

Reformer Exercise Preview

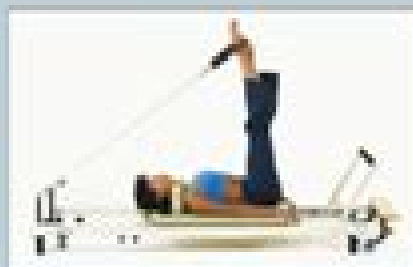
An excerpt from the Reformer Easy Start Poster Guide



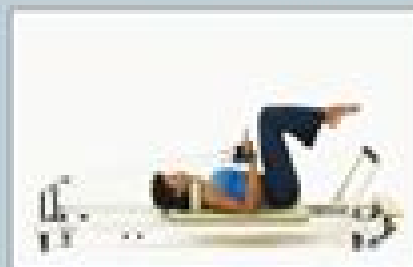
Footwork



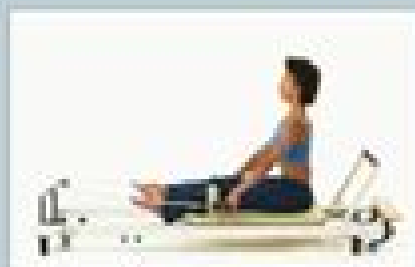
The Hundred



Lower & Lift



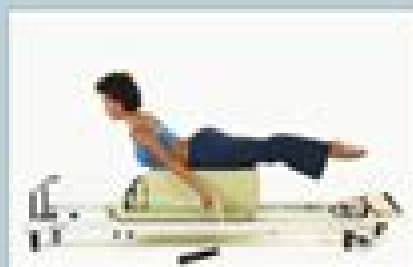
Midback Series



Back Rowing Preps



Back Hand Sitting



Arms Pulling Straps



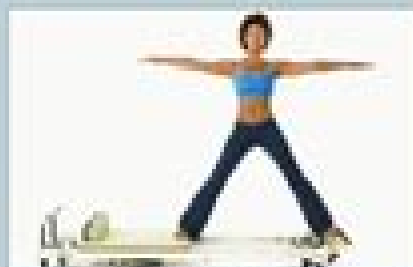
Knee Stretches



Mermaid



Single Leg Stretch



Side Splits



Straight Back

Pilates At Home Guide

Jiyuan Zhang



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