|  |  |  |
| --- | --- | --- |
|

|  |
| --- |
| The Classical 34 |
|  |

 |
|

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|

|  |
| --- |
| The mat work that we do in session is all based upon the original 34 exercises devised by Joseph Pilates. We then add in small equipment to help or challenge you and add variety to our sessions. In this section we will take you on a journey through this classical repertoire. |
| https://gallery.mailchimp.com/725c9811a04e6ab29c71dd25d/images/a08ccb58-6920-4017-893f-3e3da07cbb74.png |
| Exercise 1-The Hundred |
| **Aims:** • To enhance strength in the abdominals • Improve breathing control and the use of thoracic breathing patterns • Stimulate circulation and as a warm up exercise In our sessions we will break this down into a sequence so that you can build up to the final exercise as you get stronger and fitter. Modifications are always available for injuries and special conditions too. ***www.Betterbodytraining.com*** |

 |

 |