



## 2 Reps Transitions Workout

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
2	Coordination
1	Rowing Series -Into the Sternum -90 Degrees -From the Chest
1 2 1	Long Box Series -Pull Straps & T -Backstroke -Teaser
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree
2	Long Stretch Series -Long Stretch

	<ul style="list-style-type: none"> <li>-Down Stretch</li> <li>-Up Stretch</li> <li>-Elephant, Elephant 1 leg</li> </ul>
4 3 2 2	Stomach Massage Series <ul style="list-style-type: none"> <li>-Round</li> <li>-Hands Back</li> <li>-Reach Up</li> <li>-Twist</li> </ul>
2	Tendon Stretch Prep
2	Semi Circle
2	Feet in Straps <ul style="list-style-type: none"> <li>-Leg Circles</li> <li>-Frogs</li> </ul>
2	Knee Stretch Series <ul style="list-style-type: none"> <li>-Round</li> <li>-Arched</li> <li>-Knees Off</li> </ul>
2	Running
2	Pelvic Lift
2 or 1	Side Splits
2	Front Splits