

Cobra Push Up

x25



Standing Side Leg
Raises

x30



Straight Leg Raise

x20



Chair Dips

x20



Exercises To Burn Calories



CHAIR CARDIO EXERCISES



SKATER SWITCH



LEG LIFT AND TWIST



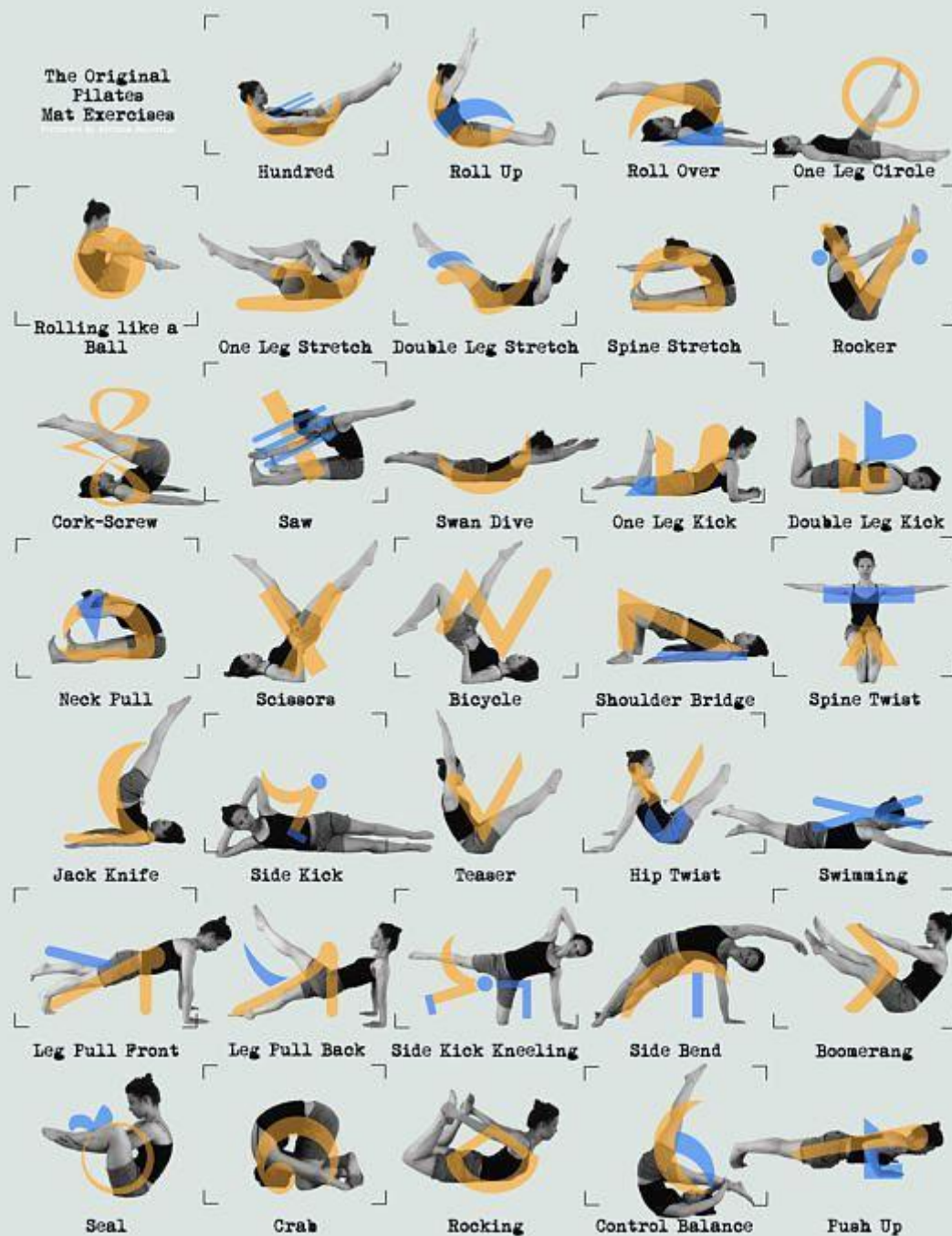
HINGE AND CROSS



CHAIR RUNNING



The Original
Pilates
Mat Exercises





Photographs of Joseph H. Pilates at sixty

Return to Life

Joseph H. Pilates Jean P. Gallagher Art

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**The Original
Pilates
Mat Exercises**



Hunderd



Roll Up



Roll Over



**Rolling like a
Ball**



One Leg Stretch



Double Leg Stretch



Spine Stretch



Cork-Screw



Saw



Swan Dive



One Leg Kick



Neck Pull



Scissors



Bicycle



Shoulder Bridge



Jack Knife



Side Kick



Teaser



Hip Twist