Reformer - Romana Advanced

Footwork
- -Toes
- -Arches
- -Heels
- -Tendon Stretch

Hundred

Overhead

Coordination

Rowing Series
- -Into the Sternum
- -90 Degrees
- -From the Chest
- -From the Hips
- -Shaving
- -Hug

Swan on Ladder Barrel

Long Box Series
- -Pull Staps
- -T Straps
- -Backstroke
- -Teaser
- -Horseback

Short Box Series
- -Round Back
- -Flat Back
- -Side to Side
- -Twist
- -Tree

Long Stretch Series
- -Long Stretch

- -Down Stretch
- -Up Stretch
- -Elephant
- -Long Back Stretch

Stomach Massage Series

- -Round
- -Hands Back
- -Reach Up
- -Twist

Tendon Stretch
Short Spine Massage
Semi Circle
Chest Expansion
Thigh Stretch
Arm Circles
Snake
Twist
Corkscrew
Long Spine Massage
Knee Stretch Series

- -Round
- -Arched
- -Knees Off

Running
Pelvic Lift
Push Up Front
Push Up Back
Side Splits
Front Splits
Russian Splits