

REFORMER AND SMALL APPARATUS PATHWAY STUDY AID: PRACTICAL ASSESSMENT

TEACHING DEMONSTRATION: REFORMER

PIC	REPERTOIRE SELECTIONS
Spinal Articulation	Short Spine
Leg and Footwork	Leg and Footwork Singles: Heels Progression Leg and Footwork Singles: Toes Progression
Armwork	Chest Expansion
Additional Leg Work	Skating Prep
Hip Flexion I and II	Knee Stretch Series: Reverse