



May 7th Reformer Bootcamp with Nicole Smith

Exercise List

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
2	Coordination
2	Rowing Series -From the Chest -From the Hips -Shaving -Hug
2 1 2 2 1 1	Long Box Series -Swan (add Small Barrel) -Pull Straps & T -Backstroke -Teaser (Up/Down) -Teader (Circles/Reverse) -Horseback (Prep) No Straps
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist & Reach -Tree

Springs	Exercise
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch
2	-Elephant (on shoulder blocks)
2	-Demi Point (Square Hips)
2	-Flat Foot (Open Hips)
2	-On Shoulder Blocks (Prep with 4 Springs)
1	Long Back Stretch
2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
4	Tendon Stretch Prep
2	Tendon Stretch
2	Semi Circle
2	Feet in Straps -Leg Circles -Frogs
2	Knee Stretch Series -Knees Off
4	Running
4	Pelvic Lift