

Sweaty 20 Reformer

Springs	Exercise		
4	Footwork -Toes -Arches -Heels -Tendon Stretch	4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
4	Hundred	2	Knee Stretch Series -Round -Arched -Knees Off
2	Short Spine Massage	4	Running
2	Coordination	4	Pelvic Lift
1 1 2 1	Long Box Series -Swimming -Pull Straps & T -Backstroke -Teaser		
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant, 1 leg, Arabesques -Long Back Stretch		