

Módulo 2 PILATES CLÁSICO

Rutina avanzada

Parte 1

Acomoda en orden los ejercicios

1.-		X 100	The rolling like a ball
2.-		X 3	Roll over
3.-		X 5-5	The double leg stretch
4.-		X 5-5	The double straight leg stretch
5.-		X 6	Roll up
6.-		X 5-5	The spine stretch
7.-		X 6	The one leg stretch
8.-		X 6	Crisis cross
9.-		X 6	Open leg rocker
10.-		X 6	The hundred
11.-		X 3	Single leg circle
12.-		X 6	The one straight leg stretch

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