

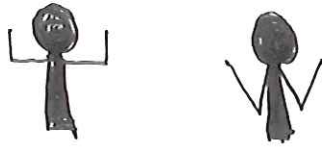
Pilates Ferienprogramm 2014

Kreis



Chicken-Wings

von oben



Single leg tip



leicht



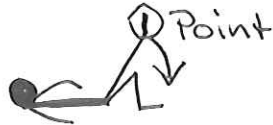
Schwer



Battement



Point



Flex



Curl up straight



Curl up obliques



Roll up Roll down 1/2 Stufe



Diamant

von oben



Kombi



Push Up



Side kick

