



Sonjé Mayo / Complete Basic Reformer With Sonjé

Imprint

Press It Out

- Pilates V
- Circles on the Bar
- Heel on the Bar
- Pilates V Lower and Lift
- Parallel Lower and Lift

The Hundreds

Tricep Press

Arm Circles

Short Spine Massage

Stomach Massage Series

- Hold the Edge
- Hands Back
- Reaching

Long Box

- Pulling Straps 1
- Pulling Straps 2

Short Box

- Round
- Flat back
- Side to Side
- Reach and Twist
- Tree Front
- Side Sit Ups

Long Straight Series

- Elephant
- Stock

Knee Straight Series

- Round
- Flat back
- Knees Off

Extensions

- Frog Leg Circles
- Big Circles

Running

Splits Forward Lunge