

Pilates - Rolling like a Ball

- Sit balanced just behind your sit bones
- Pull knees in toward shoulders without collapsing the chest
- Tuck chin & round through the spine
- Inhale to roll back to the shoulder girdle
- Exhale to return to seated, without letting the feet touch the mat
- Use your core, not momentum



Pro Pilates For Beginners Explained For Experts

J Ma



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