

Pelvic Sunglasses Reformer

Springs	Exercise	Springs	Exercise
	Start sitting on Footbar - TV Exercises	2	Elephant
4	Footwork -Toes -Arches -Heels -Tendon Stretch	2	Knee Stretch Series -Round -Arched -Knees Off
4	Hundred	4	Running
4	Pelvic Lift	4	Pelvic Lift
2	Feet in Straps -Leg Circles & Frogs		
4 3 2	Stomach Massage Series -Round -Hands Back -Reach Up		
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree		