

A photograph of a Pilates studio. In the foreground, a woman in black athletic wear is lying on a reformer set, performing a leg exercise. In the background, another woman is standing and assisting a man who is sitting on a reformer set. To the right, two women are working together on a reformer set, with one woman lying on her back and the other assisting her. The studio has wooden floors, a ballet barre, and large windows with blinds. The text "A Practical Guide to Pilates Reformer sets" is overlaid in white on a dark grey semi-transparent background.

A Practical Guide to Pilates Reformer sets

Home, Commercial, and Professional Comparisons

Pilates At Home Guide Returns

Minjie Lin



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