



## Listing of Postures in Pilatestickmen Pack

1. Bicycle/Reverse Bicycle
2. Boomerang
3. Boomerang 1
4. Boomerang 2
5. Boomerang 3
6. Boomerang 4
7. Can-can
8. Can-can 2
9. Control and Balance 1
10. Control and Balance 2
11. Criss Cross
12. Criss Cross 2
13. Curl Ups
14. Double Leg Circles
15. Double Leg Kicks
16. Double Leg Stretch
17. Double Leg Stretch 2
18. Double Leg Stretch 3
19. Heel Beats
20. Hip Rolls 1
21. Hip Rolls 2
22. Hip Twists
23. Jack Knife
24. Leg Pull Back
25. Leg Pull Back 2
26. Leg Pull Front 1
27. Leg Pull Front 2
28. Leg Pull Front 3
29. Leg Slides
30. Leg Slides Sequence
31. Lying Alignment
32. Lying Alignment 2
33. Lying Alignment 3
34. Neck Pull
35. Neck Pull 2
36. Open Leg Rocker
37. Open Leg Rocker 2
38. Open Leg Rocker 3
39. Rest Position
40. Rocking
41. Rocking 2
42. Rocking 3
43. Roll Over 2
44. Roll Over 3
45. Rolling Like a Ball
46. Rolling Like a Ball 2
47. Rolling Like a Ball 3
48. Scissors
49. Scissors 2
50. Scissors 3
51. Shoulder Bridge
52. Shoulder Shrug
53. Shoulder Stabilisation 1
54. Shoulder Stabilisation 2
55. Side Kick Kneeling
56. Side Kick Lifts
57. Side Kicks
58. Side Lying Small Circle
59. Single Knee Circles
60. Single Knee Circles 2
61. Single Knee Circles 3
62. Single Knee Circles 4
63. Single Knee Folds 1
64. Single Knee Folds 2
65. Single Leg Circles
66. Single Leg Circles 2
67. Single Leg Kicks
68. Single Leg Kicks 2
69. Single Leg Stretch
70. Single Leg Stretch 2
71. Single Leg Stretch 3
72. Spine Stretch Forward
73. Spine Stretch Forward 2
74. Spine Twist
75. Straight Double Leg Raises
76. Straight Single Leg Raises
77. Straight Single Leg Raises 2
78. Swan Dive
79. Swan Dive 2
80. Swimming
81. Swimming 2
82. Table Top
83. Teaser
84. Teaser 2
85. Teaser 3
86. Teaser 4
87. Teaser 5
88. The Cobra
89. The Crab
90. The Mermaid
91. The One Hundred
92. The One Hundred 2
93. The One Hundred 3
94. The Push-Up 1
95. The Push-Up 2
96. The Roll-Up
97. The Roll-Up 2
98. The Roll-Up 3
99. The Saw
100. The Seal
101. The Twist
102. Torpedo
103. Torpedo 2