

Warning

Before beginning this or any exercise program, consult your physician. This is especially important for anyone over the age of 35 or persons with pre-existing health problems. Review the instructions in the manual before using this product. Stamina® assumes no responsibility for personal injury or property damage sustained by or through the use of this product. If you have any questions regarding this product or its information materials please contact our Customer Service Department at 1-800-375-7520.

Caution

Never perform any of the exercises without springs or cords.

Notice

This workout chart was designed to be used with all Stamina® AeroPilates® reformers. Your reformer may look different than the one pictured, but the method and exercises are the same.

Abdominals

The Hundred

Resistance: 2 black
2 yellow
2 cords

Repetitions: 10

Focus: Pelvis neutral, abdominal muscles engaged to support the lower back, shoulders wide, and neck muscles relaxed.

Prep 1 Arms
With legs in chair position and head resting on headrest, place hands in straps and raise arms vertical to shoulders, then lower them back to the carriage.



Prep 2 Arms and Head
With legs in chair position, place hands in straps, gently nod your chin and lift your shoulders one inch off the carriage as you lower your arms, then slowly lower your head and shoulders as you lift your arms.



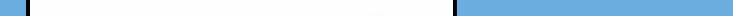
Prep 3 Arms, Head, and Legs
With legs lengthened at a 45 degree angle, place hands in straps, gently nod your chin and lift your shoulders one inch off the carriage as you lower your arms, then slowly lower your head and shoulders as you lift your arms.



Full Exercise

With legs lengthened at a 45 degree angle, place hands in straps, gently nod your chin and lift your shoulders one inch off the carriage. Lift and lower the arms in small pulses, inhaling for 5 pulses and exhaling for 5 pulses. Repeat 10 times.

Modification: (exercise can be done with legs in chair position)



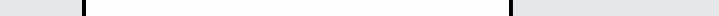
Side Abdominals (Obliques)

Resistance: 1 black
1 blue
1 cord

Repetitions: 10

Focus: Lengthen up through the spine as you rotate, make the rotation originate from your abdominals, not your shoulders.

Side Twist
Sit sideways, cross legged on the carriage with the same side strap in your hand. Use the core abdominal muscles to stabilize the hips as you rotate your rib cage toward the footbar. Slowly return to starting position to finish. Switch sides and repeat.



Arms & Abdominals

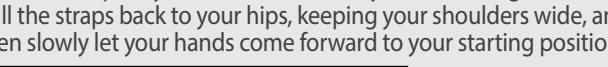
Back Rowing Series

Resistance: 1 black, 1 yellow
1 yellow, 1 blue
2 cords

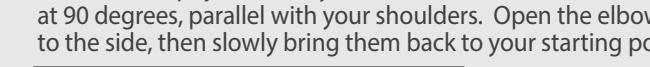
Repetitions: 10

Focus: Sit facing away from the footbar with legs straight (or crossed). Sit up tall on the sit bones, keeping the shoulders wide and using your core abdominal muscles to stabilize your spine as your arms move.

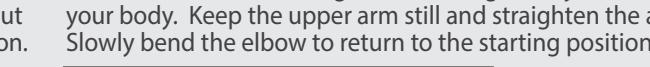
Plow
Hold the straps in your hands in front of you, with straight arms. Pull the straps back to your hips, keeping your shoulders wide, and slowly bring your hands forward to your starting position.



Open Elbow
Place the straps just above your elbows. Start with elbows bent at 90 degrees, parallel with your shoulders. Open the elbows out to the side, then slowly bring them back to your starting position.



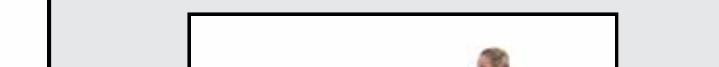
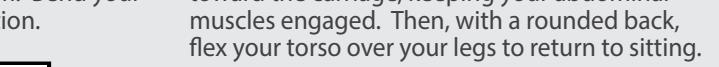
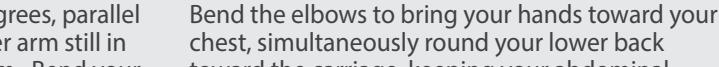
Triceps
Place the straps just above your elbows. Start with elbows bent at 90 degrees, parallel with your shoulders. Open the elbows out to the side, then slowly bring them back to your starting position.



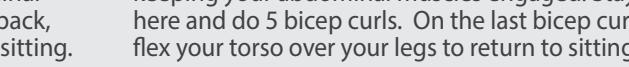
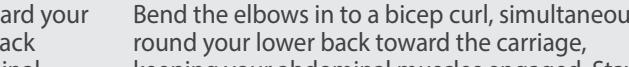
Biceps

Start with the elbows bent to 90 degrees, parallel with your shoulders. Keep the upper arm still in space and slowly straighten your arm. Bend your elbow to return to the starting position.

Roll Down
Bend your arms to bring your hands toward your chest; simultaneously round your lower back toward the carriage, keeping your abdominal muscles engaged. Then, with a rounded back, flex your torso over your legs to return to sitting.



Roll Down with Bicep Curl
Bend your arms to bring your hands toward your chest; simultaneously round your lower back toward the carriage, keeping your abdominal muscles engaged. Then, with a rounded back, flex your torso over your legs to return to sitting.



Long Stretch Prep
With feet against the shoulder rests and hands on the footbar, make a long diagonal between your knees and the top of your head. Shoulders should be directly over the carriage. Keep elbows straight and flex at the shoulder to push the carriage away. Slowly return to starting position.

Resistance: 1 black, 1 red
2 yellow, 1 blue
2 cords

Repetitions: 5-10

Hug-A-Tree
Press arms forward and together, like you are hugging a tree, to move carriage out. Slowly bring arms back to starting position.



Salute
Press arms forward, parallel with shoulders to move carriage out, bend the elbows and bring the back of your hands to your forehead, press the arms out and up on a diagonal. Bend and press 5-10 times.



Arm Circles
Start with arms overhead, open them out to the side, then circle them around to your hips. Raise your arms to starting position and repeat.

Resistance: 1 red, 2 black
2 yellow, 2 blue
3 cords

Add springs or cords to increase cardiovascular and leg muscle challenge. Decrease springs or cords to increase core challenge.

Front Rowing Series

Resistance: 1 black, 1 yellow
1 yellow, 1 blue
2 cords

Repetitions: 5-10

Focus: Sit tall against the shoulder rests, facing the footbar, with legs crossed, pelvis and spine in a neutral position. Use the core abdominal muscles to stabilize the spine as the arms move. Keep shoulders wide and neck muscles relaxed.

Hug-A-Tree
Press arms forward and together, like you are hugging a tree, to move carriage out. Slowly bring arms back to starting position.



Salute
Press arms forward, parallel with shoulders to move carriage out, bend the elbows and bring the back of your hands to your forehead, press the arms out and up on a diagonal. Bend and press 5-10 times.



Arm Circles
Start with arms overhead, open them out to the side, then circle them around to your hips. Raise your arms to starting position and repeat.

Resistance: 1 red, 2 black
2 yellow, 2 blue
3 cords

Add springs or cords to increase cardiovascular and leg muscle challenge. Decrease springs or cords to increase core challenge.

Legs

Footwork

Resistance: 2 Red
2 yellow, 2 blue
3 or 4 cords

Repetitions: 10

Focus: Keep a neutral pelvis throughout exercises; activate inner thighs and core abdominal muscles to stabilize as you lengthen away from the footbar. Return to starting position slowly, resisting the springs.

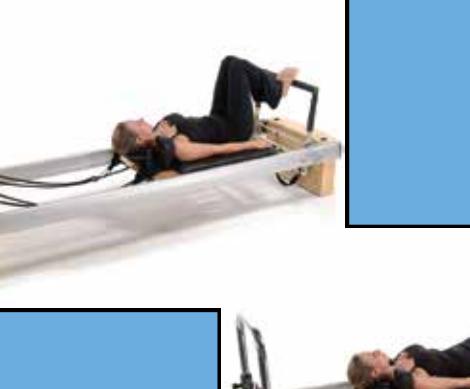
V-position

Place the balls of the feet on the bar, heels together, toes apart, making a v-shape with the feet. Lengthen legs, connecting inner thighs together as you extend. Bend knees to return.



Arches

Place the arches of your feet on the footbar, legs parallel and together. Lengthen your legs. Bend your knees to return.



Arch Pulses

Place the arches of your feet on the footbar, legs parallel and together. Lengthen your legs halfway out. Bend your knees to return.



Heels

Place your heels on the bar, feet flexed. Lengthen your legs, and then bend your knees to return.



Heel Pulses

Place your heels on the bar, feet flexed. Lengthen your legs halfway out and then bend your knees to return.



Resistance

Five Cord Reformers

Four Spring Reformers

Three & Four Cord Reformers

Two Cord Reformers

One Cord Reformer

None

Footrests

None

None</