Reformer Exercise Preview

An excerpt from the Reformer Easy Start Poster Guide







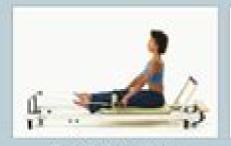


Footwork

The Hundred

Lower & Lift

Midback Series









Back Rowing Preps

Back Hand Sitting

Arms Pulling Straps

Knee Stretches









Mermald

Single Leg Stretch

Side Splits Straight Back

Pilates Reformer Exercises Chart

Erin Madron

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