



8 Step Classical Reformer - Step 4

| 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 -Twist -Tree |
| 2 | Leg Circles & Frog | 2 | Short Spine Massage |
| 2 | Coordination | 2 | Knee Stretch Series -Round -Arched -Knees Off |
| 1 | Long Box Series -Pull Straps & T -Backstroke Swimming | 4 | Running |
| 2 | Long Stretch Series -Long Stretch -Up Stretch -Elephant | 4 | Pelvic Lift |