



Reformer Goals 3 of 3 - Snake Twist

Springs	Exercise		
4	Footwork -Toes -Arches -Heels -Tendon Stretch	4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
4	Hundred	2	Tendon Stretch
2	Overhead	2	Short Spine Massage
2	Coordination	1	Snake & Twist
1	Rowing Series	2	Knee Stretch Series
1 2 1	Long Box Series -Pull Straps -Backstroke -Teaser	4	Running
2	Short Box Series	4	Pelvic Lift
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant, Elephant 1 leg -Long Back Stretch	1	Side Splits