

Jay Grimes Reformer (from The Work Assessment Requirements)

Footwork: Pilates V, Arches, Heels, Tendon Stretch x 10

Hundred: 2-4 springs

Overhead: 2 springs

Coordination: 2 springs

Rowing 1-6 (1 spring): Rowing 1 & 2 facing back, Rowing 3 & 4 facing front, Rowing 5 = Shaving, Rowing 6 = Hug A Tree

Long Box (2 springs): Pull Straps, T Straps, Backstroke, Teaser, Breaststroke, Horseback

Long Stretch Series (2 springs): Long Stretch, Down Stretch (knees down), Up Stretch, Elephant (double and single legs)

Long Back Stretch: 2 springs

Stomach Massage: Round (4 springs), Hands Back (3 springs), Reach & Twist (2 springs)

Tendon Stretch: 2 springs

Short Box (2 springs): Round, Reach, Side, Twist, Around The World, Tree

Short Spine: 2 springs

Semi-Circle: 2 springs

Chest Expansion: 2 springs

Thigh Stretch: 3 springs

Arm Circles (facing front): 1 spring

Snake/Twist (put together because you do both on one side before switching to the other side): 1 spring

Corkscrew: 2 springs

Tic Toc: 2 springs

Balance Control Off: 2 springs

Long Spine Stretch (feet in straps): 2 springs

Frogs and Leg Circles: 2 springs

Knee Stretches: Round, Arch, Knees Off

Running: 2-4 springs

Pelvic Lift: 2-3 springs

Control Push Up Front: 2 springs, 2nd gear

Control Push Up Back: 2 springs, 1st gear

Side Splits: 1 spring

Front Splits (2 springs): 1 knee down, back leg straight, hands off

Russian Splits (2 springs): lunge, hands off, straight legs