

PILATES VIDEO LIBRARY MAY 2021

VIDEO LIBRARY NAME	SHORT DESCRIPTION - NOTES	PROPS	LEVEL
Pilates All Level: Strong 'N Sexy Arms	ALL LEVEL - strong is the new sexy arms. No warm-up, just a quick step closer to stronger & sexier arms.	2 small weights & Foam roller	ALL LEVEL
Pilates All Level: May Cardio Warm-up	ALL LEVEL - this dynamic cardio warm-up resembles a 5-day challenge warm-up - it's non-stop, and FUN, when it's done. Try this before doing a new Pilates video!	No props	ALL LEVEL
Pilates Beginner: Bikini body goals - Ab work with 200 crunches.	BEGINNER - Learn to master a Pilates "ab crunch." By the end of this video, you'll have done 200 crunches. You'll see that less is more and you'll get more out your ab workouts classes when you focus in on the principles, as you crunch your way to 200.	Flex band	BEGINNER
Pilates All Level: Neck YOU.	ALL LEVEL - Start with self massage on your neck, and then use the props to bring your head and neck back into alignment. Ab works in there too!	Flex Band; Yoga Strap/Belt or kitchen towel; Foam Roller; Therapy ball/Tennis ball	ALL LEVEL
Pilates Intermediate: The Full Body Journey	INTERMEDIATE - A full body Pilates workout. Yeah!	No props	INTERMEDIATE