

REFORMER MERMAID



Starting Position

- Sit on the side of the reformer, with one arm resting on the foot bar and your other arm reaching toward the ceiling



Movement

- Exhale. Push the carriage away from the foot bar and stretch your body and arms over to the side
- Keep your head aligned with your spine
- Inhale. Use your abdominal muscles and shoulder stability muscles to hold the position



- Rotate the trunk, and hold onto the foot bar with both arms
- Square your shoulders towards the foot bar
- Inhale. Widen across your chest and extend your upper back



- Exhale. Drawing in your abdominal muscles push your body away from the foot bar keeping both arms straight
- Inhale. Return to the previous position, widen across your chest and extend your upper back
- Exhale. Return to the starting position
- Repeat sequence on the other side

Notes:

- Keep the supporting arm straight throughout the exercise