

Reformer 360 Class 5 of 6 - Breath

| Springs | Exercise | Springs | Exercise |
|---------|---|---------|--------------------------------|
| 3 | Footwork -Toes -Arches -Heels -Tendon Stretch | 2 | Knee Stretch Series -Knees Off |
| 3 | Hundred | 3 | Running |
| 2 | Coordination | 3 | Pelvic Lift |
| 1 | Rowing - Hug | 2 or 1 | Side Splits |
| 2 | Swan | 2 | Front Splits |
| 2 | Long Box Series -Backstroke | | |
| 2 | Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree | | |
| 2 | Long Stretch Series -Down Stretch only | | |
| 2 | Chest Expansion | | |
| 1 | Snake & Twist | | |