



Reformer Progression: Class 3 of 3

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Short Spine Massage
2	Coordination
1 1 1 2 1	Long Box Series -Swan Prep -Grasshopper -Pull Straps -Backstroke -Teaser
2	Long Stretch Series -Long Stretch -Down Stretch -Up Stretch -Elephant, 1 Leg
4 3 2 2	Stomach Massage Series -Round -Hands Back -Reach Up -Twist

2	Short Box Series -Round Back -Flat Back -Side to Side -Twist -Tree
2	Semi Circle
2	Feet in Straps -Leg Circles -Frogs
2	Knee Stretch Series -Round -Arched -Knees Off
4	Running
4	Pelvic Lift
2 or 1	Side Splits
2	Front Splits