



Midline Reformer

Springs	Exercise
3 or 4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
2	Coordination
1 1 2 1	Long Box Series -Swan -Pull Straps -Backstroke -Teaser
2	Short Box Series -Round Back -Natural Curves -Twist/Reach -Tree -Side Sit Ups
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant

2 2 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Semi Circle
2	Feet in Straps -Leg Circles -Frogs
2	Knee Stretch Series -Round -Arched -Knees Off
3 or 4	Running
3 or 4	Pelvic Lift
2	Front Splits

Marching
Arm Circles