



Joe's Reformer Order*

Footwork	2nd long box (often done on Spine Corrector)
The Hundred	Grasshopper
Overhead	Rocking
Coordination	Swimming
Back Rowing	Longspine
Front Rowing	Frogs/Circles
Long Box	High Bridge
Swan	Knee Stretch + any variations
Pulling straps	Running
T	Pelvic lift
Backstroke	Control Push Up Series
Teaser	Front
Breaststroke	Back
Hamstring Stretch	Star
Horseback	Side Splits
Long Stretch Series	Front Splits
Long Stretch	Russian Splits
Down Stretch	
Up Stretch	
Elephant	
One Leg Elephant	
Long Back Stretch	
Stomach Massage Series	
Tendon Stretch, plus variations	
Short Box Series	
Shortspine plus High Frog	
Semi-circle	
Head stands, Front/Back	
Chest Expansion	
Thigh Stretch	
Back Bend plus arms/legs	
Kneeling Arms or Swakity series	
Snake/Twist	
Headstand with straps	
Corkscrew/Tic Toc	
Balance Control/Off	

* Pick only exercises that are appropriate for you. Although this list is very comprehensive, it may not include every version of an exercise or certain exercises that require the most controlled skills.