

Reformer Refueler

Springs	Exercise
	Cat Cows on Reformer & Side Stretches & Pulling Forward
2	Kathy Grant's Spine Lift
4	Footwork -Toes -Arches -Heels -Tendon Stretch
2 or 3	Kathy Grant's Arm Circles
3	Hundred
2	Coordination - alternate leg opening
2	Swan
1 2 1	Long Box Series -Pull Straps & T -Backstroke -Teaser
2	Short Box Series -Round Back -Flat Back -Twist
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch

	-Elephant -Elephant 1 leg
	Tricep Dips
4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Short Spine
2	Semi Circle
	Corkscrew
2	Knee Stretch Series -Round -Arched -Knees Off
4	Running
2	Pelvic Lift
2 or 1	Side Splits
2	Front Splits