

Basic Reformer Progression Class 2 of 8: Exercise List

| Springs | Exercise |
|------------------|---|
| 4 | Footwork -Toes -Arches -Heels -Tendon Stretch |
| 4 | Hundred |
| 2 | Feet in Straps -Leg Circles & Frogs |
| 3 or 4 2 or 3 | Stomach Massage Series -Round -Hands Back |
| 2 | Short Box Series -Round Back -Flat Back |
| 2 | Elephant |
| 2 | Knee Stretch Series -Round -Arched |
| 4 | Running |
| 4 | Pelvic Lift |