

Studio Burn: Reformer

Springs	Exercise
4	Footwork <ul style="list-style-type: none"> -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Overhead
2	Coordination
1	Rowing Series <ul style="list-style-type: none"> -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
1 2 1 1 1	Long Box Series <ul style="list-style-type: none"> -Pull Straps & T -Backstroke -Teaser -Breaststroke -Horseback
2	Long Stretch Series <ul style="list-style-type: none"> -Long Stretch (1 or 0 Springs) -Down Stretch, Backbend -Up Stretch, Up Stretch Combo

	-Elephant, Arabesques 1, 2 & 3 -Long Back Stretch
4 3 2 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Stretch
2	Tendon Stretch
2	Short Spine Massage
2	Semi Circle, stretch
2	Chest Expansion
3	Thigh Stretch, Backbend to Bar
1	Arm Circles
2	Mermaid
1	Snake & Twist
2	Corkscrew
2 1 2 2 2	2nd Long Box Series -Hamstring Curls -Single Leg -Rocking -Grasshopper -Swimming
2	Feet in Straps -Long Spine Massage
2	Knee Stretch Series -Knees Off
4	Running

4	Pelvic Lift
1 reg or 2 gear out	Push Up Front
2	Push Up Back