
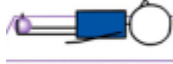
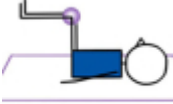



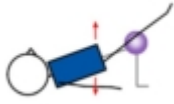

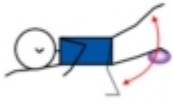

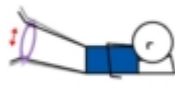
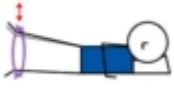
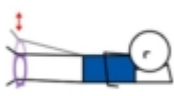



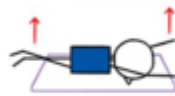
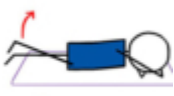


Pilates Matwork Mini Ball + Magic Circle: Inner Thigh Challenge

 <p>Adductor Squeeze I Mini Ball</p>	 <p>Adductor Squeeze II Mini Ball</p>	 <p>Adductor Squeeze III Mini Ball</p>	 <p>Hip Lift Pulses I Mini Ball</p>	 <p>Hip Lift Pulses II Mini Ball</p>	 <p>Hip Lifts Mini Ball</p>
 <p>Single Leg Bridge Mini Ball</p>	 <p>Teaser Prep Mini Ball</p>	 <p>Side Kicks Mini Ball</p>	 <p>End Of Sequence</p>	 <p>Double Leg Pulse Circle</p>	 <p>Leg Side Pulses I Circle</p>
 <p>Leg Side Pulses II Circle</p>	 <p>Side Kick Kneeling</p>	 <p>Side Kick</p>	 <p>Side Kick Bicycle</p>	 <p>Prone Alternate Arm Leg Lift</p>	 <p>Prone Leg Lift</p>



Shoulder Bridge

You can create lesson plans like this using the [Genie Lesson Planner](#)