

Minnetonka Pilates Class

90/90 Hip Lift / Hemibridges

Purpose: To reposition pelvis and relax superficial back muscles



Pelvic Tilts / Hula Dancing

Purpose: Low back mobility



Pelvic Rolls

Purpose: Spine mobility



Bridges

Purpose: Spinal articulation, strengthen hamstrings & gluts



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Dead Bug

Purpose: Core Stability



Clams

Purpose: Hip strength



Side Lying Hip Lift

Purpose: Abdominal strength



Book Opening

Purpose: Open/Stretch Chest;
Shoulder mobility; neck mobility if
you don't turn head with movement



Minnetonka Pilates Class

Angry Cat Single Arm

Purpose: abdominal strength & shoulder stability



Single Leg Lift

Purpose: Train hamstring and gluts to extend hip without back muscles



Plank

Purpose: abdominals, shoulder stability



Mermaid

Purpose: Rib Mobility

