



Reform Your Core

Springs	Exercise
4	Footwork (Repeat all) -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
2	Short Spine Control
2	Coordination
1	Rowing Series -Into the Sternum -90 Degrees
1 2 1	Long Box Series -Pull Straps & T -Backstroke -Teaser
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant
4 3	Stomach Massage Series -Round -Hands Back

2	-Reach Up
2	-Twist
2	Long Back Stretch
2	Semi Circle
2	Knee Stretch Series -Knees Off
4	Running
4	Pelvic Lift
2	Front Splits