



# MOVEMENT FLOW SEQUENCING A REFORMER, CADILLAC AND WUNDA CHAIR

## REFORMER

### CROSSED LEG HIP OPENING

Lie on carriage. Place feet on footbar. Cross one leg over the other.  
Extend and straighten leg keeping other leg crossed. Bend in.  
Extend and straighten leg extending top leg from hip. Bend in.  
Hold out position. Bring straight leg to opposite side of body.  
Sweep over body.  
Straighten leg and bring it under other leg. Press out. Bend in.

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### SINGLE ARM PULLS WITH TWIST

Sit on carriage facing straps with legs crossed on head rest.  
Cross straps and hold loop in hands.  
Pull straps to chest. Extend arms out at chest level  
Single arm – Pull one arm to chest keeping elbow up at shoulder level.  
Repeat with other arm.  
Repeat sequence alternating arms.  
Repeat Double Pulls  
Pull both arms to chest and pulse elbows back .  
Place one hand behind head. Shorten strap. Pull other hand to chest.  
Twist torso. Bring torso center. Release arm.

### SIDE ARM OPENING WITH ROLLING AND AROUND THE WORLD

Sit on reformer with back to springs. Hold both straps in hands.  
Roll back to side opening arms out. Roll to center sitting tall.  
Alternate sides.  
Roll back to side opening arms out. Roll through center to other side.  
Lift center. Alternate sides.







