

Wilmington Wellness Studio
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Pilates Basics

Hundred

Saw

Roll-up

Swan Prep

Tree

Swimming

Leg Circles

Single Leg Kick

Rolling like a Ball

Double Leg Kick

AB Series:

Single Leg Stretch

Side Kicks (Front/Back)

Double Leg Stretch

Side Kicks (Up/Down)

Scissors

Side Kicks (Inner thighs)

Lift & Lower

Teaser

Criss Cross Obliques

Seal

Bridge

Front Support

Spine Stretch