

INTERNATIONAL  
PILATES HERITAGE CONGRESS  
MAI 2019

**SPINE CORRECTOR**

PRESENTED

By

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## **1. Warm Up**

- Well Roll Down (arms in front, Hands behind the head)
- Oblique Well Roll Down
- Arm Sweep Low
- Arm sweep High
- Arm Circle Starting Low
- Knee Sways
- The Reach

Notes :

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## **2. Bridging**

- Bridging with marching

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## **3. The Hundred**

- **Reverse hundred**
- **Legs low**

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## **4. Shoulder Stretch Series**

- Stretch with the bar
- Open and close
- Single arm

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## **5. Legs Series** (roll down to the base of the shoulder blade)

- Lower lift
- Unilateral bicycle
- Lower lift point and flex
- Rollover

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## **6. Series of Five**

- Sigle leg stretch
- Double leg stretch
- Single Straight Leg Stretch
- Double Straight Leg Stretch
- Criss Cross

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## **7. Swan / Swan Dive**

Notes :

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## **8. Teaser Facing Away**

- Teaser 1
- Teaser 2
- Teaser 3
- Bookends
- Scissors
- Diamond Legs
- Beats
- Legs Circles
- Bicycle Teaser

Notes :

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## **9. Round Back / Flat back**

- Twist
- Twist and Reach
- Around the world

Notes :

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## **10. Side Sit Ups**

- Side Sit Ups
- Side Sit Up – Arms Out
- Side Sit Up With Rotation

Notes :

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## **11. Table Top**

- Bridging
- High Slope with Step
- Low Slope
- Isometric Bridging with Arms
- Hug a Tree
- Go Go Arms
- Isometric Bridging with Marching
- Double Heel Lift

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Notes :

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## **12. Leg Series**

- Scissors
- Bicycle
- Circles
- Walking
- Frogs
- Beats
- Helicopter

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**13. Teaser Stretch Balanced on Top of The Barrel**

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**14. Leg Pull Up**

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**15. Leg Pull Down**

Notes :

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**16. Corkscrew/Rollover/Jack Knife**

Notes :

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**17. Leg Cercle into head**

Notes :

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**18. High Bridge**

Notes :

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**19. Rolling Massage**

Notes :

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**20. Push Ups 1**

Notes :

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**21. Push Up 2**

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