

# The Portable Pilates™ workout!



1. THE HUNDRED



2. THE ROLL UP



3. LEG CIRCLES



4. ROLLING LIKE A BALL



5. SINGLE LEG STRETCH



6. DOUBLE LEG STRETCH



7. SINGLE STRAIGHT LEG STRETCH



8. DOUBLE STRAIGHT LEG STRETCH



9. CRISS-CROSS



10. SPINE STRETCH



11. CORKSCREW



12. SAW



13. SINGLE LEG KICK



14. NECK PULL



15. FRONT KICKS



16. SIDE KICKS



17. CIRCLES



19. SWIMMING



20. SEAL



18. TEASER



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