

# Complete Classical Reformer Order (as used by Andrea Maida)

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## 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**