

BASIC REFORMER

NAME _____



EXERCISE	COMPLETED	DATE	NOTES
FOOTWORK			
HUNDRED			
REACH and PULL			
ARM CIRCLES			
TRICEP PRESS			
FROG (Long straps)			
LEG CIRCLES (Long straps)			
STOMACH MASSAGE ROUND			
STOMACH MASSAGE HANDS BACK			
STOMACH MASSAGE REACH			
SHORT BOX ROUND			
SHORT BOX FLAT			
SHORT BOX SIDE to SIDE			
SHORT BOX TWIST			
SHORT BOX TREE-FRONT			
ELEPHANT			

EXERCISE	COMPLETED	DATE	NOTES
KNEE STRETCH ROUND			
KNEE STRETCH ARCHED or FLAT BACK			
RUNNING			
PELVIC LIFT			