

Pilates Legs with Phoebe

Leg Circles	5x		
Frog	5x		
Walk leg downs	4x		
Bicycle	8x		
Leg beats	10x		
Leg crosses	10x		
Lift and lower in diamond	5x		
Open close in 45 degrees	5x		
Corkscrew	3 sets		
Bridge	2x		
Bridge with Leg Kicks	4 sets		
Side Kick Series	All 5x		
- Small Circles			
- Front/Back			
- Lift and lower lower leg			
- Scissor			
- beats			
- Bicycle			
Figure 4 Stretch			