

Happy Knees Reformer

Springs	Exercise		
3	Footwork -Toes -Arches -Heels add one leg -Tendon Stretch	1	Sit on foot bar - Press one leg out
3	Hundred	2	Side Splits with short box on
2	Frog	1	Side Splits with Short box on
2	"Half Short Spine"	2	Long Stretch Series -Up Stretch
2	Coordination	2	Knee Stretch Series -Knees Off
1	Rowing Series - Shaving - Hug	3 or 4	Running
1	Long Box -Pull Straps	3 or 4	Pelvic Lift
2	Short Box Series -Round Back -Flat Back -Spinal twist with pole -Twist -Side Sit Up		
1	Stand in well facing footbar - kick one leg back into short box		