



Intermediate Reformer No Box

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