
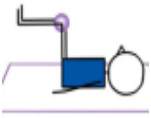
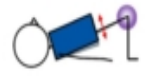


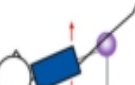










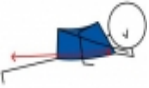

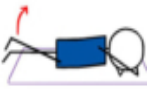

## Pilates Matwork Mini Ball + Magic Circle: Inner Thigh Challenge

Time	Image	Pose	Description
		Adductor Squeeze I Mini Ball	Lie on back with knees bent and feet flat on floor. Place a mini ball (or football) between knees. Squeeze hard. Hold. Relax. Return to start. Repeat. <b>Benefits:</b> Strengthen adductor muscles (reduce back pain). <b>Video:</b> <a href="https://www.youtube.com/embed/piD-0AtDMJs">https://www.youtube.com/embed/piD-0AtDMJs</a>
		Adductor Squeeze II Mini Ball	Place a mini ball (or football) between ankles. Lie on back with legs extended. Squeeze hard. Hold. Relax. Return to start. Repeat. <b>Benefits:</b> Strengthen adductor muscles (reduce back pain). <b>Video:</b> <a href="https://www.youtube.com/embed/piD-0AtDMJs">https://www.youtube.com/embed/piD-0AtDMJs</a>
		Adductor Squeeze III Mini Ball	Lie on back with knees bent. Place a mini ball (or football) between knees. Squeeze hard. Hold. Relax. Return to start. Repeat. <b>Benefits:</b> Strengthen adductor muscles (reduce back pain). <b>Video:</b> <a href="https://www.youtube.com/embed/piD-0AtDMJs">https://www.youtube.com/embed/piD-0AtDMJs</a>
		Hip Lift Pulses I Mini Ball	Lie on back with knees bent. Place mini ball between knees, hands beside body. Squeeze butt, lift hips while maintaining a neutral pelvis. Squeeze ball while lifting hips. Pulse hips up 10 times. Lower down. <b>Benefits:</b> Strengthens abs, inner thighs and glutes. <b>Video:</b> <a href="https://www.youtube.com/embed/r4-Lq3Graj0">https://www.youtube.com/embed/r4-Lq3Graj0</a>

Time	Image	Pose	Description
		Hip Lift Pulses II Mini Ball	Lie on back. Bend knees. Place mini ball between knees, hands beside body and grazing heels. Squeeze butt, lift hips. Squeeze ball. Pulse inner thighs into mini ball 10 times. Lower down. <b>Benefits:</b> Strengthens abs, inner thighs, glutes. <b>Video:</b> <a href="https://www.youtube.com/embed/r4-Lq3Graj0">https://www.youtube.com/embed/r4-Lq3Graj0</a>
		Hip Lifts Mini Ball	Lie on back, knees bent. Place mini ball between knees, hands beside body, grazing heels. Squeeze buttock. Lift hips while maintaining a neutral pelvis. Squeeze ball while lifting hips. Lower down. Repeat. <b>Benefits:</b> Strengthens obliques, abs. <b>Video:</b> <a href="https://www.youtube.com/embed/r4-Lq3Graj0">https://www.youtube.com/embed/r4-Lq3Graj0</a>
		Single Leg Bridge Mini Ball	Lie on back, knees bent. Place mini ball between knees, hands beside body, grazing heels. Squeeze butt, lift hips. Squeeze ball, extend left leg towards wall. Alternate between lifting and lowering hips without moving leg. Repeat on right leg. <b>Benefits:</b> Strengthens inner thighs, glutes, lower back. <b>Video:</b> <a href="https://www.youtube.com/embed/r4-Lq3Graj0">https://www.youtube.com/embed/r4-Lq3Graj0</a>
		Teaser Prep Mini Ball	Sit on floor, knees bent. Place mini ball between knees. Straighten back, arms parallel to floor. Inhale, squeeze ball. Exhale, slowly roll back. Inhale, lift arms. Exhale, lift shoulder blades off mat, squeeze ball. Extends arms parallel to floor. Lower down, bring arms behind head. Repeat. <b>Benefits:</b> Strengthens abs & inner thighs. <b>Video:</b> <a href="https://www.youtube.com/embed/r4-Lq3Graj0">https://www.youtube.com/embed/r4-Lq3Graj0</a>
		Side Kicks Mini Ball	Lie on side. Place ball under shin of bottom leg. Inhale, kick top leg in front. Flex foot. Exhale, press top leg behind. Repeat on opposite side. <b>Benefits:</b> Strengthens core. Improves balance. <b>Video:</b> <a href="https://www.youtube.com/embed/r4-Lq3Graj0">https://www.youtube.com/embed/r4-Lq3Graj0</a>

Time	Image	Pose	Description
00:10		End Of Sequence	
		Double Leg Pulse Circle	<p>Lie on left side with legs extended. Place ring between your ankles. Lift both legs slightly off the floor and pulse them together 10 times. Switch sides. Repeat.</p> <p><b>Benefits:</b> Strengthens glutes, legs, and abdominals.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Y5to75j6fBA">https://www.youtube.com/embed/Y5to75j6fBA</a></p> <p><b>Modifications:</b> Beginner: Start without the Magic Circle to focus on movement and alignment. Intermediate: Use fully extended legs with ring between ankles. Advanced: Raise top arm and both legs simultaneously for maximum instability.</p>
		Leg Side Pulses I Circle	<p>Lie on your left side with legs extended. Place your left shin inside the ring and your right ankle against the top of it. Engage your core and pulse the right leg ten times. Switch sides and repeat.</p> <p><b>Benefits:</b> Strengthens core, glutes, and inner thighs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Y5to75j6fBA">https://www.youtube.com/embed/Y5to75j6fBA</a></p> <p><b>Modifications:</b> Beginner Modification: Keep bottom knee bent for extra stability while top leg pulses. Intermediate Modification: After 10 pulses, hold a firm press into the ring for 5 seconds. Advanced Modification: Make each pulse a 3-second press and 3-second release.</p>

Time	Image	Pose	Description
		<p>Leg Side Pulses II Circle</p>	<p>Lie on your left side with legs extended. Place your left shin inside the ring and rest your right ankle on top of it. Engage your core and pulse the right leg downward ten times. Switch sides and repeat.</p> <p><b>Benefits:</b> Strengthens core, inner thighs and legs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/Y5to75j6fBA">https://www.youtube.com/embed/Y5to75j6fBA</a></p> <p><b>Modifications:</b> Beginner Modification: Slightly bend top knee to reduce leverage and ease hip tension. Intermediate Modification: Pulse top leg downward into ring 10 times with a steady torso. Advanced Modification: Pulse 4 times, then hold downward press for 4 counts.</p>
		<p>Side Kick Kneeling</p>	<p>Kneel onto the right knee. Place your right hand on the mat underneath the right shoulder. Left knee in line with the left foot. Right hip directly over the right knee. Place left hand behind head. Kick left leg forward and back while keeping torso stable. After a number of repetitions, place the left knee onto the mat and repeat on the other side.</p> <p><b>Benefits:</b> Strengthen the torso and glutes. Improve balance.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/hgLDMHCcw4k">https://www.youtube.com/embed/hgLDMHCcw4k</a></p> <p><b>Precautions :</b> Knee injury.</p>
		<p>Side Kick</p>	<p>Lie on right side in a straight line from shoulders to ankles. Prop head on right hand. Place left palm flat on the mat in front of your chest. Move both legs in front of hips on a slight diagonal. Lift top leg off bottom leg, and kick it forward twice. Lengthen leg as you sweep it to kick back. Perform 5 reps. Repeat on other side.</p> <p><b>Benefits:</b> Strengthen glutes, hips, abs, back extensors.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/v1w7lqFTNuo">https://www.youtube.com/embed/v1w7lqFTNuo</a></p> <p><b>Precautions :</b> Neck or shoulder injury.</p>

Time	Image	Pose	Description
		Side Kick Bicycle	<p>Lie on your side. Place legs onto of one another. Lift leg to hip height. Bend top knee in towards chest. Extend leg long in front of you. Sweep leg behind you. Continue. Swap sides.</p> <p><b>Benefits:</b> Stretch and strengthen inner thigh.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/p_4HIOWm2s">https://www.youtube.com/embed/p_4HIOWm2s</a></p>
		Prone Alternate Arm Leg Lift	<p>Lie face down with forehead resting on mat. Align neck and head. Extend arms in front of you with palms facing down. Lengthen torso by stretching neck away from body. Engage abs. Keep head in line with upper back and raise left arm and right leg 6 inches. Hold. Lower to start position. Switch sides.</p> <p><b>Benefits:</b> Strengthens shoulders, spine, buttocks, hamstrings. Tones abs.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/YrrnXPh3gb8">https://www.youtube.com/embed/YrrnXPh3gb8</a></p>
		Prone Leg Lift	<p>Lie on front with forehead resting on back of hands and knees straight. Brace abdomen. Squeeze buttocks. Lift right leg up slowly just above buttock height. Pause. Return to start. Switch legs.</p> <p><b>Benefits:</b> Strengthens buttocks. Prevent lower back pain.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/vzclSermEm8">https://www.youtube.com/embed/vzclSermEm8</a></p>
		Shoulder Bridge	<p>Lie on back with knees bent. Feet hip distance apart. Peel tailbone and spine off the mat. Extend right leg to ceiling with foot pointed. Lower right leg towards the ground, flex foot and bring leg back to the ceiling. Repeat. Place right foot down onto mat. Repeat with left leg. To finish, roll spine and tailbone down to the mat.</p> <p><b>Benefits:</b> Strengthen hamstrings and glutes.</p> <p><b>Video:</b> <a href="https://www.youtube.com/embed/QFv_Fex3Mko">https://www.youtube.com/embed/QFv_Fex3Mko</a></p> <p><b>Modifications:</b> A) Place a small ball under your pelvis. B) Standard Bridge (no leg raising). C) Raise your leg only halfway (bent leg). D) Bridge (with arm raises). E) Bridge on a block. F) Bridge spine curls. G) Bridge with legs up a wall.</p> <p><b>Precautions :</b> Neck and shoulder pain.</p>

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