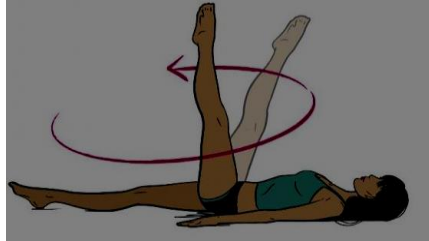


Postures Pilates

Hundred



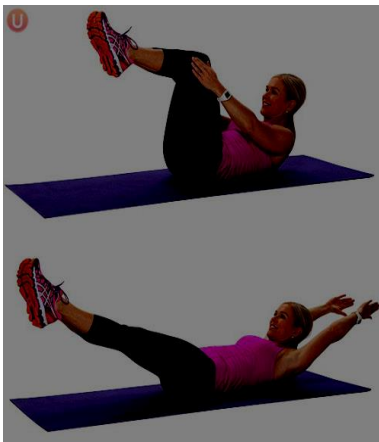
One leg circle



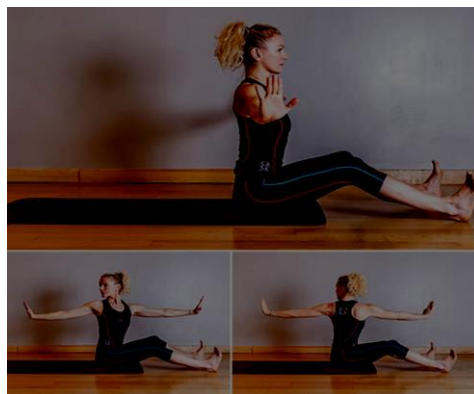
Single leg stretch



Double leg stretch



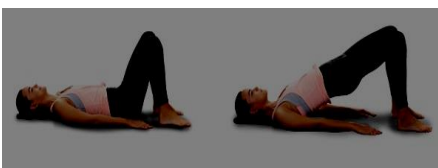
Spine twist



Spine stretch



Shoulder bridge



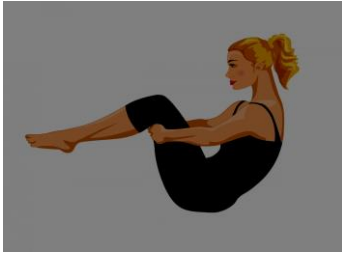
Shoulder bridge (option2)



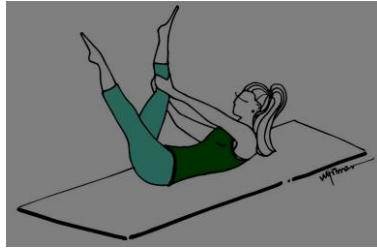
Roll up



Rolling like a ball



Scissors



Swan dive



Swimming



Swimming à 4 pattes



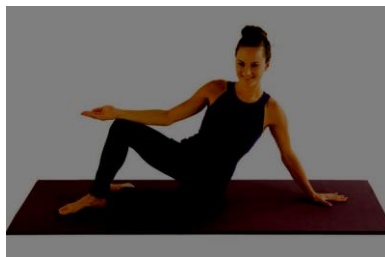
Leg pull prone



Side kick



Side bend



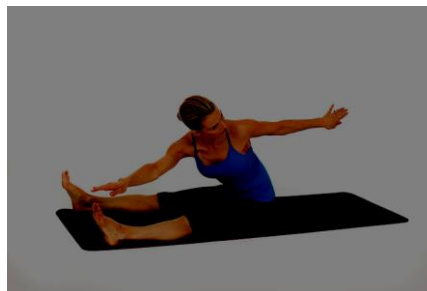
Push up



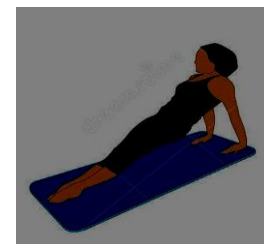
Criss-cross



Saw (la scie)



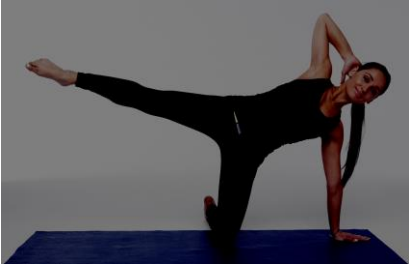
Leg pull supine



Kneeling side kick

open leg rocker

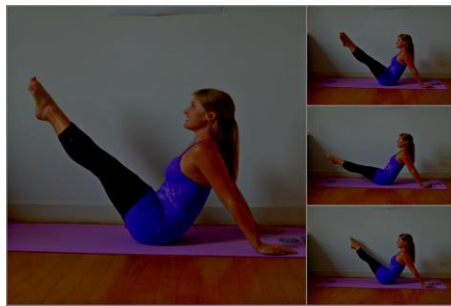
teaser



neck pull



hip twist



roll over (chandelle)

