



Double Down – Reformer On The Chair

Cherry Herzog

Warm-up Texas Style

Work-out

Springs 3 or 4

Seated-Footwork Series

Supine - The100

Supine – Overhead

Springs 1 or 2

Prone on Chair - Hamstring Curls

Prone on Chair - Swan/Grasshopper Combo

Supine on Chair - Backstroke

Seated Back- Teaser Combo

Seated Side - Short Box Series

Seated Mermaid to Side Lying Lifts (aka Side-Sit-ups) Change Sides

Standing (Long Stretch Series/Push-up Sideways 2) Change sides

Kneeling Cat/Cow (Down Stretch/Up Stretch)

Standing-Push-Down (Elephant)

Standing-Arabesque Variation

Standing Behind-Long Back Stretch (3 Dips)

Springs 3 or 4

Seated- SMS Series (Seated Back-Round/Hands Back) (Seated Front Reaching/Twist)

Seated- Tendon Stretch

Supine- Semi-Circle

Kneeling- Chest Expansion/Thigh Stretch Combo

Standing - Knee Stretch (Mount-Climb R. Leg/Knees Off Combo-Mount- Climb L. Leg/Knees off)

Standing - Running

Seated - Pelvic Lift (Table)

Standing - Side Press (Adv. Side-ups) (Side Pull-Ups)

Standing - Front Press (Adv. Going up Front)

Standing - Pull-Up Front

Standing - Lunge w/ Side Stretch/Pigeon (Back of Chair)