

Basic Reformer Progression Class 2 of 8: Exercise List

Springs	Exercise
4	Footwork -Toes -Arches -Heels -Tendon Stretch
4	Hundred
2	Feet in Straps -Leg Circles & Frogs
3 or 4 2 or 3	Stomach Massage Series -Round -Hands Back
2	Short Box Series -Round Back -Flat Back
2	Elephant
2	Knee Stretch Series -Round -Arched
4	Running
4	Pelvic Lift