



Pilates Videos – New!

Warm up and posture (7mins)	https://youtu.be/7uyUHn_VLJ0
Elastic Fantastic/ball (55mins):	https://youtu.be/-brTo0TaGbQ
Foam Roller (25 mins)	https://youtu.be/PYKDDMRyTUE
Gliders (30 mins)	https://youtu.be/utPbwLhIOO4
Pilates Ring (35 mins)	https://youtu.be/7smC_oj3MuA
Resistance Bands (20 mins)	https://youtu.be/V5LgCq04cSk
Wobble disc (35 mins)	https://youtu.be/szd93g_ZLCQ
Yoga Block (40 mins)	https://youtu.be/bv-VItAXwOo

Equipment Free Pilates

Matwork Pilates Part 1 (20mins):	https://youtu.be/8TgDni1hbTM
Matwork Pilates Part 2 (20mins):	https://youtu.be/YjLiMUaCQCc
Matwork Pilates Part 3 (20mins)	https://youtu.be/wLUzxi5D41U
Matwork Pilates Part 4 (5mins):	https://youtu.be/nUJjHOHMOdQ
Bed-based or mat-hips (7 mins):	https://youtu.be/L-A6IF7x4yc

