



Keep The Feet Horizontal  
The Back and legs approach perpendicular



The Heavens  
From the pelvic side



To in Balance  
Lower abdominal strength



Rolling like a ball



The Rolling Like A Ball



The Single leg Stretch



The Pilates Row



The Twister



The Downy, Down

# What Is Pilates For Beginners Explained For Beginners 24888

**RJ Alexander**



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