



Sonjé Mayo
October 24th LIVE SESSIONS
REFORMER

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine
1	Rowing Series -Shaving -Hug
1 2 1	Long Box Series -Pull Straps & T -Backstroke -Teaser
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree
2	Long Stretch Series -Long Stretch



	-Down Stretch -Up Stretch -Elephant, Elephant 1 leg
2	Tendon Stretch
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch
2	<i>*Add Extension Straps</i> Corkscrew
2	Frog
2	Leg Circles
2	Knee Stretch Series Round Arched Knees Off
4	Running
1 or 2	Side Splits
2	Front Splits