



10 Minute Pilates Strength & Length Reformer Workout

Springs	Exercise
2	Footwork -Toes -Arches -Heels -Tendon Stretch
2	Hundred
2	Feet in Straps -Frog -Circles
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch
2	Knee Stretch Series -Round -Arched -Knees Off
2	Running
2	Pelvic Lift