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UPPER ARMS
BEGINNING • 4 REPS

Springs: 2 SB or 1 SR & 1SY  Position: High  Bar/Straps: Push through bar

STARTING POSITION
Lie supine with the top of your head at the tower end of the table. Bend the knees and place the feet hip width apart. Hold the push through bar with the palms facing down and the elbows straight. Anchor the scapulae into the table.

MOVEMENT SEQUENCE
Exhale: Press the hips up into a low bridge position.
Inhale: Roll the back down onto the table one vertebra at a time.
Exhale: Engage the abdominals, lift the head and draw the ribs down to lift the torso up and roll the back off the table into a sit up position. Press the bar up to stretch out of the hips.
Inhale: Roll back down to start again.

1. Starting position. Lie supine with the head at the tower end, knees bent, feet flat.

2. Press the hips up.

3. Lower the hips and roll the torso up.

4. Continue to roll up and push the bar up toward the ceiling to create length in the torso.
MODIFICATION

**Tall clients**
Support the head off the end of the table for the starting position by placing a combo Chair next to the table or using the head block cushion accessory.

CUEING AND IMAGERY

› Lift the abdominals in and lengthen the spine to begin.
  • Scoop the abdominals in and up.
  • Narrow the pelvis and tuck the tail under slightly to roll back.

› Connect the exercises into a smooth flow without stopping.
  • Imagine you are a perpetual motion machine moving continuously from one position to the next.

› Keep the shoulders down.
  • Don’t wear your shoulders like earrings.

› Anchor the scapulae into the table as you roll the hips up.
  • Stand on your scapulae.

PURPOSE

› Strengthen abdominals.
› Strengthen the hamstrings and gluteals.
› Stretch the back.
› Stretch and release the hip flexors.
› Teach scapular stability.

PRECAUTIONS

For low back problems: Limit range of motion as needed.

For neck and shoulder problems: Avoid!

Avoid with osteoporosis, active lumbar disc injuries and sciatica.
CAROLA’S BREATHING
INTERMEDIATE • 6 REPS

**Springs:** 2 SB or 1 SY and 1 SR
**Bar/Straps:** Push through bar, Trapeze bar

**Position:** High

**STARTING POSITION**
Lie supine with the head at the tower end of the Trap Table and the knees bent. Adjust the horizontal slider so the trapeze is over the knees. Place the feet in the trapeze (or the sling) with the legs slightly turned out. Hold the push through bar with both hands with the palms facing down.

**MOVEMENT SEQUENCE**
- **Inhale:** Pull the push through bar down to the chest by bending the elbows wide. Extend the arms and press the bar through the uprights and overhead.
- **Exhale:** Bend the elbows to bring the arms down and back to the starting position.
- **Inhale:** Press the trapeze down lifting the hips off the table with a flat back.
- **Exhale:** Roll the back down to return to the starting position.
- **Inhale:** Press the bar up and roll the torso off the table into the Teaser position.
- **Exhale:** Return to the starting position.

**MODIFICATIONS**
**Beginners**
Teach each part of Carola’s Breathing separately before connecting all the pieces.

**Kathy Grant’s version**
Keep the arms overhead as you press the hips up and down.

**Tower version**
Place the ankles on a Reformer sitting box (easier) or a fitball (harder) if you have a Tower instead of a full Trapeze Table.

**CUEING AND IMAGERY**
- Connect the exercises.
  - Imagine you are a perpetual motion machine moving continuously from one position to the next.
  - Press the torso up and roll the torso down from the sit up and the bridge.
- Keep the shoulders down.
  - Keep the shoulder blades on the mat as if they are feet you are standing on.
- Coordinate the breath with the movement in all the exercises.

**PURPOSE**
- Strengthen abdominals.
- Strengthen the back extensors, gluteals and hamstrings.
- Stretch the pectoralis major and the latsissimus dorsi.
- Stretch the back.
- Improve coordination.

**PRECAUTIONS**
For low back problems: Limit range of motion and maintain the appropriate position of the low back for the client.

For shoulder and neck problems: Don’t press the arms overhead and don’t roll up past the bottom of the shoulder blades.

Avoid with osteoporosis, active lumbar disc injuries and sciatica.
1. Starting position. Feet in the trapeze, hands holding the push thru bar.

2. Pull the bar down and place the upper arms on the table.

3. Press the bar through the uprights.

4. Return to the starting position.

5. Press the hips up.

6. Return to the starting position.

7. Curl the upper body off the table.

8. Press the torso up into Teaser.
**Springs:** 1 LP to 2 LY  
**Position:** Low  
**Bar/Straps:** Push through bar with safety strap

**Safety note:** Heavier weight places more pressure on the discs and gives a stronger back stretch. Choose the resistance to minimize excessive stress on the back.

**STARTING POSITION**

Lie supine on the table, with the head at the tower end. Place your hands on the upright bars with the elbows straight and the balls of the feet on the push through bar.

**Safety note:** With taller people, do not allow the client to press the push through bar past the uprights.

**MOVEMENT SEQUENCE**

**Inhale:** Press the bar up and roll the torso off the table into a shoulder stand. Point the feet.

**Exhale:** Dorsiflex the ankles and bend the knees without lowering the hips.

**Inhale:** Press the bar back up and point the feet.

**Exhale:** Roll the spine down with control.

**VARIATION**

*Taller/tighter clients*

In order to begin with the hips in 90 degrees of flexion, the head may be off the end of the table for tall clients. Use a combo Chair or head cushion to support the head.

**CUEING AND IMAGERY**

- Roll the torso off the table smoothly, one vertebra at a time.
  - Imagine you are peeling the back off the mat as if lifting a pancake off a griddle.
  - Use the abdominals, gluteals and hamstrings to make the sequence smooth.

- Don’t lower the hips as the knees bend.
  - Imagine your sit bones are hooked up to the ceiling as the legs bend and straighten.

- Maintain the correct alignment of the lower leg.
  - Keep the ASIS over the knees and the knees over the center of the foot.
PURPOSE

- Strengthen the abdominals.
- Strengthen the gluteals and hamstrings.
- Stretch the spine.
- Learn to articulate the spine with control.

PRECAUTIONS

For low back problems: Avoid with any condition that does not tolerate extreme flexion like most disc injuries.

For neck and shoulder problems: Don’t roll past the top of the shoulder blades or avoid.

Avoid with osteoporosis, active lumbar or cervical disc injuries and sciatica.