

Order of Reformer-Essential Level



Exercise	Springs	Reps	Notes
Foot work	3	10	
Roll up to change springs			
Frog	2	5	
Circles	2	4 each way	

100	2	10 breaths	
Coordination	2	5	
Rowing Series			
Back rowing	1	3	
Front rowing	1	3	

Salute	1	5	
Hug a tree	1	5	
Long Box Series			
Swan dive	1	3	
Pulling straps	1	3	
Backstroke	1	3 each way	

Teaser	1	3	
Breaststroke	1	3	
Long Stretch Series			
Long stretch	2	5	
Down stretch	2	5	

Up stretch	2	5	
------------	---	---	--

Elephant	2	5	
----------	---	---	--

Stomach Massage Series

Round	2	5	
-------	---	---	--

Reach	2	5	
-------	---	---	--

Twist	2	5	
Tendon stretch	2	5	
Short Box Series			
Round	3	5	
Reach	3	5	

Side to Side	3	3 each way	
Twist	3	3 each way	
Climb a tree	3	3	
Semi circle	2	3 each way	
Short spine	2	5	

Mermaid	1	3 each way	
---------	---	------------	--

Splits

Side	1	5 each way	
------	---	------------	--

Back	1	5 each way	
------	---	------------	--