

LEVEL 3 REFORMER

NAME _____



EXERCISE	COMPLETED	DATE	NOTES
FOOTWORK			
HUNDRED			
OVERHEAD			
COORDINATION			
ROWING BACK STERNUM			
ROWING BACK 90 degrees			
ROWING FRONT FROM CHEST			
ROWING FRONT FROM HIPS			
ROWNG SHAVE			
ROWING HUG			
SWAN			
PULLING STRAPS			
T-PRESS			
BACKSTROKE			
TEASER			
HORSEBACK FRONT			
LONG STRETCH			
DOWN STRETCH			
UPSTRETCH			
ELEPHANT			
ARBASQUE			
LONG BACK STRETCH			
STOMACH MASSAGE ROUND			
STOMACH MASSAGE HANDS BACK			
STOMACH MASSAGE REACH			
STOMACH MASSAGE TWIST			
TENDON STRETCH			

EXERCISE	COMPLETED	DATE	NOTES
SHORT SPINE			
SEMI CIRCLE			
CHEST EXPANSION			
THIGH STRETCH			
KNEELING ARMS SIDE			
KNEELING ARMS FRONT CIRCLES			
SNAKE			
TWIST			
CORKSCREW			
BALANCE CONTROL			
LONG SPINE MASSAGE			
SHORT BOX ROUND			
SHORT BOX FLAT			
SHORT BOX SIDE to SIDE			
SHORT BOX TWIST			
SHORT BOX TREE-FRONT			
KNEE STRETCH ROUND			
KNEE STRETCH ARCHED or FLAT			
KNEES OFF			
RUNNING			
PELVIC LIFT			
BALANCE CONTROL FRONT			
BALANCE CONTROL BACK			
SIDE SPLITS			
FRONT SPLITS			
RUSSIAN SPLITS			