**Super Advanced Reformer**

**Footwork (4)**

10 Toes

10 Arches

10 Heels

10 Tendon Stretch

**10 Hundred**

3 Overhead (2)

5 Coordination

**Rowing series (1)**

Long box

3 Swan (2)

3 Pull straps (1)

3 T- straps

3 ea. Back stroke (2)

3 ea. Teaser (1) + one arm teaser

3 ea. Breast stroke

Mushy tushy (2, 1) (4, 3)

3 ea. Horse back (1)

Short Box (2, 3)

3-5 Hug

5 Flat back

3 ea. Side to Side

2 ea. Twist and Reach

1 ea. Around the world

3 Tree (back, circles, side)

**Long Stretch Series**

5 Long stretch (2, 1, 0)

3 Down stretch (2)

3 ea. Up stretch

6 Elephant

3 ea. Arabesque

Dippity do

3 ea. Long back stretch

**Stomach Massage series**

10 Round (4) no holding

10 Hands Back (3) no holding

4 Reach up (2)

3 ea. Twist & Reach

3 Front Tendon Stretch ( 2 side, 2 back, 2 side, 2 side back, 2 back side)

5 Short Spine Massage

5-6 High Frogs

Flip into well

3 ea. Head stands front

3 ea. Head stands back

3 ea. Semi circle bar up

2 ea. Semi circle back down

2 ea. Chest Expansion

3 Thigh Stretch (3)

3 ea. Arm Circles (1)

**Swakatee**

2 ea. Snake and twist (2, 1, 0)

1 ea. one Arm twist (1)

3 ea. Corkscrew (2)

2 ea. Tick- Tock

1 ea. Overhead Balance Control

**Second long box**

3 Grasshopper

3 Rocking, 6 rocks

Swimming

3 ea. Long Spine Massage ( with or without straps)

6 frogs

5 ea. Leg circles

**Knee Stretch series**

6-8 Round

6-8 Arched

8-10 Knees off

10 ea. Running (4)

6-10 Pelvic Lift

Push up back (2) 2nd gear

Push up front (1st gear)

3 ea. Star (1)

3 ea. Side Splits (2-1)

3 ea. Front Splits

3 ea. Russian Split

1 ea. Big Split

**Jumping Board**