

MY TOP 12 ESSENTIAL PILATES EXERCISES FOR DAILY LIFE TO FUNCTION BETTER

Please remember my video blogs can be found at www.victoriahaydenpilates.co.uk

- 1: ROLL DOWNS
- 2: SIDE REACHES
- 3: SQUATS
- 4: 3 PHASE SPINE CURLS
- 5: NECK ROLLS
- 6: CLIMB A TREE'S
- 7: CURL UPS / POWER OF 6 X12
- 8 : CHALK CIRCLES
- 9: OYSTERS
- 10: DIAMOND PRESS
- 11: DART
- 12: COBRA