

## June 18 Reformer Bootcamp with Nicole Smith

### Exercise List

| Springs                                   | Exercise                                                                                                                                                                                                                                                                        |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4                                         | Footwork <ul style="list-style-type: none"> <li>-Toes</li> <li>-Arches</li> <li>-Heels</li> <li>-Tendon Stretch</li> </ul>                                                                                                                                                      |
| 4                                         | Hundred                                                                                                                                                                                                                                                                         |
| 2                                         | Overhead                                                                                                                                                                                                                                                                        |
| 2                                         | Coordination                                                                                                                                                                                                                                                                    |
| 1<br>1<br>1<br>1<br>1<br>1                | Rowing Series <ul style="list-style-type: none"> <li>-Into the Sternum</li> <li>-90 Degrees</li> <li>-From the Chest</li> <li>-From the Hips</li> <li>-Shaving</li> <li>-Hug</li> </ul>                                                                                         |
| 2<br>1<br>1<br>2<br>1<br>1<br>1<br>2<br>1 | Long Box Series <ul style="list-style-type: none"> <li>-Swan</li> <li>-Pull Straps 1</li> <li>-Pull Straps 2</li> <li>-Backstroke</li> <li>-Teaser (Up/Down)</li> <li>-Teaser (Circles/Reverse)</li> <li>-Breaststroke</li> <li>-Hamstring Curls</li> <li>-Horseback</li> </ul> |
| 2                                         | Short Box Series <ul style="list-style-type: none"> <li>-Round Back</li> <li>-Flat Back</li> </ul>                                                                                                                                                                              |

| Springs | Exercise                                                                                                                          |
|---------|-----------------------------------------------------------------------------------------------------------------------------------|
|         | <ul style="list-style-type: none"> <li>-Side to Side</li> <li>-Twist &amp; Reach</li> <li>-Tree</li> <li>-Side Sit Ups</li> </ul> |
| 2       | Long Stretch Series                                                                                                               |
| 2       | -Long Stretch                                                                                                                     |
| 2       | -Down Stretch                                                                                                                     |
| 2       | -Up Stretch                                                                                                                       |
| 2       | Elephant                                                                                                                          |
| 2       | Arabesque Series                                                                                                                  |
|         | -Demi Point (Square Hips)                                                                                                         |
|         | -Flat Foot (Open Hips)                                                                                                            |
|         | -On Shoulder Blocks (Open Hips)                                                                                                   |
| 2       | Long Back Stretch                                                                                                                 |
|         | Stomach Massage Series                                                                                                            |
| 4       | -Round                                                                                                                            |
| 3       | -Hands Back                                                                                                                       |
| 2       | -Reach Up                                                                                                                         |
| 2       | -Twist                                                                                                                            |
|         | Tendon Stretch Series                                                                                                             |
| 2       | -Two Feet                                                                                                                         |
| 2       | -Side (R)(L)                                                                                                                      |
| 2       | -Back (R)(L)                                                                                                                      |
| 2       | Short Spine Massage                                                                                                               |
| 2       | High Frog                                                                                                                         |
| 2       | Semi Circle                                                                                                                       |
| 2       | Headstand Front                                                                                                                   |
| 2       | Chest Expansion                                                                                                                   |

| Springs | Exercise                                                                                 |
|---------|------------------------------------------------------------------------------------------|
| 3       | Thigh Stretch                                                                            |
| 1       | Kneeling Arm Series<br>-Up/Down<br>-Circles (Reverse)<br>-Shaving<br>-Biceps<br>-Swakate |
| 1       | Snake & Twist                                                                            |
| 2       | Corkscrew & Tic Toc                                                                      |
| 2       | Balance Control (Step Off) - No Prep between just step off return repeat                 |
| 2       | Long Spine Massage                                                                       |
| 2       | Leg Circles & Frogs                                                                      |
| 1       | Mermaid                                                                                  |
| 2       | Knee Stretch Series<br>-Round Back<br>-Arched<br>-Knees Off                              |
| 4       | Running                                                                                  |
| 4       | Pelvic Lift                                                                              |
| 2       | Control Push Ups Series<br>-Push Up Front<br>-Push Up Back                               |
| 2 or 1  | Side Splits<br>-Hug<br>-Saw                                                              |
| 2       | Front Splits                                                                             |

| Springs | Exercise                                                                                                                           |
|---------|------------------------------------------------------------------------------------------------------------------------------------|
|         | <ul style="list-style-type: none"> <li>-Bent Knee</li> <li>-Straight Leg</li> <li>-Kneeling</li> </ul>                             |
| 2       | Russian Splits Series <ul style="list-style-type: none"> <li>-Lunge</li> <li>-Lunge (Hands Off)</li> <li>-Straight Legs</li> </ul> |
| 2       | Russian Squats                                                                                                                     |