

May 28 Reformer Bootcamp with Nicole Smith

Exercise List

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	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 2 2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch

Springs	Exercise
2	Elephant
2	Arabesque Series -Demi Point (Square Hips) -Flat Foot (Open Hips)
2 or 1	Long Back Stretch
4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch, Side, Back
2	Short Spine Massage, High Frog
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch
1	Kneeling Arm Series -Up/Down -Circles (Reverse) -Shaving -Biceps
2	Headstands 1 & 2
2	Thigh Stretch Backbend
2	Snake & Twist Bar Down
2	Corkscrew & Tic Toc
2	Balance Control (No Step Off)

Springs	Exercise
2	2nd Long Box: Grasshopper, Rocking, Swimming
2	Short Box Series -Round Back -Flat Back -Side to Side -Twist & Reach, Around the World -Tree
2	Long Spine Massage
2	Leg Circles & Frogs
2	Knee Stretch Series -Round Back -Arched -Knees Off
4	Running
4	Pelvic Lift
2 or 1	Side Splits -Hug -Saw
2	Front Splits -Bent Knee -Straight Leg -Kneeling
2	Russian Splits
2	Star
2	Grande Ecarte
1	Star