

Precision & Control Matwork

מור בכור

Msc. Exercise Physiology
STOTT PILATES Instructor Trainer

- Breathing side Flexion and Rotation .1
- Hip Rolls with Pelvic Twist .2
- Supine Spinal Rotation .3
- Ab Preps with Toe Tap .4
- Breast Stroke Prep .5
- Half Roll Back .6
- Roll Up with Spine Twist .7
- Leg Circle .8
- Cat Stretch with Weight Transfer .9
- Plank Running .10
- Side Twist Kneeling with Saw .11
- Side Kick Kneeling .12
- Modify Open Leg Rocker .13
- Shoulder Bridge Unilateral Bicycle .14
- Modify Roll Over .15
- Scorpions Prone .16
- Side Lying Triceps .17
- Side Teaser .18
- Standing Side Bend .19
- Standing Roll Down .20

Mor Bechor

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