

## Reformer Flow with Carrie (No Box)

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