



Express Reformer No Box

Springs	Exercise		
2	Footwork -Toes -Arches -Heels -Tendon Stretch	2	Knee Stretch -Knees Off
2	Hundred	2	Running
2	Overhead	2	Pelvic Lift
2	Coordination	2	Russian Splits
1	Rowing Series -Bicep Curls (2 springs) -From the Chest -From the Hips		
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant, Elephant 1 leg,		
2	Semi Circle Prep		
2	Corkscrew, Tick Tock		
2	Feet in Straps -Long Spine Massage -Leg Circles -Frogs		