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