



Classical Reformer Order & Springs - SUPER ADVANCED

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Overhead
2	Coordination
1	Rowing Series -Into the Sternum -90 Degrees -From the Chest -From the Hips -Shaving -Hug
2 1 2 1 1 2 or 1 1	Long Box Series - Swan - Pull Straps & T - Backstroke - Teaser - Breaststroke - Hamstring Curls - Horseback
2	Long Stretch Series - Long Stretch

	<ul style="list-style-type: none"> -Down Stretch, Backbend -Up Stretch, Up Stretch Combo -Elephant, Elephant 1 leg, Arabesques -Long Back Stretch
4 3 2 2	Stomach Massage Series <ul style="list-style-type: none"> -Round -Hands Back -Reach Up -Twist
2	Tendon Stretch, One Leg Front, Side, Back, Combo
2	Short Box Series <ul style="list-style-type: none"> -Round Back -Flat Back -Side to Side -Twist, Go Fishing, Around the World -Tree -Side Sit Ups
2	Short Spine Massage, High Frog
2	Semi Circle
2	Headstands 1 & 2
2	Chest Expansion
3	Thigh Stretch, Backbend & Backbend to Bar
1	Arm Circles or Swakate Series
1	Snake & Twist + w/Bar Up
2	Headstand with Straps
2	Corkscrew & Tic Toc
2	Control Balance Off
2	2nd Long Box: Grasshopper, Rocking, Swimming

2	Long Spine Massage & Long Spine Control
2	Frogs & Leg Circles
1	Mermaid
2	High Bridge
2	Scorpion
2	Knee Stretch Series -Round -Arched -Knees Off -One Leg Variations
4	Running
4	Pelvic Lift
1 reg or 2 gear out	Control Push Up Front
2	Control Push Up Back
1	Star [Control Push Up Side]
2 or 1	Side Splits
2	Front Splits
2	Russian Splits
2	Grande Splits
2 or 4	Russian Squats
1	Gondola
2 or 1	Jumpboard