

REFORMER FROG LEGS



Starting Position

- Lie on your back on the reformer, feet in the straps
- Bend your knees out to the sides and have your hips turned out
- Press heels together
- Back in neutral spine and your neck long and relaxed



Movement

- Set your lower abdominal muscles before moving your legs
- Exhale. Straighten your legs on a diagonal line of approximately 45 degrees to the reformer



- Inhale. Slowly bend your knees and return your legs to the starting position
- Repeat 5 – 10 times

Notes:

- Maintain tension on the straps throughout the exercise
- Keep your shoulders and neck relaxed
- Keep your heels squeezed together
- Use your abdominal muscles to keep your back and pelvis in a neutral position throughout the movement
- Avoid bringing the knees too close to the chest, which causes the tailbone to lift