

AeroPilates® Workout

LESS STRESS | MORE HEART

FULL BODY WORKOUT 1

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.

Resistance
Five Cord Reformers
Four Spring Reformers
Three & Four Cord Reformers

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 while 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 then slowly let your hands come 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
Bend the elbows to 90 degrees and bring them just behind your body. Keep the upper arm still and straighten the arm. Slowly bend the elbow to return to the 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.



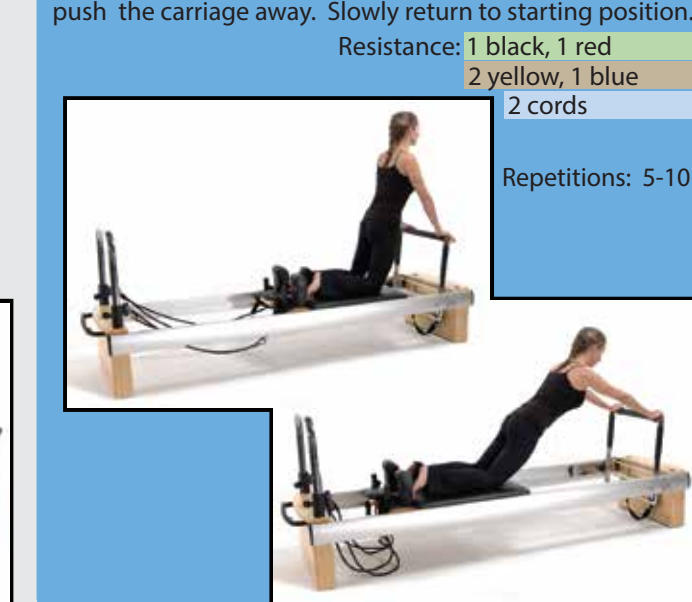
Roll Down
Bend the elbows to bring your hands toward your chest, simultaneously round your lower back toward the carriage, keeping your abdominal muscles engaged. Then, with a rounded back, flex your torso over your legs to return to sitting.



Roll Down with Bicep Curl
Bend the elbows in to a bicep curl, simultaneously round your lower back toward the carriage, keeping your abdominal muscles engaged. Stay here and do 5 bicep curls. On the last bicep curl, 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 hands. Keep elbows straight and flex at the shoulder to push the carriage away. Slowly return to starting position.



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.



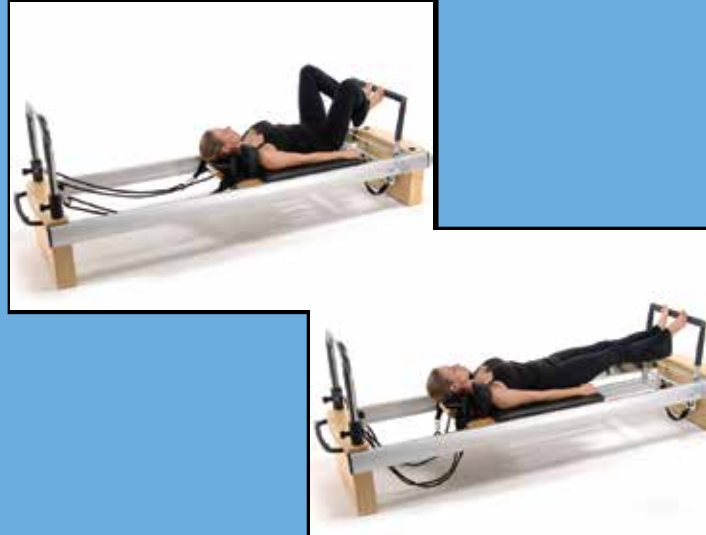
Legs

Footwork

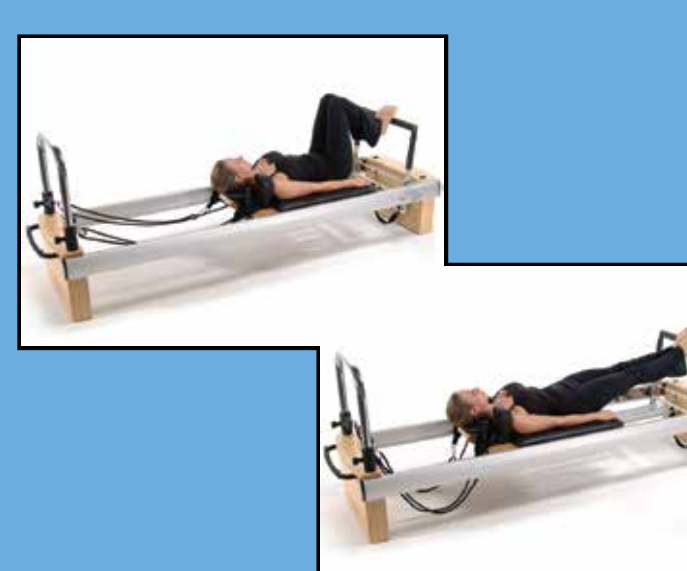
Resistance: 2 Red, 2 yellow, 2 blue, 3 or 4 cords
Repetitions: 10

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.

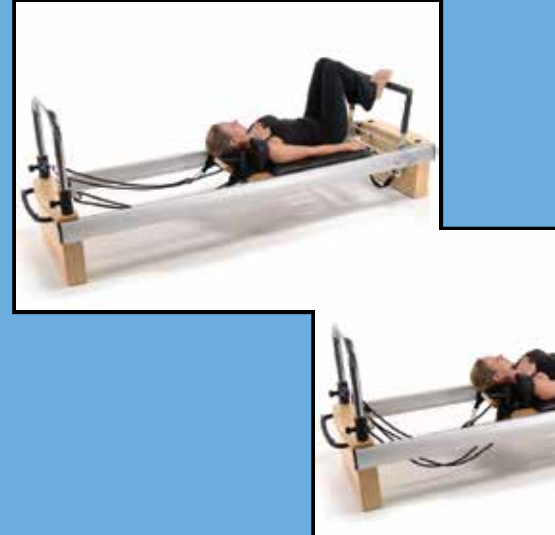
V-position
Place the balls of the feet on the bar, heels together, toes apart, making a v-shape with the feet. Lengthen legs, connecting inner thighs together as you extend. Bend knees to return.



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.

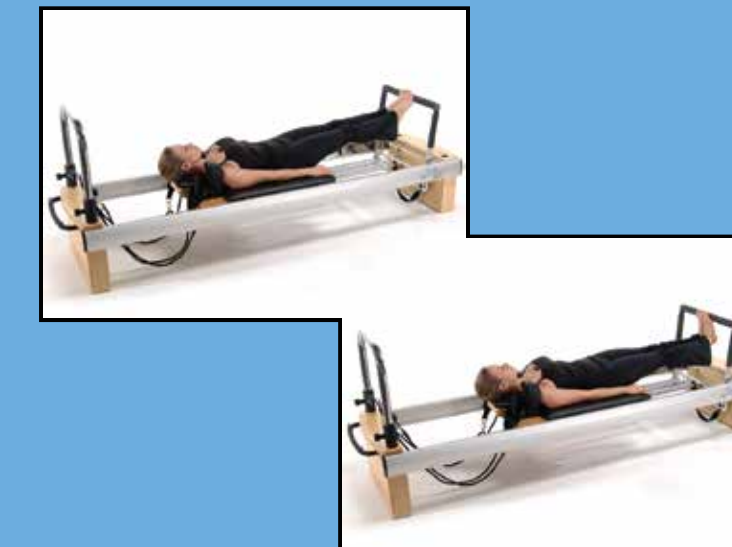


Heel Pulses
Place your heels on the bar, feet flexed. Lengthen your legs halfway out and then bend your knees to return.



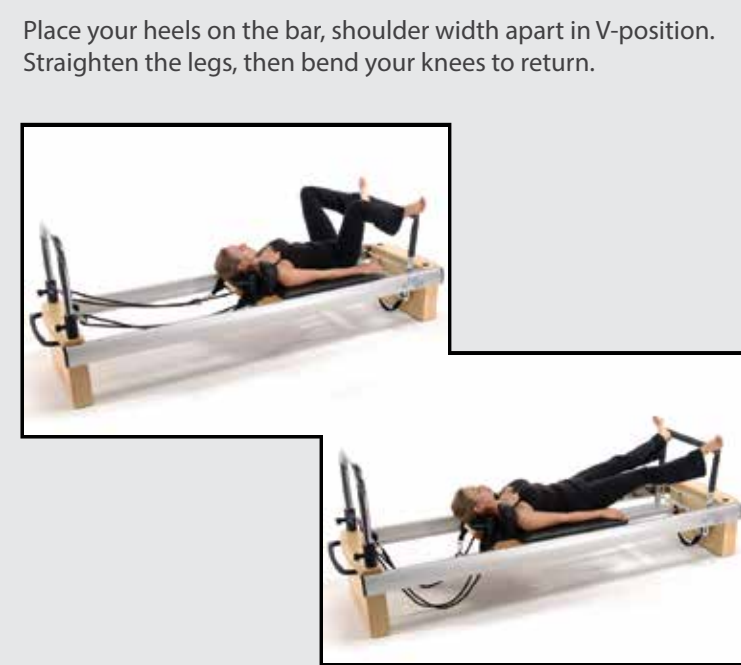
Heel Lowers

Place the balls of the feet on the bar. With legs straight, lift and lower your heels to stretch and strengthen your calf muscles.



Wide Position (laterally rotated)

Focus: Keep a neutral pelvis throughout exercise, stabilizing with your core abdominal muscles. Activate the outer thighs and buttocks to lengthen away. Return to footbar slowly, resisting the springs.



Leg Lowers

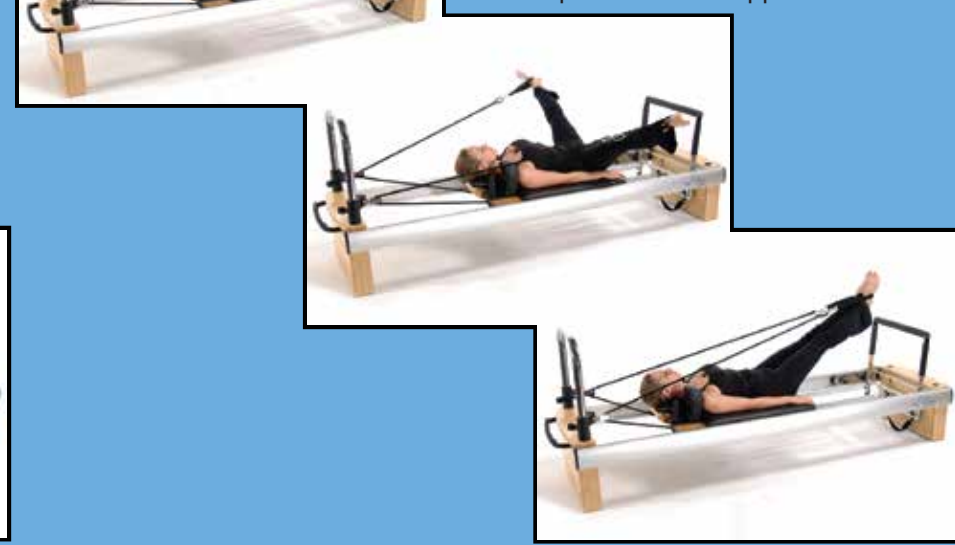
Resistance: 2 black, 1 yellow, 1 blue, 2 cords
Repetitions: 10

Focus: Keep a neutral pelvis throughout exercise, stabilizing with your core abdominal muscles. Only lift and lower the legs to the point neutral pelvis can be maintained. Lie flat, with a neutral pelvis, feet in straps, inner thighs together, and legs at 45 degrees. Slowly lift the legs toward vertical to stretch the back of the legs. Lengthen the legs back down to 45 degrees.



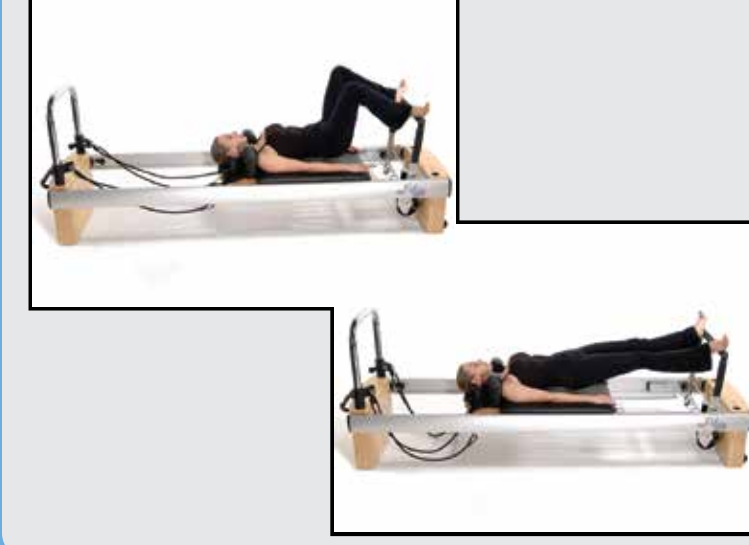
Leg Circles

Focus: Keep a neutral pelvis throughout exercise, stabilizing with your core abdominal muscles. Only lift the legs to the point neutral pelvis can be maintained. Lie flat with a neutral pelvis, feet in straps, inner thighs together, and legs at 45 degrees. Slowly lift the legs toward vertical, then lengthen them out to the sides and circle them down and back around to starting position. Do 3 repetitions in one direction, then 3 repetitions in the opposite direction.



Wide Position Hip Lift

Focus: Keep a neutral pelvis throughout exercise, stabilizing with your core abdominal muscles. Activate the outer thighs and buttocks to lengthen away. Return to footbar slowly, resisting the springs. Important: Make sure your head rest is down and your head is resting flat on the reformer carriage. Place your heels on the bar, shoulder width apart in V-position. Straighten the legs and simultaneously lift the hips to make a long, low diagonal line between your shoulders and heels. Maintain this diagonal as you bend and straighten your legs 6 times.



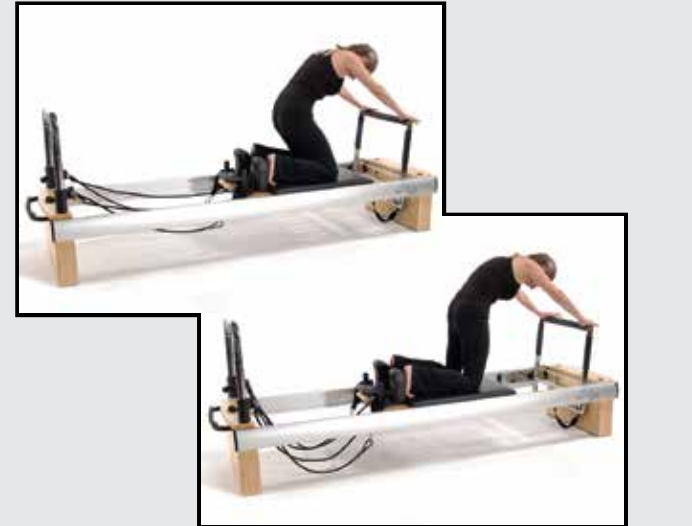
Hips, Legs, & Abdominals

Knee Stretches

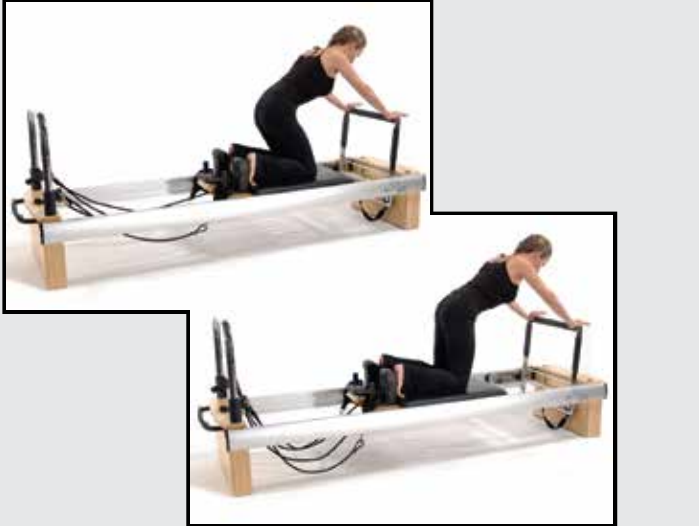
Resistance: 1 black, 1 yellow, 1 yellow, 2 blue, 2 cords
Repetitions: 10

Focus: Use the core abdominal muscles to stabilize the spine as the legs move. Shift body weight back toward heels. Use the back leg muscles to move the carriage out and the front leg muscles to move it back in.

Round Back
Start with heels against shoulder rests, arms lengthened with hands on footbar, pelvis shifted back toward the heels and back rounded. Keep the back rounded as you lengthen the carriage away with your legs. Bring the carriage back in to finish.



Straight Back
Start with heels against shoulder rests, arms lengthened with hands on footbar, pelvis shifted back toward the heels and back straight. Keep the back straight as you lengthen the carriage away with your legs. Bring the carriage back in to finish.



Stomach Massage

Resistance: 2 black, 1 yellow, 2 blue, 2 cords
Repetitions: 10

Focus: Use core abdominal muscles to stabilize the spine as the legs move. Sit back of your sit bones, keep the shoulders over the hips, relax the neck muscles, and keep shoulders wide.

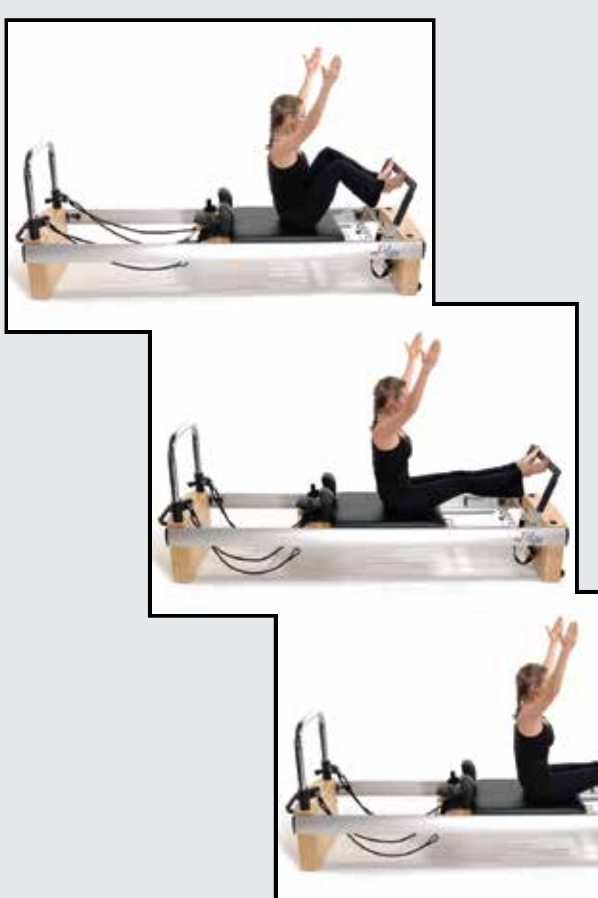
Round Back
Start with balls of the feet on the footbar, heels together, toes apart, back rounded, and shoulders over hips. Lengthen the carriage away with your legs. Then lower and lift your heels three times. Finish by bending your knees and returning the carriage.



Straight Back
Start with balls of the feet on the footbar, heels together, toes apart, back straight, shoulders over hips, hands on shoulder rests. Lengthen the carriage away with your legs. Then lower and lift your heels three times. Finish by bending your knees and returning the carriage.



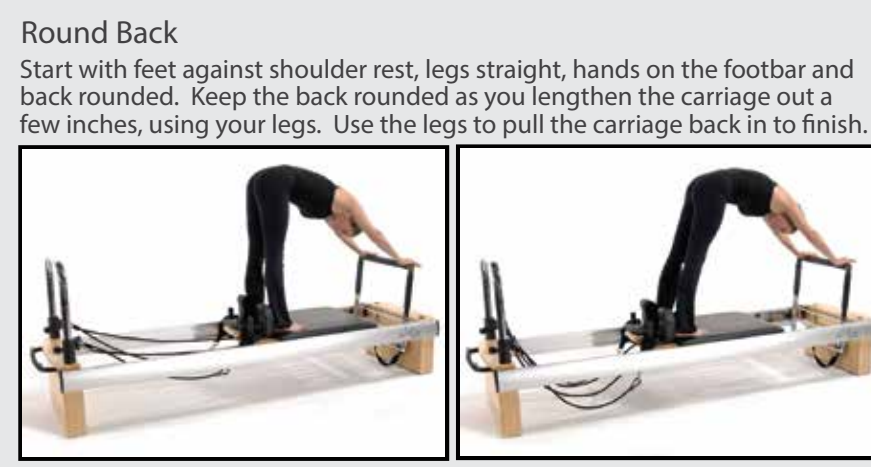
Reaching
Start with balls of the feet on the footbar, heels together, toes apart, back straight, arms raised overhead. Lengthen the carriage away with your legs. Then lower and lift your heels three times. Finish by bending your knees and returning the carriage.



Elephant

Resistance: 1 red, 1 black, 1 yellow, 2 blue, 2 cords
Repetitions: 10

Focus: Use the core abdominal muscles to stabilize the spine as the legs move. Shift body weight back toward heels. Use the back leg muscles to move the carriage out and the front leg muscles to move it back in.

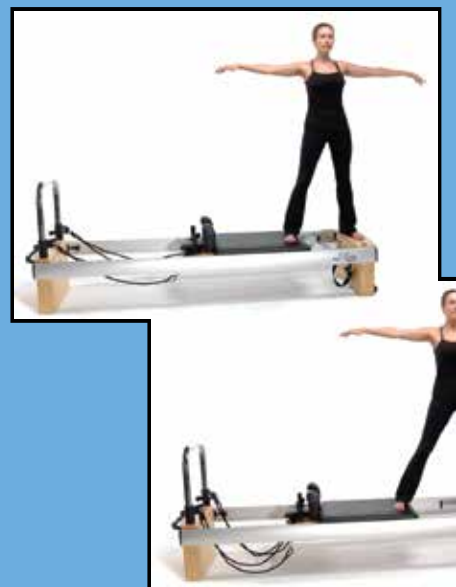


Inner & Outer Thighs

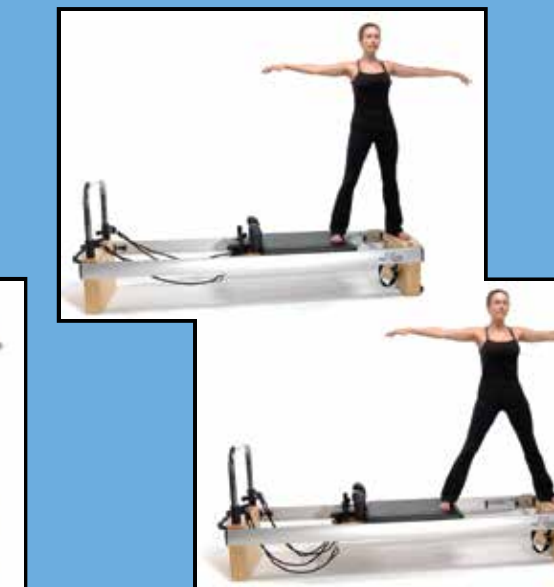
Side Splits

Focus: Weight both legs equally throughout the exercise. Stand with shoulders over pelvis, lengthen through the spine as you bring the carriage in.

Abduction
Stand with one foot on the standing platform and one foot on the carriage. Lengthen the carriage away, using your outer thighs, then slowly bring it back in.



Adduction
Stand with one foot on the standing platform and one foot on the carriage. Lengthen the carriage away, using your outer thighs, then slowly bring it back in with your inner thighs.



Back & Arms

Down Stretch

Resistance: 2 black, 2 yellow, 1 blue, 2 cords
Repetitions: 5-10

Focus: Use the core abdominal and gluteus maximus muscles to stabilize the spine in extension. Keep shoulders wide throughout the exercise. With feet against the shoulder rests and hands on the footbar, make a long bow shape with your upper body. Shoulders should begin directly over the hands. Keep elbows straight and flex at the shoulder to push the carriage away, maintaining the bow shape. Slowly return to starting position. Repeat three times. Complete 2 sets of this sequence.



Cool Down & Stretching

Mermaid

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

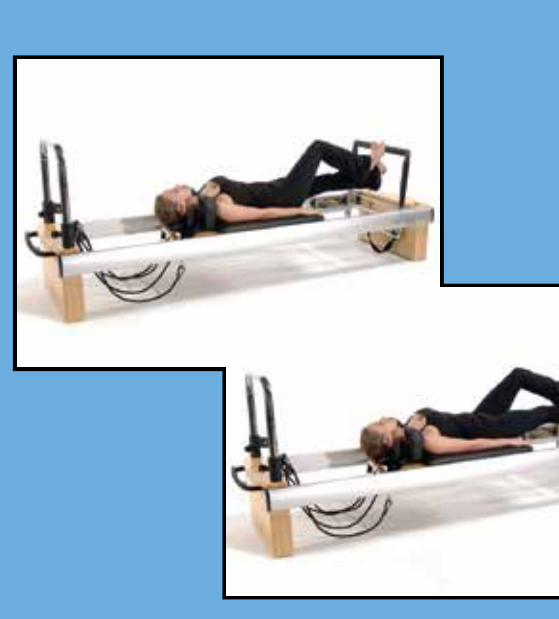
Sit sideways on the carriage, in Z-position, shoulders over hips. Reach one arm overhead, push away from the footbar with the other, simultaneously coming in to a side bend. Come back to sitting to return. Repeat on opposite side.



Running

Resistance: 2 black, 2 yellow, 2 blue, 2 cords
Repetitions: 20

Lying on the carriage, with the balls of your feet on the footbar, drop and lift your heels alternately.



Single Thigh Stretch

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

Stand with your outside foot on the floor next to the footbar and your inside foot against the closest shoulder rest. Straighten the outside leg to lengthen the carriage away. Bend it to return. Repeat on the other side.



Rebounding

If your reformer is not equipped with a Cardio Rebounder, you will not be able to perform these rebounding exercises.

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.

Time
Start with 5 minutes of rebounding - walking and jogging. Then, slowly increase your time and the variety of exercises according to how long the core abdominal muscles are able to maintain a neutral spine.

Focus: Work out at a range in which you are able to maintain a neutral spine. Land fully on the foot/feet that you are jumping with. Start with small jumps, jumping with one leg at a time using more resistance. Then, advance to larger jumps with less resistance. More resistance is a greater challenge to the legs and cardiovascular system. Less resistance is a greater challenge to the core muscles.

Walking
With legs parallel, hip distance apart and both feet on the rebounder, lift one foot and then the other in a walking motion.

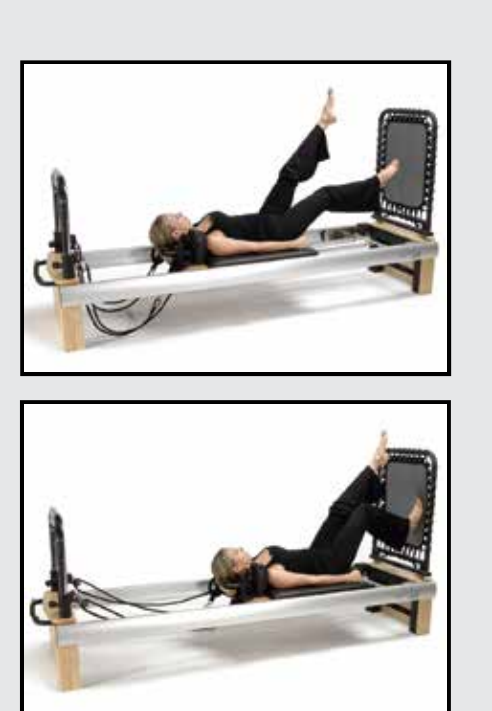


Jogging
With legs parallel, hip distance apart and both feet on the rebounder, lift and lower the legs in a jogging motion.



Single Leg

With legs parallel and hip distance apart jump away from the rebounder with one foot. Return, then jump with the other foot.



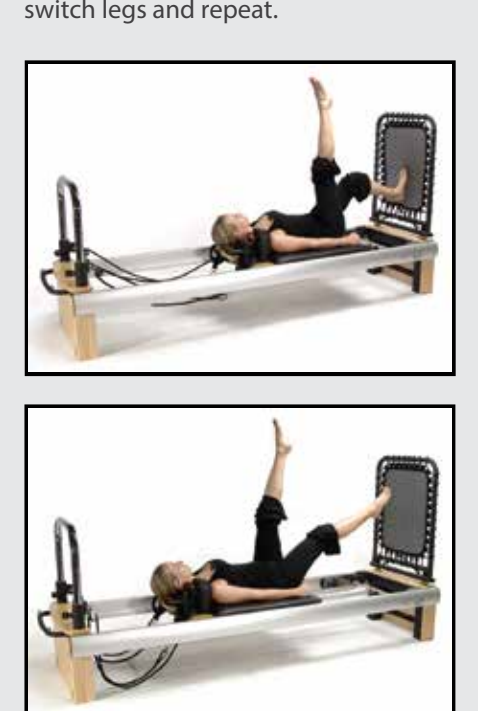
Split Jump

With legs parallel and hip distance apart, jump away, opening legs out to the side, then return them to center as the carriage returns.



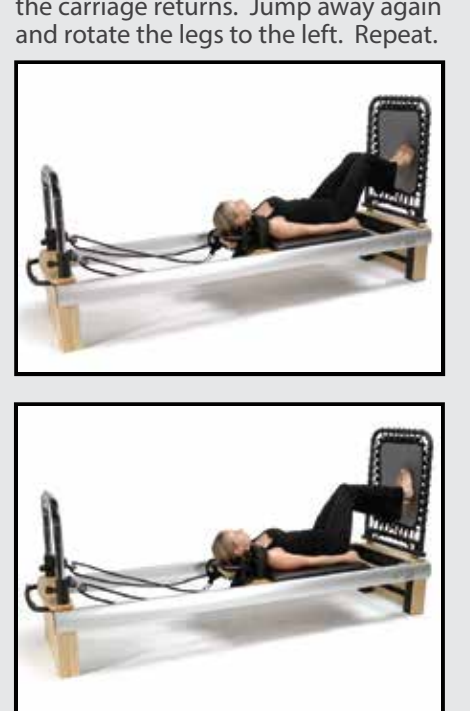
Straight Leg

Start with legs parallel and hip distance apart. Jump away with one leg, elevating the other leg in a straightened position, switch legs and repeat.



Salom

Start with legs parallel, hip distance apart and both feet on the rebounder, jump away and rotate the legs to the right as the carriage returns. Jump away again and rotate the legs to the left. Repeat.



Both Feet Jumping

With legs parallel and hip distance apart, jump away from the rebounder with both feet and return.

