



Nicole Smith-Alvarez
May 11th LIVE SESSIONS
REFORMER

Springs	Exercise
	OFF REFORMER Standing Series Standing Stretch Standing Single Leg Circles Standing Single Straight Leg Stretch Standing to Roll Like A Ball Position Standing Spine Stretch Forward
1	Footwork -Toes -Arches -Heels -Toes
1	Hundred (No Arms)
2	Overhead Coordination
1	Rowing -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
2	Long Box Series -Swan -Back Bend (Hands Behind Head, Legs in Frog Position)

1 2	<ul style="list-style-type: none"> -Back Bend to Push Out -Pull Straps -Backstroke -Teaser -Breaststroke -Horseback
2	<p>Short Box Series</p> <ul style="list-style-type: none"> -Round Back -Flat Back -Side to Side -Twist -Tree
1	<p>Long Stretch Series</p> <ul style="list-style-type: none"> -Long Stretch -Down Stretch -Up Stretch -Elephant
2	<p>Stomach Massage Series</p> <ul style="list-style-type: none"> -Round -Hands Back -Reach Up
1	<p>Knee Stretch Series</p> <ul style="list-style-type: none"> -Knees Off -One Leg (Knees Off with Knee Toward Nose)
1	<p>Running</p> <p>Jump Off Footbar</p>