



Feel Good Reformer Flow

Springs	Exercise	Springs	
3 or 4	Footwork -Toes -Arches -Heels -Tendon Stretch	2	Knee Stretch Series -Round -Arched -Knees Off
3 or 4	Hundred	3 or 4	Running
2	Feet in Straps -Frogs -Leg Circles -Frogs	3 or 4	Pelvic Lift
3 or 4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist		
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree -Side Sit Ups		
2	Long Stretch Series -Elephant		