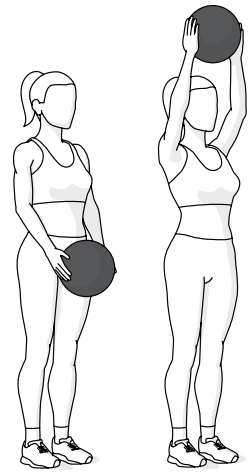


# Pilates Ball Workouts



Front & Back

**A**

**B**

Spinal Twist

Back

**A**

**B**

Glute Bridge

Front

**A**

**B**

Crunch

Front

**A**

**B**

Side Leg Lift

Front & Back

**A**

**B**

Hamstring Squeeze

Front

**A**

**B**

Ball Leg Lift

Front

**A**

**B**

Ab Curl

Front & Back

**A**

**B**

Squeeze, Curl and Lift