

# **PILATES ON TOUR INDIA**

## **INTEGRATIVE REFORMER & TOWER**

**Presented by  
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## STANDING LEG SLIDES (BACK)

Reformer Springs: 1R1B

Tower Springs: 2LY 3<sup>rd</sup> position from top

**Starting Position:** Stand facing the tower with one foot on the platform externally rotated and the other on the carriage externally rotated.

**Sequence:**

**Exhale –** Press the carriage away from the bumper by performing hip flexion and knee flexion with the leg on the carriage, while performing hip extension of the standing platform leg. Pull the hand springs toward the body.

**Inhale –** Slowly return the carriage toward the bumper and release the hand springs toward the tower.

### Modifications

1. Without moving the carriage, pull the hand springs toward the body and away.
2. Stand with one foot on the floor and the other on the carriage, both in external rotation, torso and pelvis facing tower end.

### Variations

1. High Rows
2. Single High Rows with Rotation
3. Bicep Curls

**Starting Position.**



**Lunge forward.**

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**Bicep Curls.**



High Rows.



Single Arm High Rows with Rotation.

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**STANDING LEG SLIDES (SIDE)**

Reformer Springs: 1R1B

Tower Springs: 1LY or 1LP 3rd position from top

**Starting Position:** Stand facing the side with one foot on the platform and the other on the edge of the carriage, both feet in parallel.

**Sequence:**

**Exhale** – Press the carriage out keeping hips equally distant from both feet. Pull the hand strap away from the tower and toward the front of the body.

**Inhale** – Slowly return the carriage toward the bumper and release the hand springs toward the tower.

**Modifications**

- 1. Without moving the carriage, perform the arm movements only.

**Standing Variations**

- 1. Perform Arm Variations while isometrically holding the carriage out.
- 2. Perform Arm Variations in a squatted position with hips equally distant from both feet while keeping the carriage away from the bumper holding it there isometrically.



**Starting Position** – Isometrically holding carriage out while performing arm variations.

**Arm Movements**

- 1. Hug a tree
- 2. High Bicep Curls

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**Starting Position.**



Starting Position Squatted with hips equally distant from feet.



Hug a tree.



High 5<sup>th</sup> and Bicep Curls

A series of horizontal lines for writing notes, consisting of 25 lines.

## KNEE STRETCH – SINGLE LEG ON

Reformer Springs: 1R – 2R

Tower Springs: 1LY on Push Through Bar with 1LP holding Push Through Bar up from the high position.

**Starting Position:** Facing the foot bar place closest foot against closest shoulder pad with knee softly on the carriage. The standing leg should be placed parallel on the floor away from the foot bar. Hold the hand strap with the inside hand, and hold onto the foot bar with the outside hand.

**Sequence:**

**Exhale –** Press the carriage back as you press the inside arm forward.

**Inhale –** Release the carriage and hand strap slowly with control.

### Modifications

1. Without moving the carriage, perform all the arm work.
2. Perform movements with a smaller range of motion.

### Variations

1. Perform the movements without holding onto the foot bar.
2. Perform the movements with the inside knee off the carriage.

### Arm Movements

1. Chest Press
2. Twisted Punch
3. Hug a Tree
4. Salute

### Psoas Stretch Variation

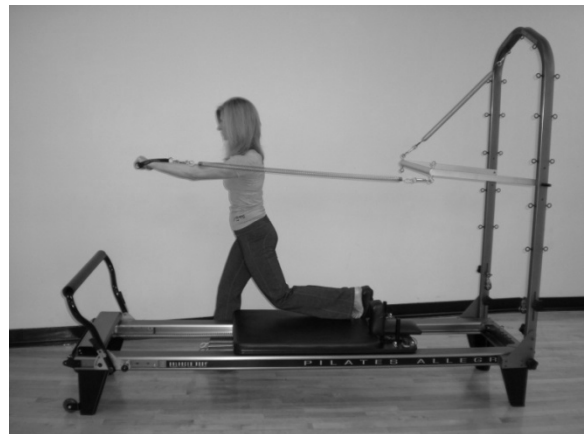
1. With both hands in one hand strap, extend the spine as you press the carriage. Note: Place 1LY on the 2<sup>nd</sup> positon from the top on the tower and use 1B-1R on the Reformer.



Starting Position.



Starting Position without support from foot bar.



Chest Press.



**Twisted Punch.**



**Salute.**



**Starting position for Hug a Tree.**



**Psoas - Stretch Variation.**



**Final position for Hug a Tree.**

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## KNEELING FACING BACK

Reformer Springs: 1R – 2R

Tower Springs: 1LP or 1LY 2<sup>nd</sup> position from top

Starting Position: Kneel in the carriage facing the tower with hands on the Push Through Bar shoulder width apart.

### Sequence

Exhale – Bend the arms and pull the carriage toward the tower without compromising the alignment of the spine and pelvis.

Inhale – Lengthen the arms and allow the carriage to return toward the foot bar without compromising the alignment of the spine and pelvis.

### Arm Variations

1. High Rows
2. Single Arm High Row with Rotation
3. Biceps Curls
4. Thigh Stretch
5. Thigh Stretch and Row

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Starting Position: Pronated arms.

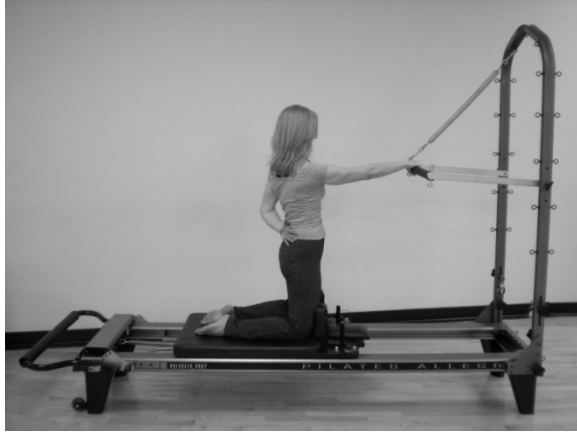


Starting Position: Supinated arms.



High Rows.





Starting position for High Rows with Rotation.



Thigh Stretch.



Final position for High Rows with Rotation.



Thigh Stretch and Row.



Biceps Curls.

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Swan Lift with Bicep Curl.



Starting Position – Frog Legs.

A series of horizontal lines for writing notes, organized into two columns. The left column contains 15 lines, and the right column contains 15 lines.

A series of horizontal lines for writing notes, organized into a single column on the left side of the page. It contains 15 lines.

## LONG BOX PRONE - FRONT

Reformer Springs: 1B – 1R

Tower Springs: 1LP or 1LY on the high position.

**Starting Position:** Lay prone on the long box facing the foot bar with hands in the salute position. Spine and pelvic in neutral. Using lots of padding place back of heels on the inside of the Push Through Bar.

**Sequence:**

**Exhale -** Bend the knees, press the heels into the Push Through Bar slowly moving the carriage toward the tower. Maintain neutral pelvis.

**Inhale –** Slowly lengthen the legs returning the carriage toward the foot bar. The carriage may not return completely toward the foot bar and the legs may not completely lengthen.

### Modifications

1. Perform smaller ranges of motion.
2. Use 1Y.

### Variations

1. Single Leg on Push Through Bar while maintaining a lengthened free leg.
2. Cervical and Thoracic spinal extension.
3. Arms overhead, Airplane, or toward knees.

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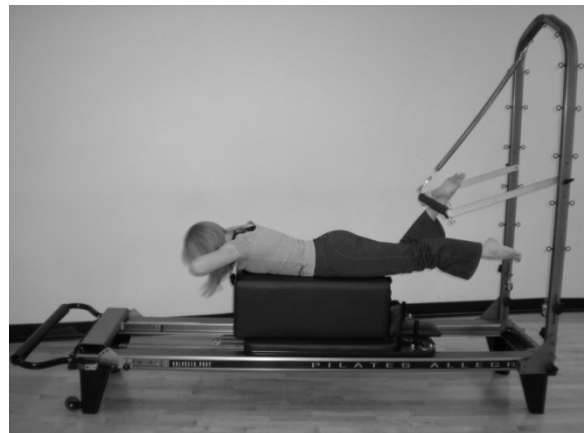
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Starting Position.



Final Position.



Single Leg Variation.



**Arms Overhead Variation.**



**Arms in Airplane Variation.**



**Arms toward knees Variation.**

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**LONG BOX SIDELYING - BACK**

Reformer Springs: 1Y – 1R

Tower Springs: 1LY or 1LP on the high position

Starting Position: Side lying on the long box with the supporting forearm on the headrest. Hips are stacked with knees bent in front of pelvis. Top is supinated holding onto the Push Through Bar overhead.

Sequence:

Exhale – Bend the top arm’s elbow moving the carriage toward the tower.

Inhale – Lengthen the top arm allowing the carriage to return toward the foot bar.

**Variations**

1. Lat Pulls.
2. Top Leg isometrically lifted during Lat Pulls.
3. Isometrically hold Lat Pull and perform Side Leg Series from mat series.

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**Lat Pull.**



**Starting Position – Isometrically lengthening top leg.**



**Starting Position.**



**Isometrically hold upper body and perform Side Leg Series from mat.**

THANK YOU. THANK YOU. THANK YOU. THANK YOU.



**NICO GONZALEZ**

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- **FREE 25MIN VIDEO PLAYLIST OF MAGIC RING ON THE REFORMER**
- **DEEP DISCOUNT TO POCKET PILATES APP**
- **UPDATES ON UPCOMING EVENTS WITH ME**