



Reformer 360 Class 1 of 6 - Posture

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	Chest Expansion
2	Short Spine Massage	4	Running
1 2 1	Long Box Series -Pull Straps -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		