

# Reformer on the Stability Ball

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### History

Reformer Is... Part B of the Session Format

- Based on eastern and western philosophies
- Created by Joseph Pilates, Mind body spirit pioneer
- Begun horizontally to alleviate heart & joint stress
- Mirrored after child development
- Inspired by the stretching, graceful, and playful movements of animals
- Exercises which have counterparts on the Mat

### Reformer on the Ball

- Follows the classical reformer order
- Progressively become more difficult from beginning to end
- Includes rhythm sections or "Series"
- Stimulates the nervous system through repeated multi-planar positions and movements
- Is balanced with exercises that compliment the another

### Why Do Reformer on the Ball?

- Provides the feel of reformer exercises to mat students
- Gets you connected!
- Can improve both mat and reformer technique
- Adds variety and challenge
- It's fun, and effective!

### Stability Ball

- Creates an unstable surface to create greater core control and body awareness
- Allows for a pliable and soft workout surface to provide feedback to the nervous system
- Provides the opportunity for working in different ranges of movement than on the mat
- Almost anything you can do off the ball you can do on the ball- variety is the spice of life!
- Provides functional open and closed chain work for the entire body

### Why Work on the Stability Ball?

- Increase Stability
- Improve muscular strength and endurance
- Enhance flexibility
- Improve neuromuscular patterning
- Specifically target a body part or parts
- Integrate body through core
- Provide functional challenges

### General Safety Rules

- Create a clear workout space with approximately 1.5X body length and arm width
- Maintain optimal posture during workout
- Work with control in a range of movement that is appropriate for you to stabilize
- Work barefoot or in light, flexible shoes- socks are slippery!
- Do not hold your breath

### Alignment and Stability

*Pilates Stance*

- Neutral pelvis and spine
- *Centerline*

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- Lengthened spine/ Axial elongation/ Abdominals In & Up
- Shoulders over hips & Head over pelvis *Box*
- Arm Alignment: Index finger to armpit / Wrists over shoulders
- Shoulder stability *Rib to Scapula and Scapula to Ribs*
- Hip stability
- Leg Alignment *Heel to Seat*

### Modifying Intensity

- Wider base is more stable than narrow
- 2 feet or 2 arms more stable than one
- Shorter levers more easy than longer
- Static positions easier than dynamic
- More contact with the ball more stable than less

### Adding Challenges

- **Resistance Challenges-** re-position body to increase resistance
- **Balance Challenges-** narrow base of support, lengthen lever, or reduce contact area
- **Dynamic Challenges-** move ball while maintaining posture or executing movement pattern

### Ready to Work Out!

- Experience the workout, the body is a great teacher
- When in doubt- leave it out!
- Take a ‘Break’ and Watch if unfamiliar with something feels overwhelming
- Perform the Building Block Versions
- Work from your Powerhouse!

## The Workout

Supine from floor: / AB Preps/ Warm Up- Imprinting, ISO-Abs, Footwork Series, Abdominal Series

Seated on Ball – Walk in and out – find placement on Ball

| Exercise Name   | Body Position                  | Movement  |
|---|--------------------------------|---|
| Footwork Series: Toes, Arches, Heels  | Supine Incline<br>Back on Ball | Roll Out /In  |
| <b>Tendon Stretch</b>   |                                | Plantar/ Dorsi Flex                                     |
| Hundred   | Supine on Floor /Legs on Ball  | Pump Arms   |
| <b>Short Spine Massage</b>  | ANKLES                         | Extend Legs/ Lift Hips/ Bend Knees/ Roll Spine          |
| Coordination  | ANKLES                         | Extend Arms and Legs/ Bend Arms/ Bend Legs              |
| <b>Rolling Prep</b>   | Seated Legs Long-HANDS         | Roll Back and Up/ Variations                            |
| Rowing I-IV   | Sit On Ball                    | Let Ball Roll Under you as you Row                      |
| <b>Rowing V/ Shave Head</b><br><b>Rowing VI/ Hug</b><br><b>option weights</b> | “                              | Lengthen posture and spine out of ball as you work arms |
| Hamstring Curls   | HAM HOLD PRONE ON FLOOR        |   |

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|  |   |  |
|--|---|--|
| <b>Swan</b>                              | Prone Incline/ Hands on Ball/ Arms Extended                 | Inhale- Bend Elbows hands to Ball/ Extend Spine<br>Exhale Lower Down/ Extend Arms                        |
| Pulling Straps I /II                     | Prone Incline   | Pull arms long/ Lift chest<br>Pull arms from side to hips/ lift chest                                    |
| <b>Backstroke</b>                        | Supine on Floor/<br>HANDS                                   | Lift Up, Circle Legs Out and Reach Ball toward legs/ Hold Roll Ball Higher/ Bend in ball to head         |
| Teaser Series<br><i>option weights</i>   | Lying Supine/<br>FEET ON BALL-hand,feet,pass                | Teaser Up/ Reaching Arms/Circles in Both Directions/ 1 Ball Pass- Feet / Hands/ Hands / Feet with Teaser |
| <b>Short Box Series: Round</b>           | Seated on Ball  | Arms held and wrapped around waist   |
| Flat                                     |   | Arms Up Finger Tips Touch  |
| Side to Side                             |   | “  |
| Twist                                    |   | Reach One Arm to Floor   |
| Tree                                     | Lengthen and reach  | Kicks and Stretches  |
| Side Sit Ups                             | Side Lying on Ball- start with bottom knee bent -progress   | 3 short/ 3 long/ 1 stretch   |
| <b>Long Stretch Series: Long Stretch</b> | Prone Lying Knees-Ankles/ Hands on Floor                    | Pull in and Out with Arms  |
| Down Stretch                             | Kneeling Facing Ball- Thoracic Extension/ Arms on Ball      | Press Out and Pull in with Arms- Stretch at end – Ball up to ceiling larger extension                    |
| Elephant                                 | Standing Hands on Ball                                      | Roll Ball in and Out using ABS   |
| Arabesque I                              | Hands on Ball   | Roll Ball Out and In with ABS  |
| Arabesque II                             | - One Leg Up/ Hips Square                                   | Lift and Lower Leg/ Hold Leg Roll Ball in and Out  |
|  | Gesturing Leg Higher  |  |
| <b>Long Back Stretch</b>                 | Seated On Ball – Hands on Ball by Hips - <b>DIPS</b>        | 1 <sup>st</sup> – Dips<br>Bend Elbows / Press Away/ Pull Up  |
| <b>Stomach Massage Series:</b>           |   | Extend Legs/ Flex Point/ Bend Knees  |
| Round                                    | Seated Feet on top of Ball                                  | “  |
| Flat                                     | “   | Extend and Bend  |
| Reaching                                 | Arms Reaching   | Add Twist and Arm Reach with Extended Legs   |
| Twist                                    | “   |  |
| Monkey Stretch                           |   |  |
| <b>Tendon Stretch</b>                    | Seated Feet On Ball   |  |
| Overhead                                 | Supine Lying/ Legs Away Ball in Ankle Hold/ Arms to Ceiling | Pull Arms to Floor/ Lift Hips/ Roll Down/ Reach Legs Away bring Arms Up                                  |

|                             |  |  |
|-----------------------------|--|--|
| <b>Semi Circle</b>          | Supine Lying/ Knees Bent / Feet in PS high on Ball | Lift Hips/ Extend Legs/ Articulate down / Bend Knees/Reverse                     |
| <b>Chest Expansion</b>      | Kneel Hold Ball In Front- Arms Up                  | Pull Ball to hips/ Look R/ Look L/ Return  |
| <b>Thigh Stretch Prep</b>   | As Above   | Lower Arms/ Chin to Chest/ Hinge Back/ Lift Arms / Rise Up                       |
| <b>Thigh Stretch/ Camel</b> | Ball between seat and ankles/ Hands behind on Ball | Hinge Back/ Extend spine and arms/ Bring chin up/ Wrap ribs to pelvis return     |
| <b>Kneeling Arms Series</b> | Kneel Ball in Hands Arms Out<br>Ball Down          | Lift Ball Up and Down<br>Circle Arms out and around<br>Reverse                   |
| <b>Corkscrew</b>            | Supine Lying/ Ball overhead in Hands               | Corkscrew I<br>Corkscrew II- Take Ball in Ankles<br>Corkscrew III- Hands to Side |
| <b>Long Spine Massage</b>   | Ball under Feet                                    | Extend Legs- Stay<br>Articulate Up/ Hold/ Articulate Down                        |
| <b>Frog</b>                 | Ankle Hold / Legs in Air                           | Extend and Bend Legs   |
| <b>Leg Circles</b>          | Hands  |  |
| <b>Knee Stretch Series</b>  | Kneeling Hands on Ball                             | Off-Press Hands into Ball Lift Up- Small Roll in and Out                         |
| Round                       |  |  |
| Flat                        | “  |  |
| Knees Off                   |  | On Ball  |
| Version 2                   |  |  |
| <b>Running</b>              | Standing Hold Ball                                 |  |
| <b>Pelvic Lift</b>          | Feet Wide on Ball/ Ribs Down/ Pelvis Up            | Lift Pelvis Roll Ball out and In   |
| <b>Splits Variations</b>    | Stand Foot on Ball                                 | Move ball out and IN<br>Hands on Ball Lunge                                      |

**Thank You!**