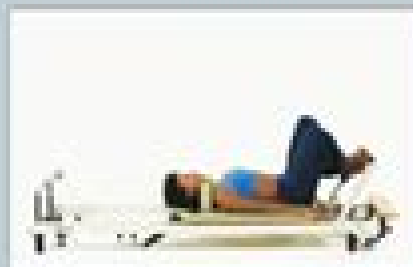


Reformer Exercise Preview

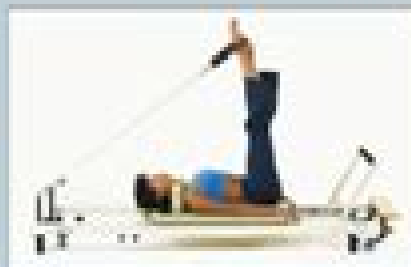
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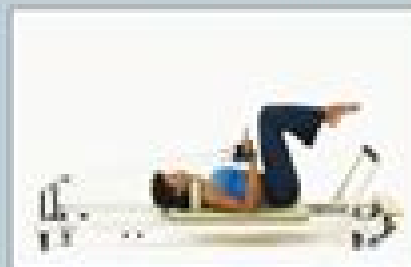
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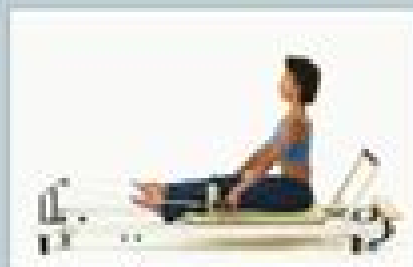
The Hundred



Lower & Lift



Midback Series



Back Rowing Preps



Back Hand Sitting



Arms Pulling Straps



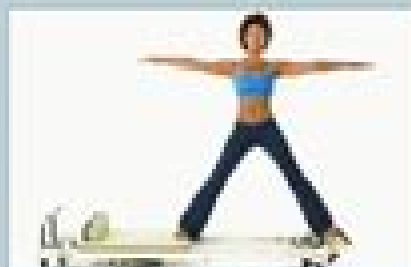
Knee Stretches



Mermaid



Single Leg Stretch



Side Splits



Straight Back

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EW Minium

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