

## 9780 - Basic Reformer Progression Class 1 of 8

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
2	Hundred
2	Feet in Straps -Leg Circles & Frogs
4	Stomach Massage - Round
2	Short Box - Round Back
2	Elephant
2	Knee Stretch - Round
4	Running
4	Pelvic Lift