

Exercise	Notes
Shoulder Bridge Lying on mat, feet on reformer	
Arm Series Opening Circles Up & Down	
Shoulder Bridge with arm series	
Supine Arm Series	
Coordination	
Overhead- no handles Handles	
Semi Circle	

Rowing- into the sternum With extension	
Rowing- Lotus Shave Hug	
Swan Prep One arm	
Pulling Straps	
Chest Expansion Pulling Cat	
Thigh Stretch	
Up Stretch Combo	
Standing Lotus, Shave, Hug	