



## Basic Reformer Flow

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