

June 4 Reformer Bootcamp with Nicole Smith

Exercise List

Springs	Exercise
2	Footwork -Toes -Arches -Heels -Tendon Stretch
2	Hundred - No Straps
2	Short Spine Massage
2	Coordination - No Straps
1 1 1 1 1 1	Rowing Series -Into the Sternum -90 Degrees -From the Chest - No Straps -From the Hips - No Straps -Shaving - No Straps -Hug - No Straps
2 1 1 2 1 1	Long Box Series -Swan -Pull Straps 1 - No Straps -Pull Straps 2 - No Straps -Backstroke - No Straps -Breaststroke - No Straps -Horseback - No Straps
2	Short Box Series (Add Magic Circle) -Round Back -Flat Back -Side to Side -Twist & Reach -Tree

Springs	Exercise
1 1 2	Long Stretch Series -Long Stretch (Hold Side of Footbar) -Down Stretch (Heels Together) -Up Stretch
2	Elephant
2	Arabesque Series -Demi Point (Square Hips) -Flat Foot (Open Hips)
2 or 1	Long Back Stretch (Standing at the Footbar)
2 2 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch Series -Two Feet (Hold Sides of Footbar)
2	Overhead
2	High Frog
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch
1	Kneeling Arm Series -Up/Down -Circles (Reverse) -Shaving -Biceps
4	Snake & Twist Balance

Springs	Exercise
4	Corkscrew & Tic Toc
3	Long Spine Massage
2	Leg Circles & Frogs
2	Knee Stretch Series (Footbar Down) -Round Back -Arched -Knees Off
2	Running
2	Pelvic Lift
2	Control Push Ups Front
2 or 1	Side Splits -Hug -Saw
1	<i>Apolo Ohno</i> Skaters
1	Gondola with combo
2	Front Splits -Bent Knee -Straight Leg -Kneeling
2	Russian Splits -Lunge -Lunge (Hands Off) -Straight Legs
1	Grande Ecarte Splits
2	Straight Legs