

M. Hi, everyone. I'm Mariano Tolagarai and I would like to invite you to see one series of classes. The name is Reformer goals and is to you reach the goals in the reformer. And this workout, great workout. But in each class we talk about some, uh, specific exercise. Not talk, just practice in different way or variation should you improve.

For example, the snake and twist or tendon stretch or the fantastic teaser. Okay, see you then. Let's keep the spirit up. Uh, thank you.