

Reformer - Jay Grimes

Footwork

- Toes
- Arches
- Heels
- Tendon Stretch

Hundred

Overhead

Coordination

Rowing Series

- Into the Sternum
- 90 Degrees
- From the Chest
- From the Hips
- Shaving
- Hug

Long Box Series

- Pull Straps
- T Straps
- Backstroke
- Teaser
- Breaststroke
- Horseback

Long Stretch Series

- Long Stretch
- Down Stretch
- Up Stretch
- Elephant
- Elephant - One Leg Back
- Long Back Stretch

Stomach Massage Series

- Round
- Hands Back
- Reach Up
- Twist

Short Box Series

- Round Back
- Flat Back
- Side to Side
- Twist
- Around the World
- Tree

Short Spine Massage

Semi Circle

Chest Expansion

Thigh Stretch

Arm Circles

Snake

Twist

Corkscrew

Tick Tock

Balance Control Step Off

Long Spine Massage

Feet in Straps

- Frogs
- Leg Circles

Knee Stretch Series

- Round
- Arched
- Knees Off

Running

Pelvic Lift

Push Up Front

Push Up Back

Side Splits

Front Splits

Russian Splits