

# LEVEL 2 REFORMER

NAME \_\_\_\_\_



EXERCISE	COMPLETED	DATE	NOTES
FOOTWORK			
HUNDRED			
SHORT SPINE			
COORDINATION			
ROWNG SHAVE			
ROWING HUG			
SWAN PREP			
PULLING STRAPS			
T-PRESS			
BACKSTROKE			
TEASER			
LONG STRTECH			
DOWN STRETCH			
ELEPHANT			
STOMACH MASSAGE ROUND			
STOMACH MASSAGE HANDS BACK			

<b>EXERCISE</b>	<b>COMPLETED</b>	<b>DATE</b>	<b>NOTES</b>
<b>STOMACH MASSAGE REACH</b>			
<b>STOMACH MASSAGE TWIST</b>			
<b>CHEST EXPANSION</b>			
<b>THIGH STRETCH</b>			
<b>SHORT BOX ROUND</b>			
<b>SHORT BOX FLAT</b>			
<b>SHORT BOX SIDE to SIDE</b>			
<b>SHORT BOX TWIST</b>			
<b>SHORT BOX TREE-FRONT</b>			
<b>KNEE STRETCH ROUND</b>			
<b>KNEE STRETCH ARCHED or FLAT BACK</b>			
<b>RUNNING</b>			
<b>PELVIC LIFT</b>			
<b>SIDE SPLITS</b>			
<b>EVE'S LUNGE/FRONT SPLITS</b>			