Complete Classical Reformer Order (as used by Andrea Maida)

Legend:
Advanced Reformer Exercises
Super Advanced Reformer Exercises

1. Footwork
2. Hundred
3. Overhead (Notes: in some training programs it is called Jack Knife on the Reformer)
4. Coordination
5. Rowing (front and back)
6. 1st Long Box:
   a. Swan,
   b. Pull Straps, T,
   c. Backstroke,
   d. Teaser,
   e. Breaststroke,
   f. Hamstring Stretch (Notes: in some training programs it is called Hamstring Curls)
   g. Horseback
7. Long Stretch Series:
   a. Long Stretch,
   b. Down Stretch,
   c. Up Stretch,
   d. Elephant,
   e. One Leg Elephant
8. Long Back Stretch
9. Stomach Massage Series: Round, Hands Back, Reach, Twist
10. Tendon Stretch/Tendon Stretch One Leg
11. Short Box:
    a. Round,
    b. Tall,
    c. Side,
    d. Twist,
    e. Around the World,
    f. Tree
12. Short Spine Massage
13. Semi Circle
14. Headstands
15. Chest Expansion
16. Thigh Stretch
17. Backbends
18. Arm Circles/Swakate
19. Snake/Twist
20. Headstands w/ Straps
21. Corkscrew
22. Tic Toc
23. Balance Control Off
24. 2nd Long Box:
    a. Grasshopper,
    b. Rocking,
    c. Swimming
25. Long Spine Stretch
26. High Bridge
27. (Mermaid)
28. Knee Stretches
29. Running
30. Pelvic Lift
31. Control Push Ups Front/Back
32. Star
33. Side Splits
34. Front Splits
35. Russian Splits
36. Russian Squat