



Gina's Reformer on the Mat

Footwork -Toes -Arches -Heels -Tendon Stretch	All 6x
Hundred	100x
Overhead	3x
Coordination	3x
Rowing Series Biceps and Triceps	3x
Long Box Series -Swan -Pull Straps & T -Backstroke -Teaser -Shaving 1 Arm -Horseback	5x 3x 3x 3x 3x 3x
Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree	All 3x
Long Stretch Series -Long Stretch -Down Stretch	All 3x

-Up Stretch -Elephant	
Stomach Massage Series -Round -Hands Back -Reach Up -Twist	All 3x
Roll Like a Ball	3x
Semi Circle	3x
Tendon Stretch	3x
Swakate	3x
Side Plank Mermaid Twist Combo	3x
Snake & Twist	3x
Knee Stretch Series -Round -Arched -Knees Off	3x
Running	10x
Pelvic Lift	3x
Russian Splits	3x