

Reformer Exercise Preview

An excerpt from the Reformer Easy Start Poster Guide



Footwork



The Hundred



Lower & Lift



Midback Series



Back Rowing Preps



Back Hand Sitting



Arms Pulling Straps



Knee Stretches



Mermaid



Single Leg Stretch



Side Splits



Straight Back

Advanced Pilates For Beginners Guide

Rachel S Tattersall



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