

Afterglow Reformer

Springs	Exercise	Springs	Exercise
1	Footwork -Toes -Arches -Heels -Tendon Stretch	2 2 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Hundred	2	Tendon Stretch, Side, Combo
2	Short Spine Massage	2	Semi Circle
2	Coordination	2	Knee Stretch Series
1	Rowing Series -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug	1	Running
	Ab Series on carriage		
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant -Tricep Dips off carriage -Long Back Stretch		