

EXERCISE SPOTLIGHT

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V2 Max Plus™ Reformer

The V2 Max Plus Reformer is a versatile piece of Pilates equipment that facilitates limitless exercise possibilities. Equipped with a raised mat platform, movable carriage and our innovative Vertical Frame with retractable rope system and travelling pulleys, the V2 Max Plus Reformer offers clients a number of ways to work with resistance and tension, making it the premier tool for Pilates-based sports conditioning, cross-training or rehab. Be mindful of your balance when using this equipment and follow all safety instructions.



Supine Ab Crunches

Resistance: 2-3 springs

Starting position: Supine, imprinted position with legs bent in tabletop, hands behind head and extension straps around thighs just above knees. Flex upper torso and pull knees towards you, then return to starting position. Can keep head up for extra abdominal challenge.



Footwork with Pec Fly

Resistance: 3-4 springs

Starting position: Neutral, reaching arms to the ceiling while holding Toning Balls™. Push off footbar and open arms horizontally. Return carriage and lift arms to ceiling back to starting position.



Triceps Press

Resistance: 1-2 springs

Starting position: On the Reformer Box start in prone with neutral spine, arms flexed with elbows by side while holding ropes. Extend arms and spine simultaneously. Return to starting position. Can be done holding neutral to prevent overworking lumbar spine.



Roll Down with Obliques

Resistance: 1-2 springs

Starting position: Sit facing pulleys with neutral pelvis and spine, hold handles with arms rounded in front of chest. Roll away from Vertical Frame, pulling straps to chest, rotate spine and open arms keeping the carriage still. Rotate back to center and repeat on other side before returning to starting position.



Hug a Moon

Resistance: ½-1 spring

Starting position: Kneel on carriage facing side with arm closest to pulleys holding strap out horizontally. Press arm up to ceiling, then return to starting position. Can be done with elbow bent until able to stabilize torso in neutral and build shoulder strength.



Plank with Shoulder Press

Resistance: 1-2 springs

Starting position: Hands on carriage and toes tucked against Cardio-Tramp® Rebounder or Jumpboard™, plank position in neutral full stop. Push carriage with arms, go as far as stability can be maintained, then return to starting position. If done with lighter tension, it increases core challenge; higher tension will challenge arms and shoulders further.



Jumping with Obliques

Resistance: ½-1 spring

Starting position: Hands behind head, upper spine in flexion and lower spine imprinted, feet parallel and hip distance apart on Cardio-Tramp® Rebounder or Jumpboard™. Push off with both feet to jump; pull one knee towards chest and twist upper body towards it. Return carefully to starting position. Make sure to articulate feet as to minimize impact through lower kinetic chain joints.