

Basic Reformer Progression Class 5 of 8

Springs	Exercise		
4	Footwork -Toes -Arches -Heels -Tendon Stretch		Ab Series
3 or 4	Hundred	4	Running
2	Feet in Straps -Leg Circles & Frogs	4	Pelvic Lift
4 3 2	Stomach Massage Series -Round -Hands Back -Reach Up	2	Front Splits (Variation)
2	Short Box Series -Round Back -Flat Back -Side to Side -Tree		
2	Elephant		
2	Knee Stretch Series -Round -Arched -Knees Off		