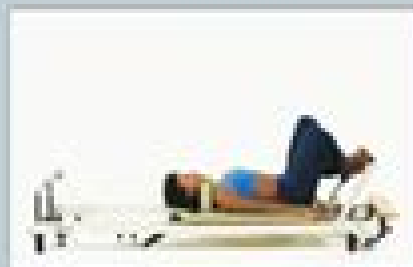
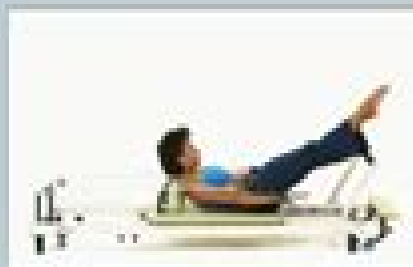


Reformer Exercise Preview

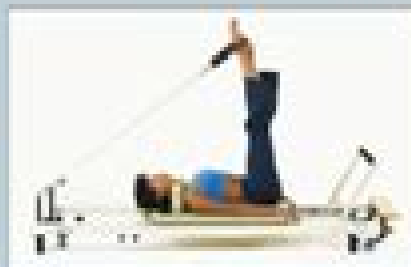
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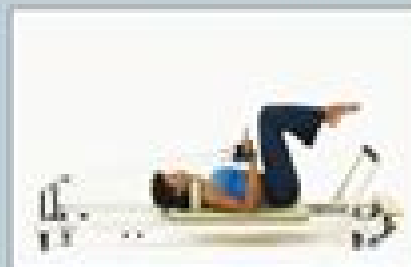
Footwork



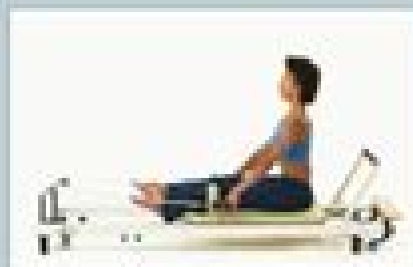
The Hundred



Lower & Lift



Midback Series



Back Rowing Preps



Back Hand Sitting



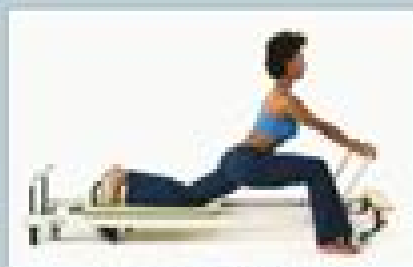
Arms Pulling Straps



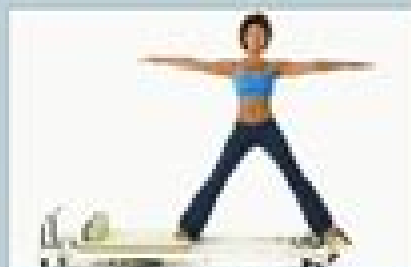
Knee Stretches



Mermaid



Single Leg Stretch



Side Splits



Straight Back

Pilates At Home Guide

Stacey Redfield, Sarah Holmes



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