



## Reformer at Home

Springs	Exercise	Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch	2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree
4	Hundred	2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant
2	Short Spine Massage	4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Coordination	2	Knee Stretch Series -Round -Arched -Knees Off
1	Swan	4	Running
1 2 1	Long Box Series -Pull Straps & T -Backstroke -Teaser	4	Pelvic Lift

