



Reformer Magic

Springs	Exercise	Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch	4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Stretch
4	Hundred	2	Feet in Straps -Long Spine Massage -Frogs -Leg Circles
2	Short Spine Massage	2	Knee Stretch Series - Knees Off
2	Hamstring Curls	4	Running
1 2 1	Long Box Series -Pull Straps & T+ biceps curls -Backstroke -Teaser	4	Pelvic Lift
	Series of 5		
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree		