



Reformer 360 Class 6 of 6 - Flow

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Overhead
2	Coordination
1	Rowing Series -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
1 2 1 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, Backbend -Up Stretch, -Elephant, Elephant 1 leg, Arabesques
4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch
2	Short Spine Massage, High Frog
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch
1	Snake & Twist
1	Mermaid
2	Knee Stretch Series -Round -Arched -Knees Off
4	Running
4	Pelvic Lift
2 or 1	Side Splits
2	Front Splits
2	Russian Splits