

May 14th Reformer Bootcamp with Nicole Smith

Exercise List

Springs	Exercise
2	Footwork -Toes -Arches -Heels -Tendon Stretch
2	Hundred
2	Short Spine Massage
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 2 2 1 1 1 1	Long Box Series -Swan Variation -Pull Straps 1 -Pull Up Straps 1 -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 -Side Sit Ups
1 1 2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch
2	Elephant
2	Arabesque Series -Demi Point (Square Hips) -Flat Foot (Open Hips) -On Shoulder Blocks (Open Hips)
2	Long Back Stretch
2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch, Side, Back
2	Overhead
2	Short Spine Massage, High Frog
2	Semi Circle
2	Chest Expansion
1	Snake & Twist
2	Corkscrew & Tic Toc

Springs	Exercise
2	Balance Control (Prep/Step Off)
3	Long Spine Massage
2	Frogs & Leg Circles
2	Knee Stretch Series -Round Back -Arched -Knees Off
2	Running
2	Pelvic Lift
1-2	Control Push Up Series -Push Up Front (2nd Gear) -Push Up Back
2 or 1	Side Splits -Hug -Saw
2	Front Split Series -Bent Knee -Straight Leg -Kneeling
2	Russian Split Series -Lunge -Straight Legs