

Exercise	Springs	Reps	Footbar	Headpiece
Footwork	4	10 each	Up	Up
Hundred	4	100	Down	Up
Frog/Leg Circles	2	5-8	Down	Up
Overhead	2	5	Down	Down
Coordination	2	5	Down	Down
<b>The Rowing Series</b>				
Into the Sternum	1	3	Down	Down
90 Degrees	1	3	Down	Down
From the Chest	1	3	Down	Down
From the Hips	1	3	Down	Down
Shave	1	5	Down	Down
Hug	1	5	Down	Down
<b>Long Box 1 Series</b>				
Swan Dive	2	3	Down	Up
Pull Straps	1	3	Down	Up
T	1	3	Down	Up
Backstroke	2	3 each way	Down	Up
Teaser	1	3	Down	Up
BreastStroke	1	3	Down	Up
Hamstring Stretch	1	3-5	Down	Up
Horseback	1	3	Down	Up
<b>Long Stretch Series</b>				
Long Stretch	2	5	Up	Up
Down Stretch	2	5	Up	Up
Up Stretch	2	5	Up	Up
Elephant	2	5-8	Up	Up

Exercise	Springs	Reps	Footbar	Headpiece
One Leg Elephant	2	3 each leg	Up	Up
Long Back Stretch	2	3 each way	Up	Up
<b>Stomach Massage Series</b>				
Round	4	5-10	Up	Up
Arms Back	3	5-10	Up	Up
Reach	2	5	Up	Up
Twist	2	3 sets	Up	Up
Tendon Stretch	2	3-5 (variations)	Up	Up
<b>Short Box Series</b>				
Round	2	5	Down	Down
Reach	2	5	Down	Down
Side to Side	2	3 sets	Down	Down
Twist	2	3 sets	Down	Down
Tree	2	3	Down	Down
Short Spine Massage	2	5	Down	Down
SemiCircle	2	3 each way	Down/Up	Up
Headstand 1	2	3-5	Up	Up
Headstand 2	2	3-5	Up	Up
Chest Expansion	2	3 sets	Down	Up
Thigh Stretch	3	3	Down	Up
Backbend	2	3	Up/Down	Up
Arm Circles	1	3-5 each way	Down	Up
Snake/Twist	1	2/2	Down	Up
Headstand w/ Straps	2	3-5	Down	Up

Exercise	Springs	Reps	Footbar	Headpiece
Corkscrew/ TicToc	2	3 sets	Down	Down
Control Balance	2	1 set	Down	Down
Long Spine Massage	2	3 each way	Down	Down
Mermaid	1	3 each side	Up	Up
High Bridge	4	1	Up	Up
<b>Knee Stretch Series</b>				
Round (Tiger)	2	10	Up	Up
Arched	2	10	Up	Up
Knees Off	2	10	Up	Up
Running	3-4	10 sets	Up	Up
Pelvic Lift	3-4	10	Up	Up
<b>Balance Controls</b>				
Control Push Up Front	2 (2nd gear)	3	Up	Up
Control Push Up Back	2 (1st gear)	3	Up	Up
Star	1-2	3 each side	Up	Up
<b>Splits</b>				
Side	1	3	Down	Up
Front	2	3	Up	Up
Russian	2	1-3	Up	Up
Big Split	2	3	Down	Up
Russian Squats	2	3-5	Down	Up