

PHASE 1 - Sessions 1–4

1- Hamstring Stretch: Stand facing the Pilates chair with the feet hip-width apart and flat on the floor. Place both hands on the pedal with the elbows extended. Flex the trunk forward, allowing the spine to round while pressing the pedal downward. Return slowly to the starting position by extending the spine sequentially.



2- Tower- knee Flexion: Lie supine on the Pilates Cadillac with the heels together and the feet externally rotated in a V-shaped position against the push-through bar. Begin with the hips and knees flexed. During exhalation, extend the knees while maintaining the position of the pelvis and trunk. Return to the starting position in a controlled manner.



3-Swiss Ball Bridge: Lie supine on the floor with the feet resting on a Swiss ball and the hips and knees flexed. During exhalation, lift the pelvis off the floor by extending the hips and

knees, maintaining alignment of the trunk and lower limbs. Return slowly to the starting position.



4-Leg Circles: Lie supine on the Reformer with the feet secured in the straps, the hips flexed to approximately 90°, and the knees extended. During exhalation, move the legs outward into hip abduction while tracing controlled circular movements with the lower limbs. Maintain pelvic stability throughout the exercise.



5 - Kneeling Arm Series Facing Side: Kneel upright on the Reformer carriage, facing sideways, while holding the straps with the arms positioned in front of the body. During exhalation, raise one arm diagonally upward and outward to approximately shoulder height, maintaining trunk stability and an upright kneeling position. Return to the starting position in a controlled manner.



PHASE 2 - Sessions 5–8

1- Hundred: Lie supine on the Reformer with the hips and knees flexed to approximately 90° and the arms holding the straps. During exhalation, extend the knees while simultaneously pulling the straps downward toward the sides of the trunk and lifting the head and upper trunk off the carriage. Return to the starting position in a controlled manner.



2-Footwork: Lie supine on the Reformer with the feet hip-width apart and placed on the footbar, and the hips and knees flexed. During exhalation, extend the hips and knees to push the carriage away from the footbar while maintaining pelvic and trunk alignment. Return slowly to the starting position by flexing the hips and knees.



3 - Front Splits Extension: Stand beside the Reformer with one foot placed on the floor and the opposite knee and lower leg supported on the carriage. Maintain the trunk upright and the cervical spine in neutral alignment. During exhalation, move the carriage backward by extending the supporting hip, increasing the distance between the lower limbs. Return to the starting position in a controlled manner.



4- Bent Leg Lower: Lie supine on the floor with the feet placed against the pedal of the Pilates chair, the hips and knees flexed, and the heels together in a V-shaped position. During exhalation, press the pedal downward by extending the lower limbs. Return to the starting position by allowing the hips and knees to flex in a controlled manner.



5-Arms Pull: 3 – Kneel on the Reformer carriage, sitting back on the heels, with the trunk upright and the arms extended forward while holding the straps. During exhalation, extend the hips to achieve an upright kneeling position while simultaneously moving the arms backward and outward to approximately shoulder height, keeping the elbows extended. Return to the starting position in a controlled manner.



PHASE 3 - Sessions 9–12

1-Quadruped Knee Tuck on the Reformer: Assume a quadruped position on the Reformer carriage, with the knees supported on the carriage and the hands holding the front support. Maintain the shoulders approximately above the hands and the hips and knees flexed. During exhalation, flex the hips and move the carriage forward, bringing the knees toward the trunk while maintaining upper-limb support. Return to the starting position in a controlled manner.



2-Spine Stretch- Cadillac: 1 – Kneel upright on the Pilates Cadillac, facing the push-through bar and holding it with both hands. During exhalation, tuck the chin toward the chest and flex the spine forward into a rounded C-shaped position while moving the bar forward and downward. Return slowly to the starting position by extending the spine sequentially.



3-Ball on the Wall: Stand with a Swiss ball positioned between the wall and the upper back, with the feet approximately shoulder-width apart and slightly forward of the body. Maintain the trunk aligned and the arms alongside the body. During exhalation, flex the hips and knees to lower the body into a squat while allowing the ball to roll along the wall. Return to the upright position by extending the hips and knees. Progress to an isometric hold in the squat position.



4-Step Down: Stand on the Pilates chair with one foot supported on the seat and the opposite foot placed on the pedal. Maintain the trunk aligned and the arms extended forward for balance. During exhalation, flex the hip and knee of the supporting lower limb while lowering the pedal in a controlled manner. Return to the starting position by extending the supporting lower limb.



5-Leg Series on side: Lie in a side-lying position on the Reformer carriage, supporting the head with the lower arm and placing the upper hand on the carriage for stability. Secure the upper foot in the strap while maintaining the lower limb supported on the carriage. During exhalation, raise the upper leg toward the ceiling through hip abduction, keeping the knee extended and the pelvis stable. Lower the leg slowly to the starting position.

