

## REFORMER ARM SERIES



### Starting Position

- Lie on your back on the reformer, hip and knees bent to 90 degrees
- Hands in the straps reaching towards the ceiling, palms facing your knees
- Back in neutral spine and your neck long and relaxed



### Movement

- Set your lower abdominal muscles and the muscles between your shoulder blades before moving your arms
- Exhale. Reach your fingers away from you and bring your arms down to your sides
- Inhale. Slowly return your arms to the starting position
- Repeat 5 – 10 times



### Notes:

- Maintain tension on the straps throughout the exercise
- Keep your shoulders and neck relaxed