

ROAD TO SWAN, SNAKE AND STAR

This is not a full list for progressions. I could go on and on. But, I hope this gets your mind going on how you can progress yourself to any of these exercises.

ONLINE
PILATES
CLASSES BY LESLEY LOGAN



Swan

Most important is to learn how the arms lift the back into extension and legs reach from your Thass.

Mat:

- [Double Leg Stretch](#)
- [Double Leg Kick](#)
- [Swimming](#)
- [Rocking](#)
- Anything that you can do with your feet into a wall or floor
- 100 wall, [Swan](#), on a ball feet on the wall, [roll up](#) with feet on the wall

Ladder Barrel:

- Swan with feet down
- Swan with legs strait
- [Swan](#)
- [Short Box Round](#)

Cadillac:

- [Baby Swan](#)
- [Rolling Stomach Massage](#)

Spine Corrector:

- [Arm Series](#)

Reformer:

- [Swan Prep](#)
- [Rowing 1 and 2](#) arms going behind you
- [Long Stretch](#) archival
- [Down Stretch](#)
- [Short Box Round](#)

Snake

Common mistake is that people use their arms too much in this exercise. The more you work through your legs the better.

Mat:

- Snake
- [Side Bend](#)
- [Crab](#)
- [Swan Dive](#)
- [Spine Twist](#)

Ladder Barrel:

- [Short Box Round](#)
- Tree
- [Side Sit Ups](#)

Cadillac:

- Roll Back with Side Bend
- [Chiropractor](#)
- [Rolling In and Out](#)
- [Swan](#)
- [Hanging with Twist](#)

Wunda Chair:

- [Teaser with Twist](#)
- [Side Pull Ups](#)
- Side Sit Ups
- [Swan with a Twist](#)

Reformer:

- [Swan](#)
- [Down Stretch](#)
- [Up Stretch](#)
- Up Stretch Combo
- [Elephant](#)

Star

Biggest issue here is that people like to push with their arms.

Mat:

- Plank
- [Side Kicks](#)
- [Kneeling Side Kicks](#)
- [Side Bend](#)
- Wall

Ladder Barrel:

- Using the ladder
- [Side Sit Ups](#) hold
- [Swan](#) with straight legs

Cadillac:

- Push Down with Push through bar
- [Arm Springs](#)
- [Leg Springs](#)

Wunda Chair:

- [Star](#)
- Side Sit Ups

Reformer:

- [Long Stretch](#)
- [Mermaid](#)
- [Pull Straps T Pull](#)
- Control Balance [Front](#) & [Back](#)

Like the equipment LL's using?

[Mat](#) [Reformer](#) [Cadillac](#)
[Spine Corrector](#) [Ladder Barrel](#)