

# PILATES PARTY

## Key Takeaways:

- Pilates is a conditioning routine that builds strength, flexibility and endurance in all areas of the body - with emphasis around the "powerhouse" or core abdominal muscles.
- Developed for the purpose of rehabilitation, Pilates is not only a great resistance exercise, but also makes for an effective cross-training activity as well
- This activity can be done as a mat Pilates class, or using Pilates Reformer machines
- You can opt to do Pilates sessions with an instructor as 1:1 sessions, or as a small group!
- Ask a Pilates instructor for more details about your club's Pilates offerings!

## SET 1

### ROLL UP PREP



### HUNDRED



### AB PREPS



## SET 2

### DOUBLE LEG STRETCH



### SINGLE STRAIGHT LEG/ SCISSORS

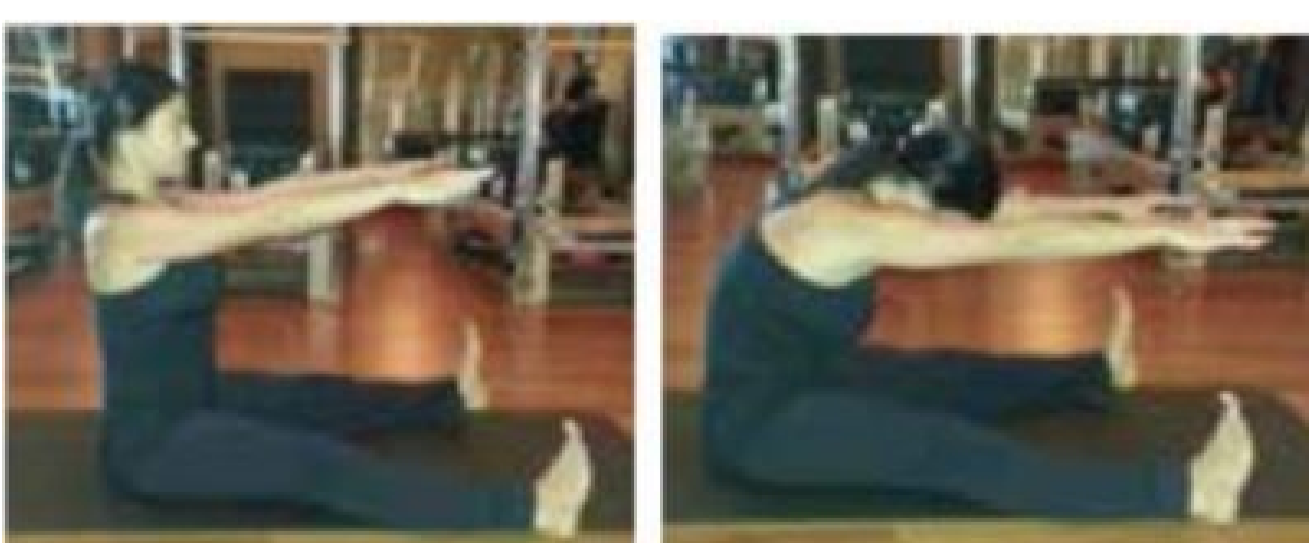


### DOUBLE LEG LIFT



## SET 3

### SPINE STRETCH FORWARD



### OBLIQUE TWIST



### FLIGHT

