



Reformer 360 Class 4 of 6 - Control

Springs	Exercise	Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch	2	Knee Stretch Series -Round -Arched -Knees Off
4	Hundred	4	Running
2	Short Spine Massage	4	Pelvic Lift
2 1	Long Box Series -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, backbend -Elephant, 1 leg		
2	Tendon Stretch		