

Wilmington Wellness Studio  
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## Pilates Basics

Hundred

Saw

Roll-up

Swan Prep

Tree

Swimming

Leg Circles

Single Leg Kick

Rolling like a Ball

Double Leg Kick

### **AB Series:**

Single Leg Stretch

Side Kicks (Front/Back)

Double Leg Stretch

Side Kicks (Up/Down)

Scissors

Side Kicks (Inner thighs)

Lift & Lower

Teaser

Criss Cross Obliques

Seal

Bridge

Front Support

Spine Stretch