



34 Pilates Matwork-Übungen

1 100 x



The Hundred

2 3x



The Roll-up

3 5x/mit Beinen offen/zu
5 x umgekehrt



The Roll-over

4 5x/Seite vorwärts
dann rückwärts



The One Leg Circle

5 6x



The Rolling like a Ball

6 5x/Bein



The Single Leg Stretch

7 6-12x



The Double Leg Stretch

8 3x



The Spine Stretch

9 6x



The Open Leg Rocker

10 3x/Richtung



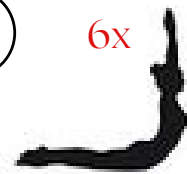
The Corkscrew

11 3x/Seite



The Saw

12 6x



The Swan Dive

13 6x/Bein



The Single Leg Kick

14 5x



The Double Leg Kick

15 3x



The Neck Pull

16 6x/Bein



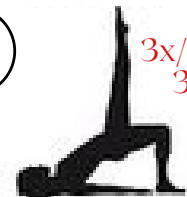
The Scissors

17 5x/Bein

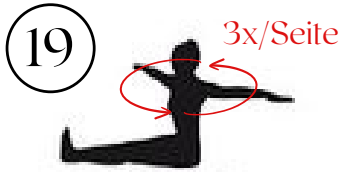


The Bicycle

18 3x/Bein
3x/Bein



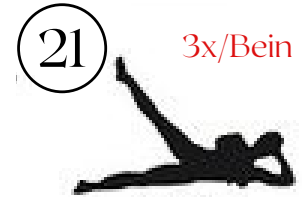
The Shoulder Bridge



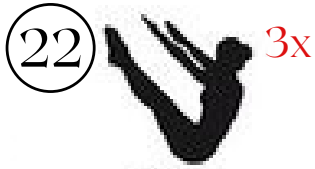
The Spine Twist



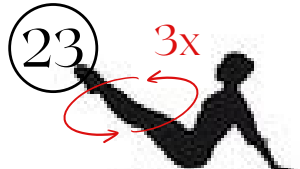
The Jack Knife



The Side Kick



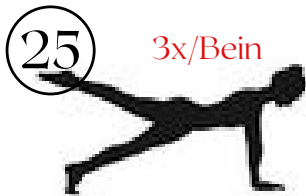
The Teaser



The Hip Circles with straight arms



The Swimming



The Leg Pull Front



The Leg Pull Back



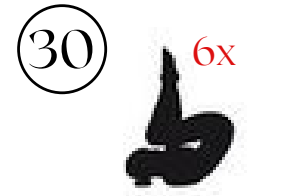
The Side Kick Kneeling



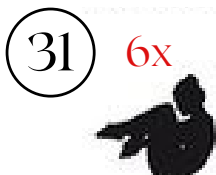
The Side Bend



The Boomerang



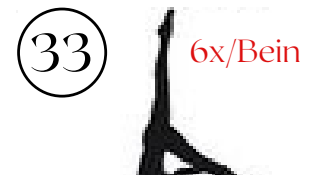
The Seal



The Crab



The Rocking



The Control Balance



The Push Up



FERTIG!