



Standing Pilates Challenge

The Hundred
The Roll Up
Single Leg Circles
Single Leg Stretch
Double Leg Stretch
Criss Cross
Fencing
Boxing Lunges
Upper Cuts
Boxing Combo
Stand to Plank in 3 Strides to Stand
Stand to Plank, Leg Pull to Stand - One Leg
Stand to Plank to Pike to Stand
With towel Stand to Plank - Pull Legs in
Walk Like an Elephant
Mountain Climb
Reach up on one leg
Spine Stretch Forward
Saw
Running
High Knees
Standing Twist