

Reformer Goals 2 of 3 - Teaser

| Springs | Exercise | | |
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| 4 | Footwork -Toes -Arches -Heels -Tendon Stretch | 4 3 2 2 | Stomach Massage Series -Round -Hands Back -Reach Up -Twist |
| 4 | Hundred | 1 | Chest Expansion |
| 2 | Short Spine Massage | 3 | Thigh Stretch |
| 2 | Coordination | 2 | Knee Stretch Series |
| 1 2 1 | Long Box Series -Pull Straps -Backstroke -Teaser | 4 | Running |
| 2 | Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree | 4 | Pelvic Lift |
| 2 | Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant, Elephant 1 leg -Long Back Stretch | | |