

Reformer 360 Class 3 of 6 - Stretch

Springs	Exercise
2	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Feet in Straps -Leg Circles -Frogs
2	Long Stretch Series -Down Stretch, Backbend -Elephant, Elephant 1 leg, Arabesques
2	Tendon Stretch
2	Short Spine Massage, High Frog
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch
1	Mermaid
2	Front Splits