

# **Reformer Pilates Pack – Equipment Edition**

19 September 2025

# Beginner Regime

Focus	Springs	Reps	Tempo	Rest	Session
Core + Breath	Light–Medium	6–8	2–1–2	45–60s	30–40 min
Legs & Hips	Medium	8	2–1–2	45s	—
Mobility / Stretch	Light	5–6	Smooth	—	—

## Intermediate Regime

Focus	Springs	Reps	Tempo	Rest	Session
Core + Stability	Medium	8–10	3–1–2	30–45s	40–50 min
Strength Blocks	Medium–Heavy	8–10	Controlled	45s	—
Flow & Control	Light–Medium	8	Continuous	short	—

# Advanced Regime

Focus	Springs	Reps	Tempo	Rest	Session
Power + Control	Medium–Heavy	10–12	3–0–2	30–45s	50–60 min
Complex Patterns	Varied	6–8	Strict	45s	—
Mobility / End-Range	Light	5–6	Slow	—	—

# Exercises with Equipment Swaps

## Footwork (Heels / Arches / Toes)

Levels: Beginner, Intermediate, Advanced

Target: Quads, glutes, calves, core

Reformer: Neutral spine; press evenly through feet; ribs heavy.

Minimal kit: Heels-toe presses with towel (seated) — Press towel under feet; drive through heels/toes.

No equipment: Wall Footwork (mat/wall) — Feet hip-width; slow press/return; ribs heavy.

## Hundred (with Straps)

Levels: Beginner, Intermediate, Advanced

Target: Deep core, breath control

Reformer: Curl from ribs; arms pump from shoulder.

Minimal kit: Mat Hundred with band — Light band tension in hands; same breathing/pumps.

No equipment: Mat Hundred (tabletop legs) — Curl up; pump arms; regress head down if needed.

## Mermaid

Levels: Beginner, Intermediate, Advanced

Target: Lateral flexion, breath, QL

Reformer: Sit tall; reach long; keep opposite hip grounded.

Minimal kit: Side bend on box — Support hand on box; arc over with exhale.

No equipment: Mat Mermaid — Shin box or cross-leg; reach/side bend with breath.

## Monthly Rotations (A–D)

Rotation A: Footwork, Hundred, Mermaid

Rotation B: Hundred, Mermaid

Rotation C: Footwork, Mermaid

Rotation D: Hundred, Footwork

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