

## Classical Reformer Order & Springs - INTERMEDIATE

Springs	Exercise
4	<a href="#">Footwork</a> -Toes -Arches -Heels -Tendon Stretch
4	<a href="#">Hundred</a>
2	<a href="#">Short Spine Massage</a>
2	<a href="#">Coordination</a>
	Swan on Ladder Barrel (introduced on Reformer in Advanced repertoire)
1 2 1	Long Box Series - <a href="#">Pull Straps</a> - <a href="#">Backstroke</a> - <a href="#">Teaser</a>
2	<a href="#">Short Box Series</a> -Round Back -Flat Back -Side to Side -Twist -Tree
2	Long Stretch Series - <a href="#">Long Stretch</a> - <a href="#">Down Stretch</a> - <a href="#">Up Stretch</a> - <a href="#">Elephant</a>

4	<a href="#">Stomach Massage Series</a>
3	-Round
2	-Hands Back
2	-Reach Up
2	-Twist
2	<a href="#">Semi Circle</a>
2	<a href="#">Feet in Straps</a>
	- <a href="#">Leg Circles</a>
	- <a href="#">Frogs</a>
2	<a href="#">Knee Stretch Series</a>
	-Round
	-Arched
	-Knees Off
4	<a href="#">Running</a>
4	<a href="#">Pelvic Lift</a>
2 or 1	<a href="#">Side Splits</a>
2	<a href="#">Front Splits</a>