Reformer - Jay Grimes

Footwork
- Toes
- Arches
- Heels
- Tendon Stretch

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

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

Long Stretch Series
- Long Stretch
- Down Stretch
- Up Stretch
- Elephant
- Elephant - One Leg Back
- Long Back Stretch
Stomach Massage Series
  -Round
  -Hands Back
  -Reach Up
  -Twist

Short Box Series
  -Round Back
  -Flat Back
  -Side to Side
  -Twist
  -Around the World
  -Tree

Short Spine Massage
  Semi Circle
  Chest Expansion
  Thigh Stretch
  Arm Circles
  Snake
  Twist
  Corkscrew
  Tick Tock
  Balance Control Step Off

Long Spine Massage
  Feet in Straps
    -Frogs
    -Leg Circles

Knee Stretch Series
  -Round
  -Arched
  -Knees Off

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