

Die 34 Grundübungen des ursprünglichen Übungsprogrammes von Joseph H. Pilates

1. HUNDRED
2. THE ROLL UP
3. THE ROLL OVER WITH LEGS SPREAD
4. THE ONELEG CIRCLE
5. ROLLING BACK
6. THE ONE LEG STRETCH
7. THE DOUBLE LEG STRETCH
8. THE SPINE STRETCH
9. ROCKER WITH OPEN LEGS
10. THE CORC SCREW
11. THE SAW
12. THE SWAN DIVE
13. THE ONE LEG KICK
14. THE DOUBLE KICK
15. THE NECK PULL
16. THE SCISSORS
17. THE BICYCLE

18. THE SHOULDER BRIDGE
19. THE SPINE TWIST
20. THE JACK KNIFE
21. THE SIDE KICK
22. THE TEASER
23. THE HIP TWIST WITH STRETCHES ARMS
24. SWIMMING
25. THE LEG PULL FRONT
26. THE LEG
27. THE SIDE KICK KNEELING
28. THE SIDE BEND
29. THE BOOMERANG
30. THE SEAL
31. THE CRAB
32. THE ROCKING
33. THE CONTROL BALANCE
34. THE PUSH UP