y
 - Rotations with leg variations
 - Criss-cross

Bridge

- Table top
- Shoulder bridge leg variations

Reverse all fours

- Leg variations



Flow 3

Biceps facings risers loop hand

- Standing
- Kneeling
- Proposal outside leg furthest from frame
- Proposal rise
 - Flamingo

Narrow Row lunge leg closest to frame

- Standing
- Kneeling
- Proposal leg closest to frame
- Proposal rise
 - flamingo

Oblique Arm Swings - face risers

Flow 4

Planks side of frame, facing risers 1Y

All Fours, Cat/Cow

All fours push / jump shoulder block

- one leg back

Lunge push /jump shoulder block,

- Reach arm, back foot connected to floor
- Lift opposite leg
- Lunge to standing, foot tap down
- Lunge to standing, back leg floats, push shoulder block

Plank 1Y

- push/jump shoulder block
 - Lift one leg
- Transition to side plank, move outside hand closer to frame
- Push shoulder block
- Lift leg



If we have time, we'll do the following circuits:

Interval Circuit 2

Proposal Biceps/Proposal rise

Oblique swings

Boxing shuffle

Interval Circuit 3

Squat to flamingo facing side frame, loop on elbow

Ab curl straddle legs

Bridge w/ kick loop around frame leg