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***Pilates***

***Material: we only use mats.***

We will be on the “stage” all the class for give the instructions.

First of all we will start with some stretching exercises.

1. Stretch the leg and with the hand we touch our food. (1 minute for leg)



1. Stretch the two legs in front of you and your hands touch your feet. (1 minute)



1. Open your legs and go to the front as much you can. (1 minute)



1. Stand up and put your foot with your ass, your leg must be bent (1 minute for leg)



1. Stand up and try touch your feet without bent your knees. (1 minute)



1. Put your hands together and your arms in front of you (1 minute)



1. Put one arm in your back and with the other arm press press down (1 minute for arm)



Now all of us gonna do some postures simples

1. Stretch in the floor and try touch your head with your feet (1 minute)



1. This posture is similar to the bridge but with one leg up. (1 minute for leg)



 .3. get up, stretch your arms and go down flexing your knees ( 1 minute)



1. Stretch in the floor and lift your legs 90 degrees, and go up and down with abs ( 1 minutes)



1. Stretch in the floor and put up your body, your legs has to be in front your face (1 minutes)



1. Put on four legs and stand up one leg and the contrary arm. (1 minute for leg and arm)



1. Do the “SUPERMAN” put your stomach in the floor and up your arms and legs (1 minutes)



1. With one arm support the pes of your body (1 minute for arm)



1. Catch one leg and press to your chest, it’s not necessary touch your chest. (1 minute for leg)



1. Do a mountain with your body, don’t bent your knees. Put your ass up and touch the floor with your feet and hands. (1 minutes)



1. Put your legs and trunk up and touch the floor with your ass, try not follow down and it’s like a little abdominal (1 minutes)



1. Put your head down touching the floor and knees touching your chest, the arms has to be strech on the floor in front. (1 minutes)

