# 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 Exercise Guide**

J Rink

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