

The Reformer – Long Stretch

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Starting Position:

In a push up position with hands on footbar and feet on headrest; in one long line from feet to head (dart position). Legs are straight with heels together and toes turned out slightly; heels of hand on footbar-shoulder distance apart; arms straight; shoulder blades (scapulae) stabilized.



1. Inhale deeply, pull your navel into your spine; keeping your body in one long line, press carriage out as far as possible; keeping upper body and shoulder blades stable. Control the range of motion at the shoulders so you don't lose the dart position.
2. Exhale, keep your abdominals pulled in; maintain the 'dart position'; return carriage to starting position (carriage does not have to return fully).
3. Complete 5 repetitions.

Focus:

- Maintain body in a dart position- don't alter the position of the body; the arms generate the movement.
- Avoid letting your pelvis sag toward the floor as your hips will drop.
- Don't let the shoulder blades (scapulae) wing or round forward; maintain the stabilization throughout.
- Avoid locking elbows or knees.

Modifications: On Knees

Starting with feet in same position and knees bent on carriage (feet may be against the shoulder rests instead of head rest). Form one long line from knees to top of head. Go to step #1 to complete the exercise.

Note:

Omit the exercise if you have shoulder or wrist issues.

