



Reformer Goals 1 of 3 - Tendon Stretch

Springs	Exercise		
4	Footwork	2	Semi Circle
4	Hundred	2	Feet in Straps
2	Short Spine Massage	2	Knee Stretch Series
2	Coordination	4	Running
1	Rowing Series -From the Chest -From the Hips -Shaving -Hug	4	Pelvic Lift
1 2 1	Long Box Series -Pull Straps -Backstroke -Teaser	1	Side Splits
2	Long Stretch Series	2	Front Splits
4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist		
2	Short Box Series		
2	Tendon Stretch, Side, Back, Combo		