

Level 5 - 6

2 springs (outside)

High barre - easier  
Low barre - difficult

Head rest up  
Pad on carriage



Concepts

Lumbar & Scapular Stabilization

Variation on

The Up Stretch

Images

When in doubt reach out  
The abdominals pull you up (jelly fish)  
Inhale into the back

The Tendon Stretch - double leg and single leg. Flexible hamstrings are required to perform the Tendon Stretch. The Mount:



Swing the right leg across your left leg, and over the barre. Place the foot (ball of foot/upper arch) on the front end of the Reformer. Thumbs are next to the fingers. Place the weight on the front leg. Straighten the leg. Nose to your knee. Belly up. Arms straight (not hyper-extended). Inside of the elbows face inside. Do not rotate them forward. Lean as far forward as you can. Head hangs down. Thumbs in.



Look at your knee (nose to knees). Inhale (into the back) push out the carriage. Legs are straight. Lift the body with your flat abdominals. Exhale, pull the belly up to pull the body up and bring the carriage in. Keep leaning forward. Perform 3 times. Bring the left leg up and out to the side. The leg is as high as possible. Reach through the foot. Stay centered. Inhale, push the carriage out. Shoulders away from the ears.



Exhale, pull the belly up like a jelly fish (medusa) to lift the body up and bring the carriage in. Perform 3 times. Swing the left leg around to the front, lift up the right arm to allow the leg to come to the front. Place the left foot down next to the right leg. Legs zipped. Keep your hips above the springs (not over the barre). Inhale, push out the carriage. Exhale, pull the carriage in. Perform 3 times. Bring the right leg to the side (pick up the right arm to allow the leg to pass by). Perform the Side Leg Tendon Stretch 3 times. Bring the right leg to the back. Perform the One leg Tendon Stretch (leg in back) 3 times. Upon completion, step down. Swing the left leg across the right leg and place it next to the right leg.

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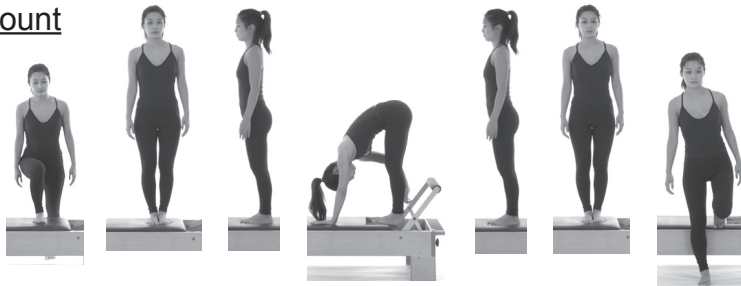
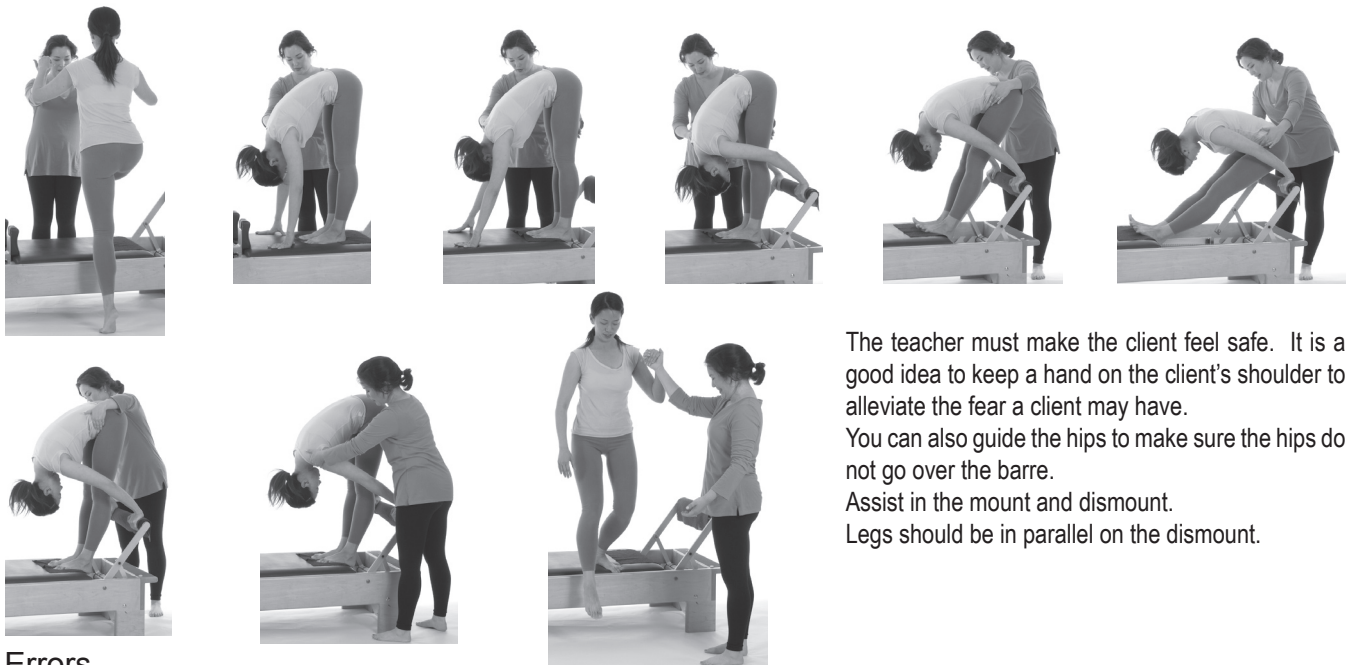
Modifications

The client should perform the two legged Tendon Stretch successfully prior to attempting the one leg versions. This may take a long time to master. The modified mount for the Tendon Stretch is optimal because it teaches the client to lean forward (and to address the client's fear). It is important that the tail is above the springs, and not over the barre or over the front of the Reformer.

You can place blocks on the back tracks to prevent the client from traveling too far.

Mount/Dismount

## Modified

Spotting

The teacher must make the client feel safe. It is a good idea to keep a hand on the client's shoulder to alleviate the fear a client may have.

You can also guide the hips to make sure the hips do not go over the barre.

Assist in the mount and dismount.

Legs should be in parallel on the dismount.

Errors

1. Legs bend. 2. The head sticks up and the client does not look at the knees. 3. The seat leans back over the front of the barre. 4. The client does not breathe into the back to keep lifted in the torso. 5. The client bends the arms. 6. The belly puches. 7. Shoulders go to the shoulders.

Goals, what to look for

1. Weight leaning forward (vertical legs). 2. Straight legs. 3. The belly lifts the body. 4. Back breathing keeps the body lifted in the forward phase. 5. Head hangs down. 6. Shoulders wide and away from the ears.

Contra-indications

Neck, shoulder, back, wrist, and knee problems. Heart, sinus, head and brain problems. Vertigo.

Benefits

1. Deep abdominal strengthening. 2. Shoulder strengthening. 3. Neck, back, posterior leg mobilization. 4. Scapular and lumbar stabilization.