

Pandiculation Pilates

The Hundred	100		
Roll Up	3x		
Single Leg Circles	3-5x		
Roll Up	1x		
Rolling Like a Ball	5x		
Single Leg Stretch	3 sets		
Double Leg Stretch	3x		
Single Straight Leg Stretch	5 sets		
Double Straight Leg Stretch	5x		
Spine Stretch Forward	2x		
Open Leg Rocker	5x		
Saw	3 sets		
Swan	3x		
Single Leg Kicks	5 sets		
Double Leg Kicks	3 sets		
<u>Side Kicks:</u>	5x		
- Front/Back			
Teaser	3x		
Seal	6x		