



## Classical Reformer Order & Springs - ADVANCED

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

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

	-Round -Arched -Knees Off
4	<a href="#">Running</a>
4	<a href="#">Pelvic Lift</a>
1 reg or 2 gear out	<a href="#">Push Up Front</a>
2	<a href="#">Push Up Back</a>
2 or 1	<a href="#">Side Splits</a>
2	<a href="#">Front Splits</a>
2	<a href="#">Russian Splits</a>