

Resist Your Springs Reformer

| Springs | Exercise |
|-------------|--|
| 4 | Footwork -Toes -Arches -Heels -Tendon Stretch |
| 4 | Hundred |
| 2 | Feet in Straps -Frogs & Leg Circles |
| 2 2 2 | Stomach Massage Series -Round -Hands Back -Reach Up |
| 2 | Short Box Series -Round Back -Flat Back -Twist -Tree |
| 2 | Elephant |
| 2 | Knee Stretch Series -Round -Arched -Knees Off |
| 4 | Running |
| 4 | Pelvic Lift |