

## Basic Reformer Progression Class 4 of 8

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

