



Zippy Intermediate Reformer

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