



Classical Reformer Order & Springs - ADVANCED

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Overhead
2	Coordination
1	Rowing Series -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
2 1 2 1 1 1 1	Long Box Series -Swan -Pull Straps & T -Backstroke -Teaser -Breaststroke -Horseback
2	Short Box Series -Round Back -Flat Back

	<ul style="list-style-type: none"> -Side to Side -Twist -Tree -Side Sit Ups
2	<p>Long Stretch Series</p> <ul style="list-style-type: none"> -Long Stretch -Down Stretch, Backbend -Up Stretch, Up Stretch Combo -Elephant, Elephant 1 leg, Arabesques -Long Back Stretch
4 3 2 2 2	<p>Stomach Massage Series</p> <ul style="list-style-type: none"> -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch, Side, Back, Combo
2	Short Spine Massage, High Frog
2	Semi Circle
2	Chest Expansion
3	Thigh Stretch, Backbend to Bar
1	Arm Circles
1	Snake & Twist
2	Corkscrew, Tick Tock
2	Control Balance Off
2	<p>Feet in Straps</p> <ul style="list-style-type: none"> -Long Spine Massage -Leg Circles -Frogs
2	Knee Stretch Series

	-Round -Arched -Knees Off
4	Running
4	Pelvic Lift
1 reg or 2 gear out	Push Up Front
2	Push Up Back
2 or 1	Side Splits
2	Front Splits
2	Russian Splits