

Dynamic Reformer with Circle



Exercise	Springs	Reps	Notes
Shoulder Bridge 1. Circle around outside of knees 2. Add in spinal rotations	2 reds & 1 blue	5 of each	
Shoulder Bridge 1. Circle in between thighs	2 reds & 1 blue	5	
Hip Stretches	2 reds & 1 blue	4 each way	
Footwork 1. V position 2. Foot Raises 3. Single leg press 4. Single foot raises	2 reds & 1 blue	6 each	

Foot work 1. Heels on 2. Single leg press 3. One leg circle	2 reds & 1 blue	6 each	
Footwork 1. Toes on feet in parallel 2. Single leg press, kicks up 3. Single foot raises	2 reds & 1 blue	6 each	
Stomach Series	2 reds	8 of each	
Spinal Rotations		6 each way	
Feet in straps 1. Parallel frog 2. Double leg lower	2 reds	5	

Circles	2 reds	5 each way	
Roll down holding bicep curl 1. with pulses	1 red	5	
Chest Expansion	1 red	5	
Side Pulls	1 blue	5	
Tricep Extension	1 blue	8	

Teaser facing pulleys	1 red & 1 blue	5	
Short Box 1. Round back 2. Flat back	all springs	5	
Side Bend	all springs	5	
Standing 1. Side splits 2. Narrow squats	1 red	5	

Down Stretch	1 red	5	
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