

“The Hundred & More” – A Teacher Training for Classical Pilates – The Reformer, Assessment –

1. Footworks
 - Toes
 - Arches
 - Heels
 - Tendon Stretch
2. The Hundred
3. Leg Circles/ Frog
4. Coordination
5. Rowing
 - For Back
6. Long Box Series
 - Pulling Straps
 - T-Pull
 - Backstroke
 - Teaser
7. Long Stretch Series
 - Long Stretch
 - Down Stretch
 - Elephant
8. Stomach Massage Series
 - Round
 - Straight
 - Reach Up
 - Twist
9. Short Box Series
 - Round
 - Straight
 - Side-to-Side
 - Twist & Reach
 - Tree
10. Short Spine Massage
11. Chest Expansion
12. Corkscrew
13. Tic Toc
14. Knee Stretch Series
 - Round
 - Arched
 - Knees Off
15. Running
16. Pelvic Lift
17. Control Push Ups
 - Front