



## 8 Step Classical Reformer - Step 1

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