

Reformer Level I

Footwork	3-4 Springs	10
Hundred	2	
Leg Circles	2	8
Frog	2	8
Short Spine	2	5
Stomach Massage	2-3 Springs	
- Round	2-3 Springs	8
- Flat	2-3 Springs	8
- Arm Circles	2-3 Springs	5
Long Box		
- Swan	1	3
- Pulling Straps	1	3
- T	1	3
Short Box		
- Round	All	5
- Flat	All	5
- Side Bend	All	3
- Twist and Curl	All	3
- Climb A Tree	All	1
Long Stretches		
- Elephant	2	8
Knee Stretches		
- Round	2	8
- Arched	2	8
Running	3-4 springs	20
Bottom Lift/Pelvic Curl	3-4 springs	8-10 reps
Splits		
- Side Splits	1-2 springs	5

Reformer Level II

Footwork	3-4 Springs	10
Hundred	2	
Leg Circles	2	8
Frog	2	8
Short Spine	2	5
Coordination	2	5
Hug A Tree	1	6
Salute	1	6
Stomach Massage	2-3 Springs	
-Round	2-3 Springs	8
-Flat	2-3 Springs	8
-Reaching w/ heel lower/lift	2-3 Springs	8
-Twist	2-3 Springs	3 each way
-Arms reaching w/o heel lower/lift	2-3 Springs	8
-Arm Circles	2-3 Springs	5
Long Box		
-Swan		
-Pulling Straps	1	3
-T	1	3
-Backstroke	2	5
-Teaser	1	3
Short Box		
-Round	All	5
-Flat	All	5
-Side Bend	All	3
-Twist and Curl	All	3
-Twist and Reach	All	3
-Climb A Tree	All	
-Side Ups	All	3-5 reps
Long Stretches		
-Long Stretch	2	5
-Down Stretch	2	3
-Elephant	2	5
Knee Stretches		
-Round	2	8
-Arched	2	8
-Knees Off	2	8
Running	3-4 springs	20
Bottom Lift	3-4 springs	8-10 reps
Splits		
-Side Splits	1-2 springs	5
-Front Splits	2	3

Reformer Level III

Footwork	3-4 Springs	10
Hundred	2	
Leg Circles	2	8
Frog	2	8
Short Spine	2	5
Overhead	2	5
Coordination	2	5
Hug A Tree	1	6
Salute	1	6
Stomach Massage	2-3 Springs	
-Round	2-3 Springs	8
-Flat	2-3 Springs	8
-Reaching w/ heel lower/lift	2-3 Springs	8
-Twist	2-3 Springs	3 each way
-Arms reaching w/o heel lower/lift	2-3 Springs	8
-Arm Circles	2-3 Springs	5
Long Box		
-Swan		
-Pulling Straps	1	3
-T	1	3
-Backstroke	2	5
-Teaser	1	3
Short Box		
-Round	All	5
-Flat	All	5
-Side Bend	All	3
-Twist and Curl	All	3
-Twist and Reach	All	3
-Climb A Tree	All	
-Side Ups	All	3-5 reps
Long Stretches		
-Long Stretch	2	5
-Down Stretch	2	3
-Up Stretch	2	5
-Elephant	2	8
-Arabesque I	2	3-5 reps
-Arabesque II	2	3-5 reps
-Long Back Stretch	2	3 each way

Tendon Stretch	2	3
Semi Circle	2	3 each way
Chest Expansion	1	3 each way
Thigh Stretch	3	3
Side Arms	1	3
Arm Circles	1	3 each way
Biceps Curl	1	6
Mermaid	1	3
Long Spine	2	3 each way
Knee Stretches		
-Round	2	8
-Arched	2	8
-Knees Off	2	8
-One Leg	2	8
Running	3-4 springs	20
Bottom Lift	3-4 springs	8-10 reps
Splits		
-Side Splits	1-2 springs	5
-Gondola	1	3 each way
-Front Splits	2	3
-Russian Splits	2	3