

Training the Upper Body - Exercise Handout

Name of Exercise	Why	Contraindications	Modifications	Progressions	Alternatives
Trapeze: Supine rotator cuff	To help stabilise the glenohumeral joint	Some rotator cuff injuries	With or without band	Increase REPs	With Band No spring
Trapeze: Scapular mobility with torso rotation	To mobilise the muscles around the scapular	Shoulder injuries	Telescope arms	More REPs Increase spring tension	Mat: Telescope arms
Trapeze: Single arm pull	To stabilise the scapular	Some rotator cuff injuries	Lighten the spring With orbit	Increase REPs	Orbit
Trapeze: Pull down	To stabilise the scapular	Some rotator cuff injuries	Lighten the spring With band	Increase REPs	With band
Reformer: Side arm with rotation	To increase scapular stability	Back injuries that do not tolerate rotation	With a band	Increase spring tension Increase REPs	With band
Mat: Seated mermaid beginner	Scapular stability in lateral plane of movement	Back injuries that do not tolerate lateral flexion Some wrist injuries Some shoulder injuries Some hip injuries	Sit crossed leg if 'Z' sitting is uncomfortable Trapeze: Mermaid sitting	Increase REPs Mat: Semi side plank	Trapeze: Mermaid sitting Chair: Seated mermaid
Mat: Side leg lifts	To strengthen the legs in the lateral plane.	Sciatica ROM for any hip injuries	Bend the underneath knee Place head on pillow or arm	Mat: Kneeling side leg lifts	Trapeze: Side-lying leg lifts.
Band: Eversion exercise	To strengthen the lateral side of the leg and foot	Ankle pathologies that cannot do eversion	Reduce band tension	Use long spring from Trapeze table	Trapeze table: long spring Trapeze: dorsi and plantar flexion
Chair: Seated mermaid	To increase scapular stability on a moving surface. To increase flexibility in lateral side of the body	Some wrist pathologies Back pathologies that do not tolerate lateral flexion	Mat: Seated mermaid beginner Trapeze: Mermaid sitting	Mat: Side plank	Mat: Seated mermaid beginner Trapeze: Mermaid sitting

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Reformer: Side bend press	To increase scapular stability and arm strength. To increase flexibility in the lateral side of the body	Back pathologies that do not tolerate lateral flexion Not strong enough	Decrease spring tension With band	Increase REPs Increase spring tension Reformer: Side support with knees on carriage	With band
Mat: Semi side plank	To strengthen the lateral side of the torso and should girdle	Some shoulder injuries	Mat: Seated mermaid beginner	Mat: Full side plank on elbow	Mat: Full side plank on elbow Orbit: Side plank
Mat: Side plank	To increase strength in the lateral torso and shoulder girdle, scapular stability	Ankle / foot pathologies Not strong enough	Mat: semi side plank	Mat: Star Reformer: Star	On the elbow Mat: Star
Chair: Kneeling side kicks	To increase strength in the lateral torso, gluts, and shoulder girdle. Increase scapular stability. To increase balance awareness in lateral flexion	Wrist pathologies Back pathologies that do not tolerate lateral flexion Knee injuries	Mat: Side-lying leg kicks	Reformer: Star	Reformer: Star Mat: Kneeling side kicks Mat: Side-lying leg kicks
Mat: Star	To increase strength in the lateral torso, gluts, and shoulder girdle. Increase scapular stability To increase balance awareness in lateral flexion	Wrist pathologies Back pathologies that do not tolerate lateral flexion Balance problems	Mat: Side plank Mat: Normal plank on elbows	Mat: Side bend mermaid Reformer: Star	On elbow On reformer
Mat: Side bend mermaid	To strengthen whole body and improve whole body integration	Wrist injuries Not strong enough Ankle pathologies	See all preparations before	Increase reps	Reformer: Star Mat: Side bend twist

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Chair: All fours	To create deep core awareness and strength. To increase scapular stability	Wrist injuries Knee injuries	With out the chair Step Barrel: Deep scoop	Lift the knees Plank position	Step Barrel: Deep scoop Reformer: hands on platform light spring, carriage stable
Reformer: Kneeling abdominals facing front	To increase core stability and shoulder girdle strength and scapular stability	Wrist injuries Knee injuries	Come onto the elbows Pad the knees	Reformer: knee stretch	Orbit: Spine stretch knees on orbit
Reformer: Standing	To increase balance on moving carriage. To increase hip stability and leg strength	Balance problems Groin injuries	ROM Perform on the floor with 1 foot on the orbit	More REPs Change choreograph	Orbit: Standing one foot on orbit
Reformer: Long stretch	To increase upper body strength. To increase core strength	Wrist injuries Not strong enough	Reformer: Knee stretch	More REPs Reduce spring tension Reformer: Upstretch	Chair: Push up both hands on pedal
Reformer: Elephant	To increase balance on moving carriage. To increase hip stability. To increase hamstring flexibility To increase scapular stability	Some hamstring injuries Balance problems Motion sickness	Reformer: Elephant (original exercise) Reformer: Knee stretch Reformer: Standing elephant from floor	Reduce spring tension Reformer: 1 leg elephant	Reformer: Standing elephant from floor
Reformer: Tendon stretch	To increase scapular stability, upper body strength and pelvic stability. To increase control of the carriage	Wrist injuries Plantar fascia	Reformer: stomach massage	More REPs Reformer: Tendon stretch with leg behind	Chair: Tendon stretch
Trapeze: Magician	To increase whole body strength and control. Scapular stability	Wrist injuries	Have the arms down by the sides	Trapeze: Magician walking	Reformer: Control front Chair: Push up both hands on pedal

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Reformer: Control front	To increase whole body strength and control. Scapular stability	Wrist pathologies	Mat: Plank Mat: Leg pull down Mat: Elbow plank Reformer: Knee stretch Reformer: Long stretch Reformer: Control front (original exercise)	Lift the back leg up	Mat: Plank Mat: Leg pull down Mat: Elbow plank Reformer: Knee stretch Reformer: Long stretch Reformer: Control front (original exercise)
Reformer: Snake	To strengthen whole body and improve whole body integration. To improve balance	Wrist pathologies Not strong enough Fear	See all preparations before	Reformer: Twist Increase reps	Mat: Side bend mermaid Mat: Side ben twist