



8 Step Classical Reformer - Step 3

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