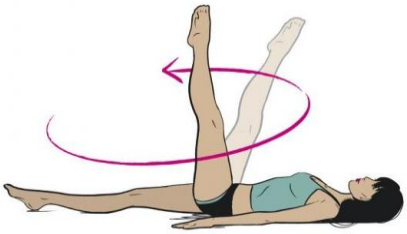
Postures Pilates

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 sid kick

open leg rocker

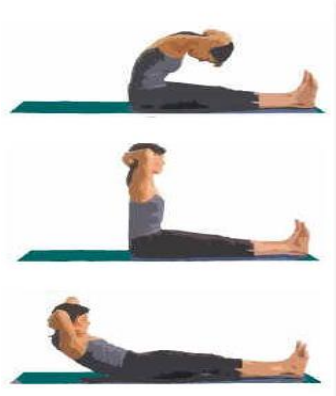
teaser







neck pull



hip twist



roll over (chandelle)

