

May 21st Reformer Bootcamp with Nicole Smith

Exercise List

Springs	Exercise
3	Footwork -Toes -Arches -Heels -Tendon Stretch
3	Hundred
2	Overhead
2	Coordination
1 1 1 1 1 1	Rowing Series -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
2 1 1 2 1 1 1 1	Long Box Series -Swan -Pull Straps 1 -Pull Straps 2 -Backstroke -Teaser (Up/Down) -Teaser (Circles/Reverse) -Breaststroke -Horseback
2	Short Box Series -Round Back -Flat Back

Springs	Exercise
	-Side to Side -Twist & Reach -Tree
1	Long Stretch Series
1	-Long Stretch
2	-Down Stretch
	-Up Stretch
2	Elephant
2	Arabesque Series
	-Demi Point (Square Hips)
	-Flat Foot (Open Hips)
	-On Shoulder Blocks (Open Hips)
2 or 1	Long Back Stretch
2	Stomach Massage Series
	-Round
	-Hands Back
	-Reach Up
	-Twist
2	Tendon Stretch, Side
2	Short Spine Massage, High Frog
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch
1	Kneeling Arm Series
	-Up/Down
	-Circles (Reverse)
	-Shaving

Springs	Exercise
	-Biceps
4 2	Snake & Twist Bar Up/Down Prep Snake & Twist Bar Down
2	Corkscrew & Tic Toc
2	Balance Control Step Off
2	Long Spine Massage
2	Leg Circles & Frogs
2	Knee Stretch Series -Knees Off
2	Running
2	Pelvic Lift
2 or 1	Control Push Up Series -Push Up Front (2nd Gear) -Push Up Back
2 or 1	Side Splits -Hug -Saw
2	Front Splits -Kneeling
2	Russian Split Series -Straight Legs
4	Star Prep