
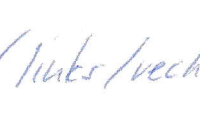



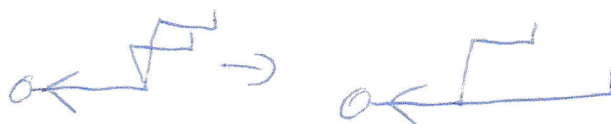
PILATES

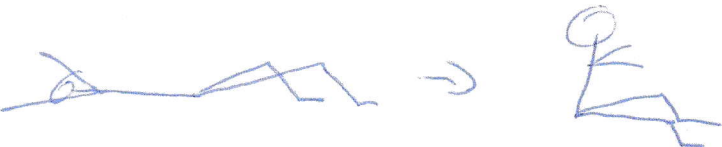
① Durchbewegen:

- Arme (Hoch/Tief) 
- Becken schaukeln (links/rechts - vorne/hinten - kreisen) 
- Shoulder Bridge 

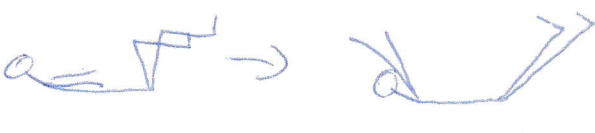
② Künftigung:


- TABS 
 - 1 Bein Tief
 - 2 Beine Tief

- SINGLE LEG STRETCH 
 - 1 Bein
 - 2 Beine

- ROLL UP 
 - aufrollen

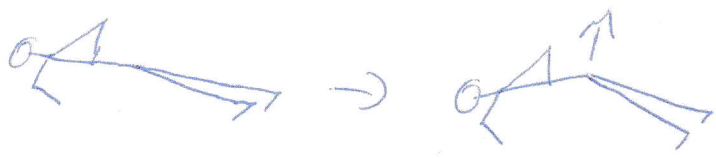
- SPINE TWIST 
 - Kessel austreten!

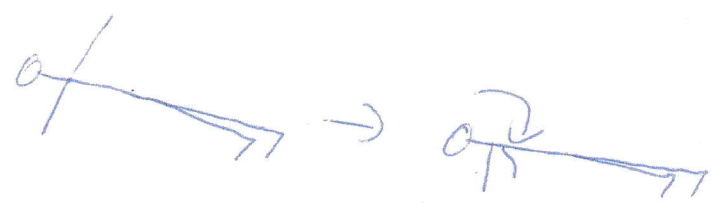
- V 
 - Beine + Arme strecken


- SHOULDER BRIDGE 
 - 1 Bein strecken


- LEG TWIST 
 - Beine links/rechts


LONG SIDE 

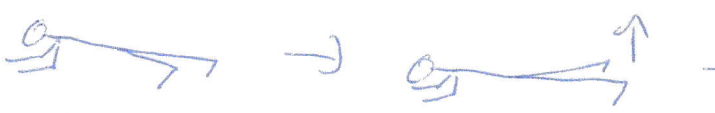
PELVIC LIFT  - Hüften hoch/tief


ROTATION  - Unter Arm drehen

HIP ROTATION  - Bein in der Luft kreisen

ALL FOURS  - Arm Bein beides } strecken


PUSH UP  - 1 Bein hoch

ELLBOWS  - 1 Bein seite

SIMON AMANN  - Schultern + Arme nach hinten

SPINE STRETCH  - vorne

SAW  - drehen + vorne

BACK STRETCH  - Beine seite + Oberkörper andere Seite