



8 Step Classical Reformer - Step 5

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