

## Jump On It Reformer

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
2	Coordination
1 2 1	Long Box Series -Pull Straps -Backstroke -Teaser
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree -Side Sit Ups
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant

4	Stomach Massage Series
3	-Round
2	-Hands Back
2	-Reach Up
2	-Twist
2	-Round with 1 leg
2	Semi Circle
2	Knee Stretch Series
	-Round
	-Arched
	-Knees Off
4	Running
4	Pelvic Lift
2 or 1	Side Splits
2	Front Splits
2	1st Position
2	3rd Position
2	Teaser
2	1st Position - 1 Leg
2	Jump in Parallel - 1 Leg
2	Teaser with Twist
2	Grand Pas Du Chat