

Reformer on the Mat with Mariano

Standing Lift and lower heels		Stomach Massage Series	3 ea
Footwork	5 ea	Tendon Stretch	3x
- Toes		Short Spine Massage	3x
- Arches		High Frog	3x
- Heels		Semi Circle/Tendon Strch	3x
- Tendon Stretch		Chest Expansion	2x
Hundred	100	Thigh Stretch	3x
Overhead	3x	Backbend	1x
Coordination	3x	Arm Circles	3x
Rowing Series	3 ea	Shave	3x
- Into the Sternum		Snake & Twist	2 ea
- 90 Degrees		Control Balance	
- From the Chest		Rolling Like a Ball	2x
- From the Hips		Running	
- Shaving		Pelvic Lift / Side Split	3x
- Hug		Saw	1 ea
Swan	5x	Push Ups	3x
Long Box Series	3 ea	Push Up 1 Leg	3x
Short Box Series	3 ea	Russian Squat	3 ea
Long Stretch Series	3 ea		
Rolling Like a Ball	5x		