

PILATES VIDEO LIBRARY APRIL 2021

VIDEO LIBRARY NAME	SHORT DESCRIPTION - NOTES	PROPS	LEVEL
Pilates Advanced: Plank & Strength Mania	ADVANCED - Plank & strength mania. Fold your mat in 1/2. Hard floor is best, vs. Carpet (unless you have carpet friendly gliders). Ends with abdominals and crabby crab.	2 Gliders (or towels/socks that slide on hard wood floor), can use paper plates or frisbees if on carpet...	ADVANCED
Pilates Intermediate: Arms & Upper back	INTERMEDIATE - This flex band arm & upper back workout will leave you thinking you have been neglecting your upper back. Remember to roll out your back tomorrow!	Flex band	INTERMEDIATE
Pilates Beginner: Diaphragmatic Breathing.	BEGINNER - Learn to master diaphragmatic breathing in all positions - Seated, 4 point kneeling, Side-lying & Supine.	Block/Pillow & Mini-stability-ball	BEGINNER
Pilates Beginner/Intermediate: Disconnect the neck from the abs.	BEGINNER/INTERMEDIATE - a slower moving class to ensure the right muscles are working for you.	Block, Flex-band, 2 small (1-3 lb weights)	BEGINNER/INTERMEDIATE
Pilates all level: Cardio warm-up.	WARM-UP: Intense & fun. Ends in 2 minute dynamic plank.	No props	ALL LEVEL
Pilates Intermediate: Abs, Posture, Crab.	INTERMEDIATE: Starts with 2 minute stretch! Intense 20 minute booty band workout with pushups.	Booty band & 1 small weight	INTERMEDIATE
Pilates Intermediate: Balancing on Blocks of Ice.	INTERMEDIATE: This class challenges your balance on many levels. It's predominately in standing, but you will eventually come down to 4 points.	Block & 1 small weight	INTERMEDIATE
Pilates All Level: BAA - Back, Arms & Abs	ALL LEVEL: This class will challenge your arms. I dare you not to shake.	Flex band	ALL LEVEL
Pilates All Level: Endless Legs	ALL LEVEL: Endless Legs	No props	ALL LEVEL
Pilates All Level: 200 crunches	ALL LEVEL: 200 crunches	Flex band; mini-stability ball;	ALL LEVEL