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Page 3: About The Peak Pilates ® Fit Reformer If at any time you have questions concerning any part of this manual, please contact Peak Pilates. We strongly advise that the fit reformer be used only by or under the supervision of a Certified Pilates Instructor. Peak Pilates offers education programs and can provide certification training.

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For a complete understanding of all possible exercise patterns consult a Certified Pilates Instructor or contact the Peak Pilates Education organization. The set up instructions and protocols for these patterns must be followed as presented. The... Page 39: Execution Execution 1. Lift your head and look at your navel. Begin to scoop the ...

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Instructor Certifications | Peak Pilates®

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