Exercises are grouped together into specific Exercise Programs designed to meet your requirements.

Each exercise is accompanied by a brief description of how to perform the exercise with step-by-step instructions. The Ex No. in your Pilates Exercise Chart is shown in the User Manual & Exercise Guide.

**Exercise Program Options**

- **Exercise Program Options**
  - Exercises are grouped together into specific Exercise Programs designed to meet your requirements.
  - There is a Program Options section that is suitable for your fitness level, available time, objectives and equipment needs.

**Pilates Exercise Chart**

- **High Ball Half Circle**
  - Stand with your feet hip-width apart and your knees slightly bent. Bring your right arm up to shoulder height and bend your right arm to a 90-degree angle. Your left arm should be straight down by your side. Inhale deeply. As you exhale, your right arm should bring your hand down and move around in a circle, keeping your right arm straight. Repeat on the other side.

- **High Ball Full Circle**
  - Stand with your right arm out to the side and your left arm bent at a 90-degree angle. Inhale deeply. As you exhale, bring your right arm down and move around in a circle, keeping your right arm straight. Repeat on the other side.

**Exercise Program Chart**

- **Exercise Program Chart**
  - Start your exercise program with a slight motion to warm up your body temperature.
  - **Cardio & Stretching**
    - Begin by marching on the spot, moving arms and protesters to a slow jog. When fit, run or walk on the spot, lifting knees and pumping arms. In addition, you may perform springing jumps.
  - **Stabilizing**
    - Follow with stabilization exercises.
  - **Cool Down**
    - Run or walk on the spot gently for 1-2 minutes.

**Exercise Programs**

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<th>Ex No.</th>
<th>Exercise</th>
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<td>1-23</td>
<td>Stretching</td>
<td>Complete the exercises in the indicated order, moving at a steady pace from one exercise to the next. If you find any particular exercise too strenuous, skip it and try again when you are fitter.</td>
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<tr>
<td>8-12</td>
<td>Cardio &amp; Stretching</td>
<td>Begin by marching on the spot, moving arms and protesters to a slow jog. When fit, run or walk on the spot, lifting knees and pumping arms. In addition, you may perform springing jumps.</td>
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<td>16-20</td>
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