

Pilates für Athleten

Coming In

Standing Roll Down

Cat

Child's Pose

Heel Sitting

Half Roll Back

Roll down and hold (3 Stages)

Prone Lift up (Hands down/ up)

Child's Pose

Basic Bridging

Seasaw

Hundreds (50)

Hundreds Arms by the Ears (50)

Roll up

Leg Circles

Rolling like a Ball

Abs 5 Series

Spine Stretch

Open Leg Rocker

Teaser

Tic Toc mit Füßen am Boden

Corkscrew

Saw

Passiv forward stretch

Translation Kopf/ Dart/ Swan/

Neck Roll

Quad Stretch Prone

Single Leg Kick

Plank

Double Leg Kick

Child's Pose

Fersensitz

Neck Pull

Bridging/ Shoulder Bridge

Teaser Prep.



P I L A T E S P E O P L E

Bridge up – stretch right leg front
and press heel to the ground – lift
the foot 5 cm and hold for 10

Seitenlage rechts:

Double Leg Lift

Lower Leg Lift

Scissors

Abduction

Sidekicks

Bauchlage:

Heel Beats

Seitenlage andere Seite

Sitz:

Teaser Serie

Roll down and up

Single Leg Teaser

Teaser 3

Swimming

Child's Pose

Seal

Push up Series

Roll up into Standing

Feel Good Arm Circles