

Classical Magic Circle Exercises

Mat

- Hundred
- Roll Up
- Roll Over
- Double Leg Stretch
- Open Leg Rocker
- Corkscrew
- Neck Pull
- Jackknife
- Side Kicks
- Teaser 1, 2, 3
- Hip Circles

Sitting PrePilates

- Above Knees
- Between Feet

Standing

- Arm Series
- Chest Expansion
- Leg Series

Chin Press

Forehead Press