

Hi, welcome back to our eight steps to a Reformer, or how to introduce our intermediate Reformer. In step four, we will speak about short spine massage and twist and reach. So you're gonna lay down for your footwork like always. Four springs, aligning your body, and think about just the posture.

Just push out and come in. One,

two. Just softly. You want to stretch the posture inside the Reformer.
5,

6,

7,

8,

9, 10. Now, arches. About the wrapping of the hips. Pushing out. One, two, three, four. Nice and easy. Five, six, seven, eight, nine,

ten. Now heels, back of the legs and glutes. Push. One, two, three, four, five, six, seven, eight, nine, ten. Toes to the bar leading to tendon stretch. Lengthening out, lower, keeping the posture. That is why tendon stretch come at the end of footwork. Two, three, four, five. Keeping the posture still.

Seven, eight, nine, ten. You bend, bring the bar down,

and you grab,

lifting the head, lengthening in front. Now that we have the backstroke, the legs should be lower. Now we beat and we exhale.

Inhale to exhale.

to exhale. Really round and ground, your lower back. And we exhale. Inhale to exhale. In and ex. Two more. And ex, last one. And we bend everything. Grab the handle in one hand, stepping that way out. Now you just gonna hold on, two place, two springs off. First, remember, always change a Reformer down to up.

Otherwise, you will forget the spring. And we go for leg circle and frog.

Okay. Take your time. It's just a warm-up. Now,

hold on, you can wait for your friend. And now place it on the hook. And from here,

you lay down, you grab your straps, place your feet inside,

and we go for leg circle. Lengthening out, circle around. One, two, follow the rhythm, three, four, five. And now reverse. One, two, three, four, five. Now you bend. And like a footwork in the air, you lengthen and you bend. One, lengthening, two, three, four, five, and six. Lift the legs, grab the strap, step out, leave the extension at the back.

And you're gonna place the handles on the hooks, nice and clean.

Remember, let everything at its place for you to find it back after. So you're gonna lay down. For your coordination.

Remember from step two: hundreds and leg circle in frog makes a coordination. Lift the head up. You lengthen everything out. Open-close the legs. Now you exhale, you bring the legs to you and you bend. Inhale, lengthen to a hundred, leg circle in frog. Exhale, bring it to you and bend.

Inhale, lengthen. Open-close. Exhaling, free and bend. Lengthen out. Open-close. Exhale, exhale, exhale and bend. Last one. Reach. Stabilize. Exhale, and then I bend. Let the straps at the back sit on the side and take one spring off. We go for long box. So you take your long box

and we place the long box here.

Good. Now you come at the front and you lay down,

taking the straps out for pulling straps. Now you just pull down to the floor and back and you hold, like a chest expansion. You go down and you lengthen front. Pulling down and back, and you hold

to go down slowly. Two. Last one.

And you go down. Now, sliding to lengthen side to T-pull. Now I pulling back and open my chest, and I open slowly. Pulling back to lift the chest up to open slowly. Two. Last one. Rise to open. Grab the handles in one hand, step out to the side, place one spring more, turn around, grab the handles at the back and you're gonna sit right at the edge, laying down for your backstroke.

So remember from the step before, it's a lifting up, double-leg stretch, open, join to a coordination position and you bend, exhaling. Inhale to lift. Exhale. Hold it.

And I bend, I exhale. Inhale. Ex. Inhale and now hold, one, two, three, and I exhale. Two more. In, ex. Join everything. Hold it. Hold it. And I, then I exhale. Last one. Lift, ex, join. Hold it. And I bend. I let fall down the strap ... the reformer.

Place your feet down, roll up and sit. Step out. We go for long stretch. Bring the bar up, take the box off, and we take our pad to place it against the headrest. Place your hands to the bar and we go to a pulling straps position in the air.

Now you push out and you come in, opening the chest like it will be a T-pull. Pushing out, opening the chest like the T-pull. Push, nothing moves. And you come back three, and

four. Last one. Now, you're gonna round your back and you're gonna place your feet where the heel really rise against the block for the up stretch. Now, I push the carriage. I go down like in a long stretch position, and I go up to my elephant position. Pushing out, lower.

I don't move my carriage while I rise. Pushing out. And to lift. Last one. Four time. And I lift. I bring my heels down for my elephant. I push the carriage out. I stop. Now I bring the carriage in, out, and I drag it in, two. Drag it in, three.

Drag it in, four. Five, six. Keep the rounding of your spine, seven. Eight, nine. Last one. And you step out, because now, place four springs. Four spring first, and then I move my pad for my stomach massage. So I gonna sit,

and then I grab the carriage. Place your toes to the bar, and now we're gonna see a big logic that will introduce our twist and reach. You're gonna push out, lower and lift to come back, one. Round yourself, two,

three. Now we focus on the lower back. Five, six, seven, eight, nine,

10. Now your hands go to the back. Take one spring off, hands back. Now we focus on the chest. Pushing, lower and lift. One. See, it's like a X-ray of the spine, from the lower back, climbing up.

Five,

six, seven, eight, nine, 10. Now, take one spring off. Lift the arms up. See, now we're getting to our lifting of the spine that will be needed for us twist and reach. So you lengthen out, and you come back to one. See the logic? Building up. Three. Last one, four.

All those element, we'll take it inside the short box, so place your bar down, stepping off. Headpiece down. Remember, be clean. Take your box and your bar for your short box. So what gonna be the short box? A review of the stomach massage series. Place the bar in front.

Grab your straps, and you

sit. So we come back to our round position. So you hug your stomach and you bring that rounding back. And you come back, one. Yes, like our round stomach massage. Two. Follow the rhythm. Three,

four. Last one. Nice and smooth. Now you grab your bar. Let the hands back. You're thinking about lifting up. Now you lean back. And you come back. One. Really reaching up to rise, two. Don't rush. Leaning, growing in the toe. See, it's the same building up from down to up.

Last one. Because now, from here, you lean to the side to come back. Leaning to the side. Two. Leaning to the side. Three. Reaching. Four. Five. Last one. Six. Bring the bar down. Now it's time to evaluate if I'm going to include my twist and reach inside my short box.

What's the idea? See the coming from down to up that we had in the stomach massage, from the lower back rising up that leads to my short box. Why now in the short box? I have the same building up as stomach massage, but I have an extra element: side to side.

Side to side will show if the spine of my client is really balanced. So after all that, what I can do? Just lift the bar up and I twist to one side. And I come back, one. Same thing to one side and the other. See why it comes after side to side?

I just look at the balance of both sides. Four. Five. Maybe today it will be enough, energy will work on that. Bring the bar down. Now how do I know they can do the reaching? What's a reaching? It's really simple. Lifting up, I first rise my spine, I twist, and I reach like it will be a side to side to come back.

Lifting up and to the other side. See the side to side inside the twist? Twisting first, side to side to come back. Twisting to the other side, lengthening to come back. That is why twist and reach come after. Twist, reach, coming back. Lifting, twist, reach, and you bring the bar under.

See the logic of stomach massage, short box, getting to that last element? You have all the elements you need to evaluate if your clients can do it. You join your legs, you bend one knee to your chest, and we go for tree. Lifting one, two, three. You grab your leg.

If you can't extend it, it doesn't matter. It's about stretching. Lifting the leg up, going down the tree with your hands, and going up the tree and you stretch to your leg. Going down.

And I lift. And I go down.

And I lift. And I bend.

I go with the other leg. Lifting one, soft two, three. I grab, and now I go down. Remember, there's always a logic inside the method. Now you will see why we do the tree before a really important exercise. Going down to come up.

And I go down. And to come up. And you bend. Now from here, you're gonna step out. You take the box, the pole, everything at the back, because now it's time to introduce a really famous exercise: the short spine massage. So guys, you're gonna change your strap to short position.

Normally, short spine massage comes before, but why this technique? I use the whole reformer to evaluate if my client is able to have the body ready for it. Short spine massage need a lot of flexibility and a lot of warm up, so that is why I place it at the end of the reformer.

My client is more flexible thanks to the stomach massage series. And also we're gonna see step by step which elements we found before inside our reformer to build up the stomach massage. Now you lay down.

So my short spine massage will have a lot of elements that we found in the steps before and that will be needed now. So you're gonna place your feet and we're gonna do it step by step,

in order that you see all the elements needed in order to do it. So first, I lengthen my legs like I will do in the leg circle and frog that came before. I lift my pelvis like it will be a pelvic lift. I round myself back like it will be a round stomach massage.

I bend my knees, like it will be a rolling like a ball inside a mat work, and you're gonna go down like a tight little ball to go down first. See why it's coming now? You lengthen your legs like a frog, lifting the pelvis, and what I'm going to find now, round stomach massage, my roll up of the mat.

I bend my knees and I go down like a tight little ball. That will be of my round stomach massage too. Lengthen out, lifting up.

Then I bend and I go down. See why I going?

I place it after stomach massage and short box, because now we're gonna add one element more of the short box inside. You're gonna lengthen out. You're gonna lift the hips. You're gonna bend the knees. I'm gonna keep my feet here and I'm going to go down. Where do I find if my client is flexible enough?

From the tree that I just did before, bending. So I add the flexibility of the tree. I lengthen out. I lift up. I bend. I go down like it would be the tower in the Cadillac, and I bend. One more just to pass through the frog. Perfect lift. Round stomach massage.

Bending. Going down from the tree. And I bend at the end. Now take the straps off, place the handles on the hooks, and step out. See what's the logic? Now, bring your bar up. Bring your headrest up. Kneel with your hands on the bar, and we come back to our knee stretch series.

Now you push small and you bring one, two, three, four, five, six, seven, eight. And you open the chest. One. Two, three, four, five and six, seven, eight. And you round on top of your knees, lifting up and you push and you tuck under. Two, three, four. Round yourself. Six, seven, eight, nine.

And I go down on my knees, I step out, I put four springs on and I lay down for my cool down.

Coming back to my footwork like always. Push out and run lightly. Two, three, four, five, six, seven, eight, nine. And now I'm gonna level my center of gravity and hips before to change of plane. Now you lift, you push and you round to come back. One, out, two, slowly, three.

Take your time to level yourself. Four, five, six, seven, eight, nine. Last one. Slowly going down. Join your legs, bend the knees to you and sit

sideway. All right. So see? Pilates was a genius. Why? Because he built up method and a logic, a logic that now we're starting to explain. See how stomach massage build up short box? The rising of short box gave me the height and the side to side gave me really the balance of the spine in order to know if my client can twist.

Then what's twist and reach? It's just a twist with a side to side. So we can say first that maybe Pilates found twist and reach and broke it down for you in those exercise in order for you to build it up. Short spine massage, same thing. What I have inside?

I have the frog, the pelvic lift, a corkscrew, a round stomach massage, a rolling like a ball, a tree to stretch your legs, a towering, the guillotine just to find this overhead position. See how the method is built up? Because it's not a co-... it's simple choreography. It has a logic.

It's a method of the movement. That's why I call often the Pilates method has the science of the movement. So you see how step leads on to another. So we see you soon for next steps because there's a lot to come next. Bye.