



MVe® Everybody Reformer Workout

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1. The Powerhouse – The Core but More!

Key Muscles:

- Abdominals: Rectus Abdominis, Obliques, Transverse Abdominis
- Multifidus
- Diaphragm
- Pelvic Floor
- Adductors
- Gluteals

2. Pilates Principles

- Concentration
- Centering
- Control
- Precision
- Breathing
- Flowing Movement

3. Alignment Tools

- Pilates Stance
- Box/ Frame
- Centerline
- Abs in and up
- Breathing
- Length and Opposition
- Shoulders down the back
- Pilates Point

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**

4. The MVe® Reformer

- Studio Height
- Stackable
- Mat and Reformer mode
- 5 spring system
- 4 gear system – sliding adjustment
- Locking footbar
- Short Box, Non Slip Pad

5. The MVe® Complete Workout System – Reformer

- MVe Reformer Level I Course
- Instructor Manual
- Instructor Education DVD
- 3 Pre-programmed choreographed workouts
- 3 Workout DVDs: Everybody, Definition, Energize
- Audio Downloads

6. The MVe® Reformer Everybody Workout

- Warm Up:
 - Fundamentals
 - Mat
- Workout
 - Reformer
- Cool Down
 - Push Up Series
 - Splits and Lunges
 - Standing Power Circle

"Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch—what makes you go beyond the norm." – Cicely Tyson

Thank You for Your Time and Energy!

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