KATHY COREY PILATES
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MOVEMENT FLOW SEQUENCING A REFORMER, CADILLAC AND WUNDA CHAIR

REFORMER

CROSSED LEG HIP OPENING

Lie on carriage. Place feet on footbar. Cross one leg over the other.
Extend and straighten leg keeping other leg crossed. Bend in.
Extend and straighten leg extending top leg from hip. Bend in.
Hold out position. Bring straight leg to opposite side of body.
    Sweep over body.
Straighten leg and bring it under other leg. Press out. Bend in.

SINGLE ARM PULLS WITH TWIST

Sit on carriage facing straps with legs crossed on head rest.
    Cross straps and hold loop in hands.
Pull straps to chest. Extend arms out at chest level
Single arm – Pull one arm to chest keeping elbow up at shoulder level.
Repeat with other arm.
Repeat sequence alternating arms.
Repeat Double Pulls
Pull both arms to chest and pulse elbows back .
Place one hand behind head. Shorten strap. Pull other hand to chest.
    Twist torso. Bring torso center. Release arm.

SIDE ARM OPENING WITH ROLLING AND AROUND THE WORLD

Sit on reformer with back to springs. Hold both straps in hands.
Roll back to side opening arms out. Roll to center sitting tall.
    Alternate sides.
Roll back to side opening arms out. Roll through center to other side.
Lift center. Alternate sides.

NOTES:

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REFORMER

ROWING TO TEASER

Sit on reformer with back to springs. Hold both straps in hands.
Roll back pulling arms to chest.
Open arms out at sides of body.
Circle arms around lifting legs to teaser.

CAN CAN

Lie on Reformer with straps on feet. Knees bent and together.
Roll up to waist bringing knees over chest. Twist knees to side.
    Roll torso to carriage without moving carriage, straightening legs.
Bend knees and roll up at side. Bring knees center.
    Roll down without moving carriage. Repeat other side.
Repeat movement rolling up on one side and down the other side.
Complete movement rolling up and down in center.

COORDINATION TO HUNDRED

Lie on carriage with hands in straps. Knees bent at right angle.
    Elbows bent in at side.
Lift head, neck and shoulders, straightening arms toward end
    of carriage and extending legs on diagonal.
Open legs to V close legs to center.
20 beats of The Hundred.
Bend knees to right angle. Lower head, neck, and shoulders .
Repeat movement, going to 2 open/close patterns,
    20 beats of The Hundred.
3 open/close patterns, 20 beats of The Hundred.
4 open/close patterns, 20 beats of The Hundred.
5 open/close patterns, 20 beats of The Hundred.

NOTES:

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CADILLAC

THE HUNDRED

Place breathing bar on center hooks.
Place breathing bar under your knees. Bend your knees
and place your feet flat on the Cadillac.
Lift torso. 20 beats.
Lift legs to table top position, 20 beats.
Extend legs to ceiling, 20 beats.
Lower legs on diagonal, 40 beats.

NOTES:

HIP LIFT AND LEG CIRCLES

Lie on your back on the Cadillac. Place your foot in one leg spring.
Extend your leg to ceiling. Cross your leg over your torso,
flex and point your foot.
Lift your hip up. Press it back to the table.
Extend your leg out at hip level. Flex and point your foot.
Lift your opposing hip up toward your foot. Press back to the table.
Circle your leg, keeping both hits stable on the Cadillac.
Reverse the circle

CROSS SPRING SINGLE LEG SERIES

Lie on back on Cadillac. Place one leg in light spring across Cadillac.
Bring leg to L position.
Open and Sweep.
Open leg to side.
Lift to ceiling. 4 times.
Hold leg out at side. Turn torso and reach arm front.
Sweep leg front bringing arm back in opposition. 3 times.
Sweep with Circle.
Sweep leg front bringing arm back in opposition.
Roll torso to table. Circle leg to ceiling.
As it lowers back, roll torso over bringing arm front and circle around.

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CADILLAC

ROLL OVER JACK KNIFE TEASER COMBINATION

Place springs with hand straps on trapeze bar.
Sit in center of table. Place hands in straps.
Lie on table. Roll over, press up to jack knife.
Lower legs parallel to table.
Roll torso down. Roll up to teaser.
Lift and lower torso.
Lift and lower legs.

SPINE STRETCH FORWARD SERIES

Place springs with hand straps on trapeze bar.
Sit in center of table. Place hands in straps.
Spine Stretch forward, pressing straps down.
Open arms to sides of body and arch upper back.
Round torso forward. Circle arms back.
Circle one arm front. Circle other arm front.
Lengthen spine to hinge position. Sit up.

NOTES:

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WUNDA CHAIR

THREAD THE NEEDLE

Sit sideways to chair. Press bar down. Lift up. Press bar down. Rotate torso and press through. Extend and lift arm

PUSH UPS AND LEG CIRCLES

Sit sideways. Place both hands on pedal.
Press bar down. Lift up.
Press down. Lower torso. Lift torso. Lift bar.
Extend Leg. Press bar down.
Leg Circles.
Bend leg. Lift hips from floor. Lower torso to floor.

KNEELING MERMAID

Kneel sideways to chair.
Press bar down. Lift up
Extend leg for leg lifts and circles.
Add body rotation

NOTES: