

JACK'S PILATES

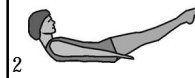
FULL BODY WORKOUT

A.M. Set / Push-Ups



1

Warm Up



2

Roll Ups



3

Single Leg Stretch



4

Rolling Ball



5

Leg Circles & Stretch



6

Rollover



7

Single Straight Leg Stretch



8

Wide Leg Spine Stretch



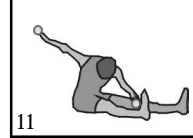
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Double Straight Leg Stretch



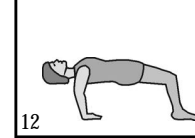
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The Saw



11

Upward Table / Kicks



12

Shoulder Bridge



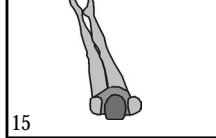
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Open Leg Rocker



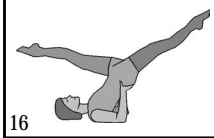
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Figure Eights



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Scissors



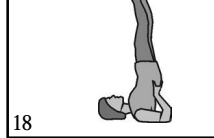
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Teasers



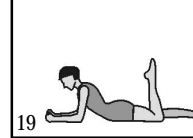
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Jackknife



18

Single Leg Kicks



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Double Leg Kicks & Back Stretch



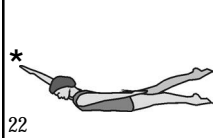
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Plank Kicks



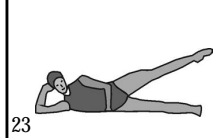
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Swimming



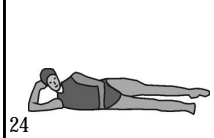
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Side Kicks



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Leg Swings



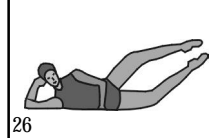
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Large Circles



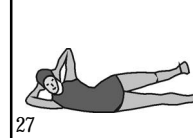
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Heel Clicks



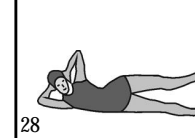
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Bicycle



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Small Circles



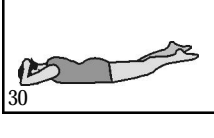
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Side Passe



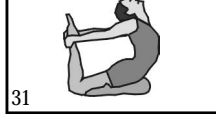
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Heel Beats & Back Stretch



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Neck Rolls & Leg Extension Swings



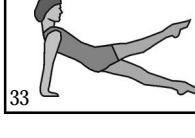
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Rocking / Camel



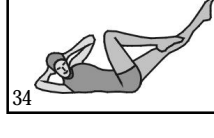
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Leg Lifts



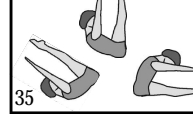
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CrissCross



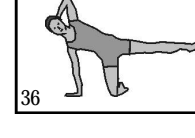
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Boomerang



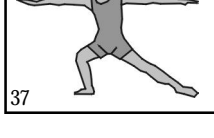
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Kneeling Side Kicks



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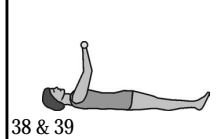
Single Leg Squats



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Weight Sequence

Flye: Overhead / Side



38 & 39

Rowing



40

Warrior's Dance



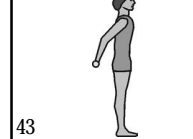
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Zip-Ups / Toe Lifts



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Chest Stretch



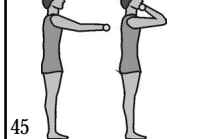
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Behind The Head



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Biceps Curl Front



45

Biceps Curl Side



46

Triceps Extension



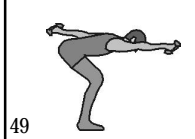
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The Bug



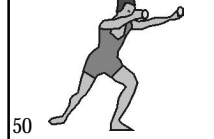
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Boxing



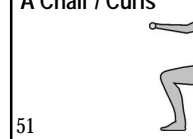
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Lunges



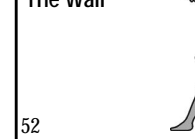
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Sitting Without A Chair / Curls



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Rag Doll Down The Wall



52

Aerobic Kicks



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