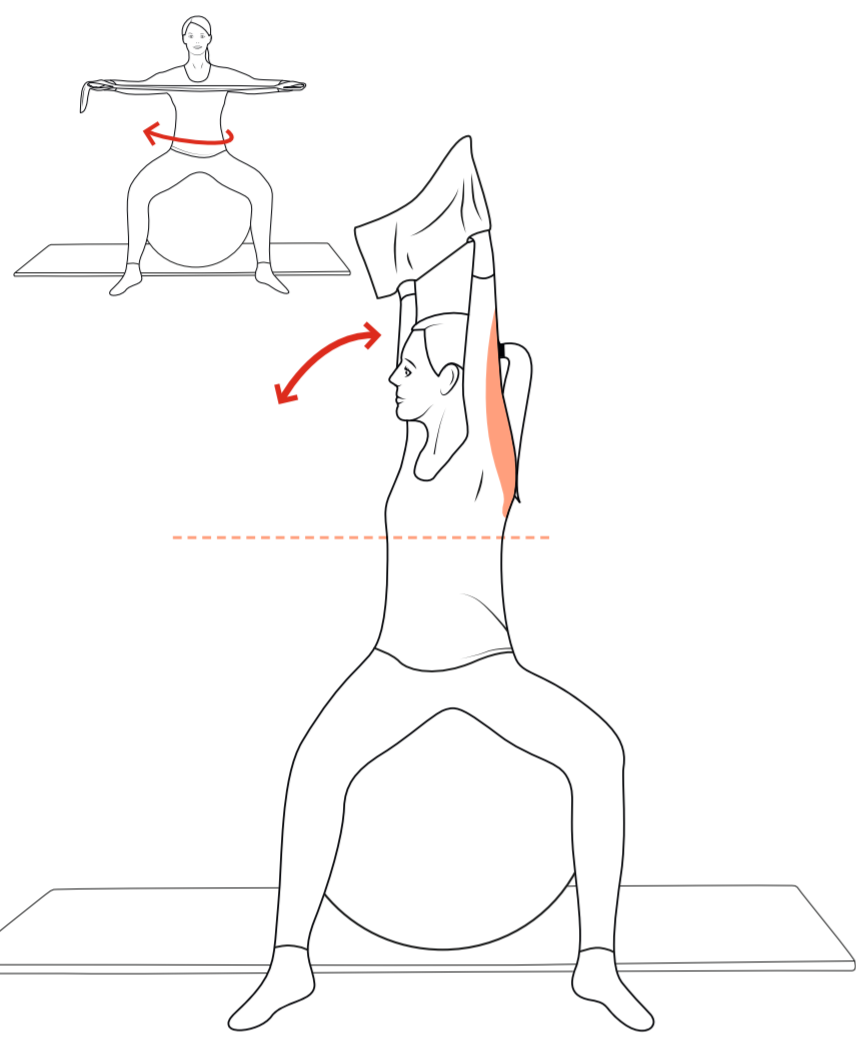




The natural way of Sweden

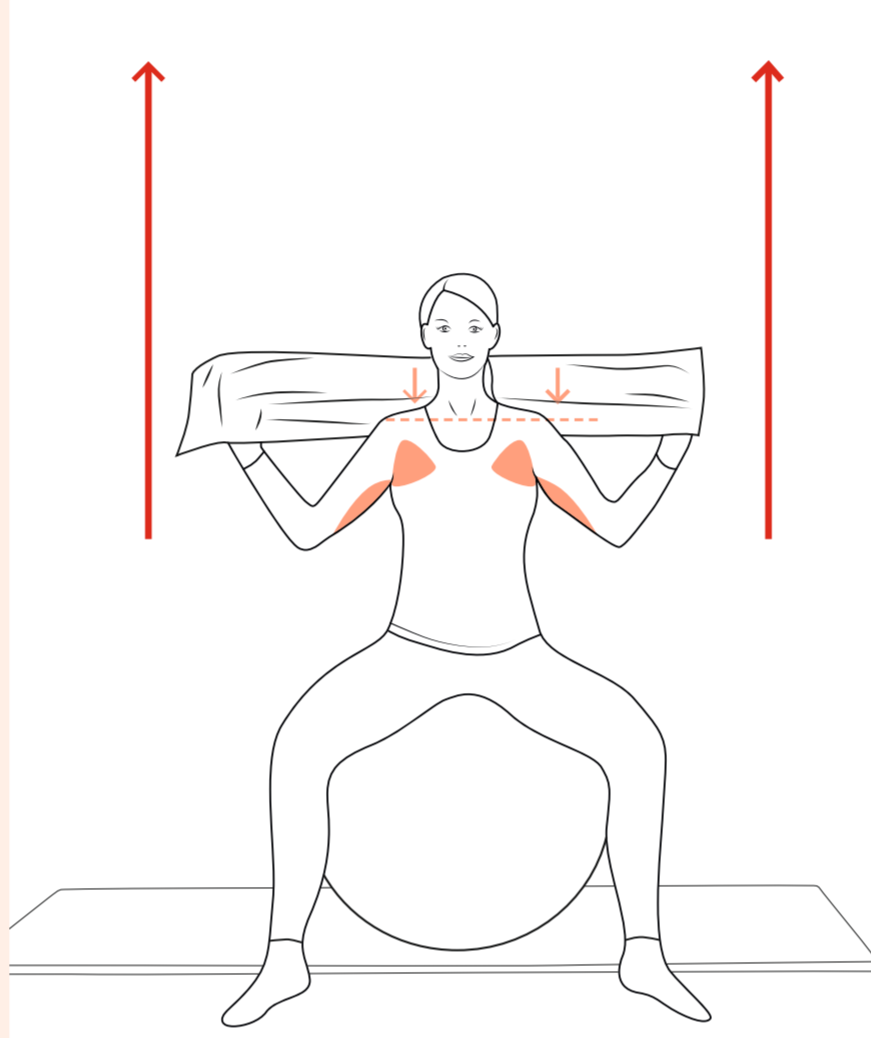
SISSEL® PILATES BAND

SHOULDER AND SPINAL COLUMN MOBILIZATION



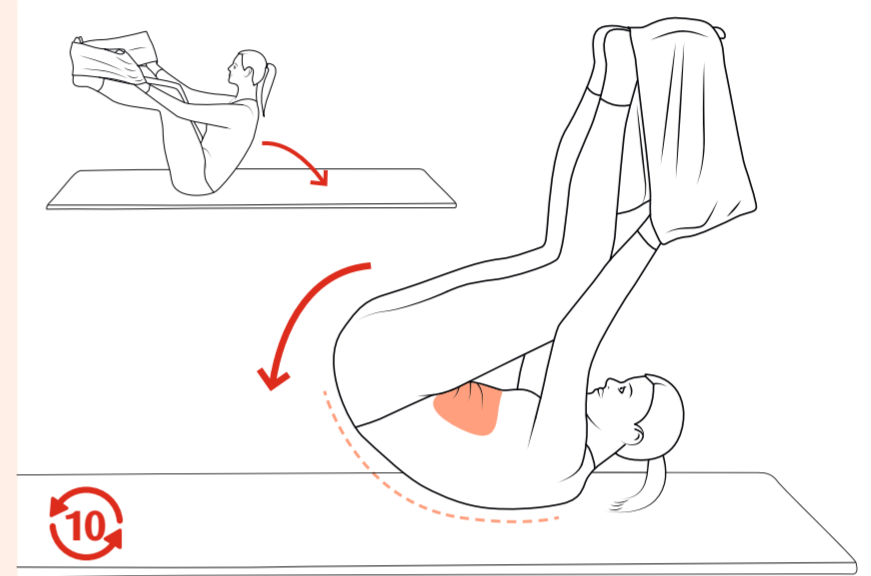
3 each side

CHEST STRETCH



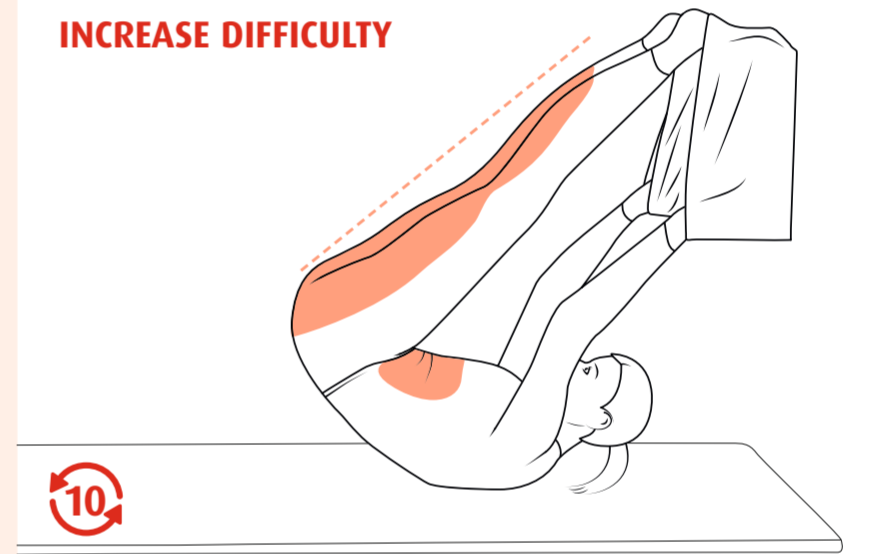
5

OPEN LEG ROCKER



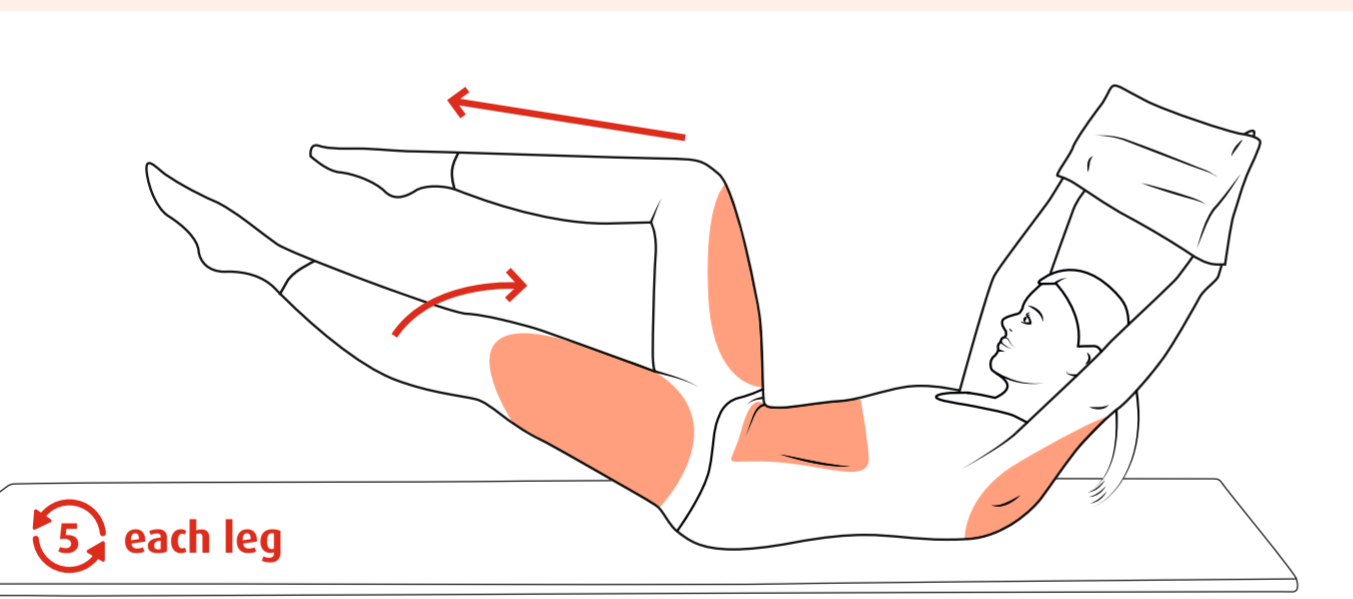
10

INCREASE DIFFICULTY

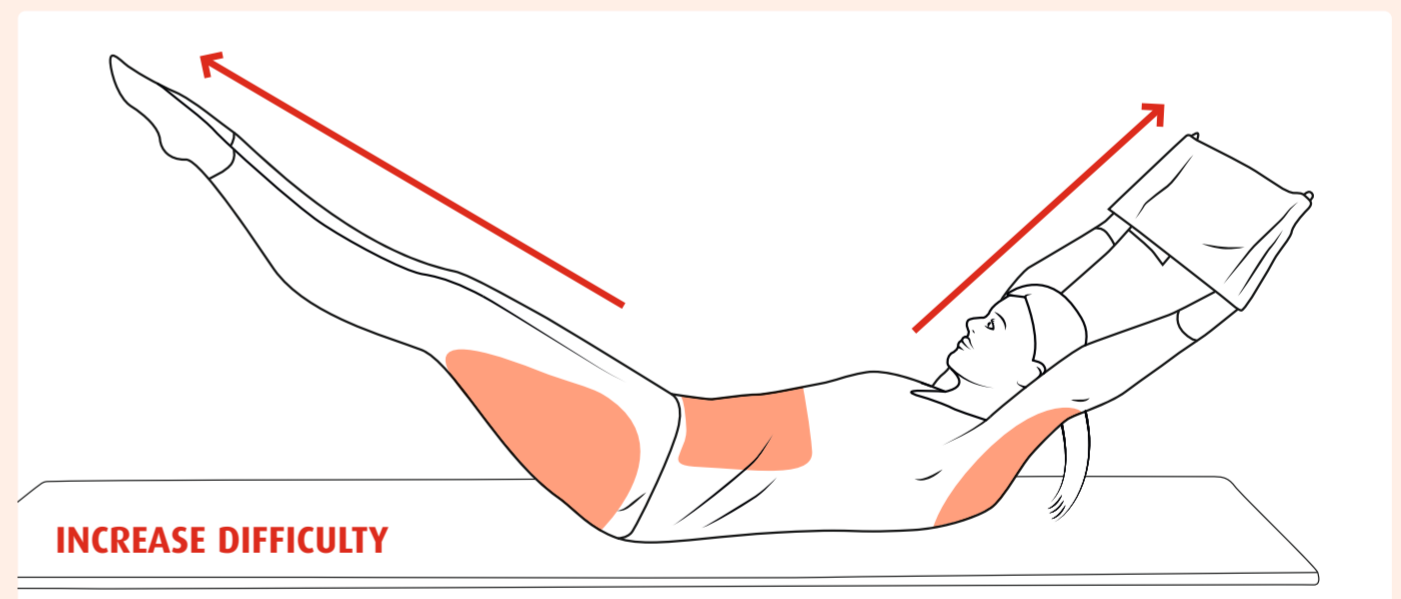


10

SINGLE/DOUBLE LEG STRETCH

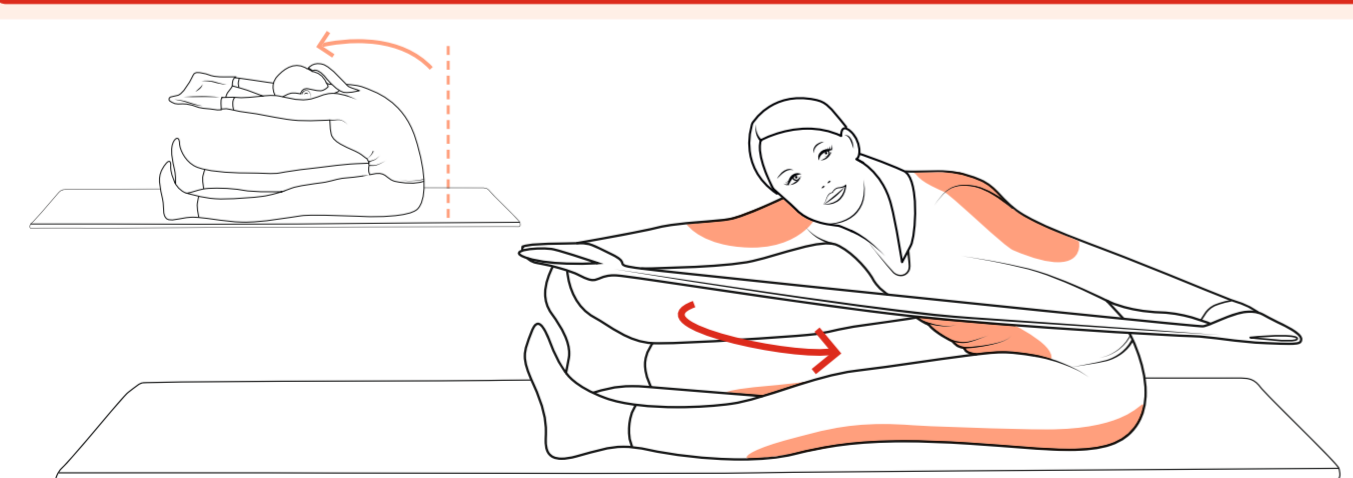


5 each leg



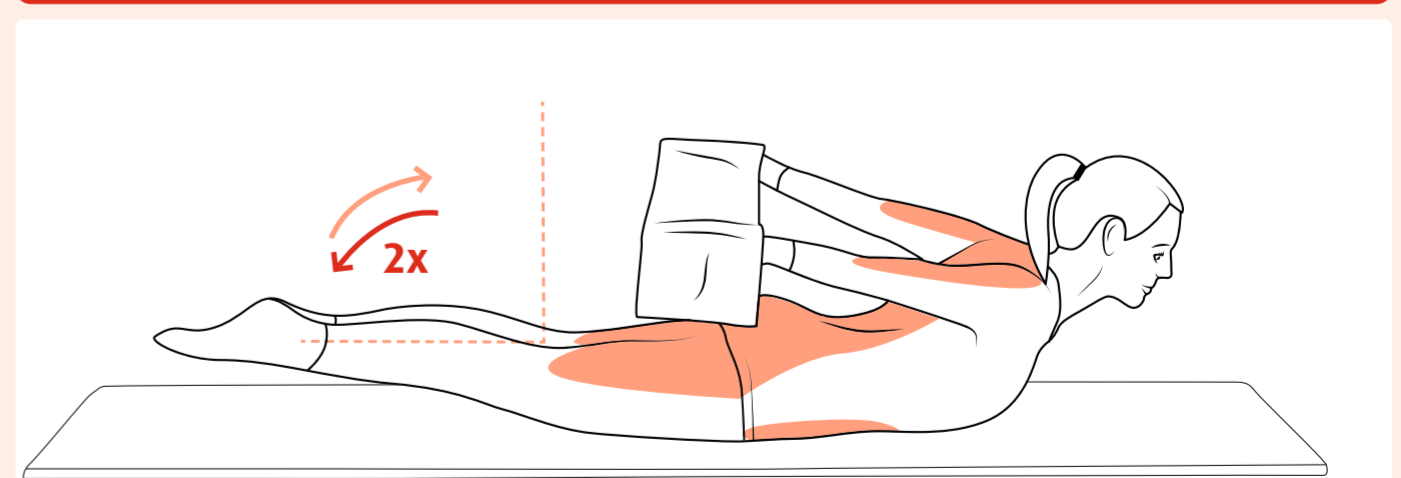
INCREASE DIFFICULTY

SPINE STRETCH AND SAW



5 each side

DOUBLE LEG KICK



3

BB 12 V1 Druckfehler und Irrtümer vorbehalten. Farb-, Material- und Konstruktionsänderungen möglich. Typesetting and printing errors excepted. Changes in color, material and construction possible.

