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|------------------|---|---|--|--|---|---|---|
| 01 Total Body | <p>Jackknife</p>  | <p>Boomerang</p>  | <p>Rollover With Legs Spread</p>  | <p>One-Leg Rocker</p>  | | | |
| 01 Total Body | <p>Shoulder Bridge</p>  | <p>Leg Pull</p>  | <p>Bicycle</p>  | <p>Scissors</p>  | 02 Core | <p>Straight-Leg Stretch</p>  | <p>Single Leg Stretch</p>  |
| 02 Core | <p>Double Leg Stretch</p>  | | <p>Stretch Arm Forward</p>  | <p>Spine Stretch Forward</p>  | <p>The Hundred</p>  | <p>Teaser 1</p>  | |
| 02 Core | <p>Roll-up</p>  | | <p>Cross-cross</p>  | <p>Kip Circle</p>  | <p>Spine Twist Supine</p>  | <p>Rolling Like a Ball</p>  | |
| 02 Core | <p>Seal</p>  | <p>Rocking</p>  | <p>Side Bend</p>  | <p>Mermaid</p>  | <p>Saw</p>  | | <p>Saw</p>  |
| 02 Core | <p>Standing Saw</p>  | | 03 Core | <p>Swan Dive</p>  | <p>Swimming</p>  | <p>Double Leg Kicks</p>  | |
| 04 Lower Body | <p>Double Leg Stretch</p>  | <p>Single Leg Circles</p>  | <p>Side-Leg Lift</p>  | <p>Side Kicks-Circles</p>  | <p>Side Kicks-Bicycle</p>  | <p>Side Kicks-Up/Down</p>  | |
| 04 Lower Body | <p>Leg Pull Front</p>  | <p>Single Leg Kicks</p>  | <p>Jogging Knee-ups</p>  | <p>Pelvic Curl</p>  | 05 Upper Body | | <p>Push-up</p>  |

Pilates At Home Math Worksheet Guide

Patrick Vollmar



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