

REFORMER ROLL DOWNS



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- Sitting on the reformer with your hands in the straps, knees bent
- Engage your core and roll your spine slowly down. Maintain your back in a 'c'-shape curve



ROLL DOWN AND BICEP CURLS

- Sitting on the reformer with your hands in the straps, knees bent
- Engage your core and roll down as above. Hold in this position and bend your arms in and out.

Notes:

- Maintain tension in the straps and keep your shoulders and neck relaxed throughout the exercises