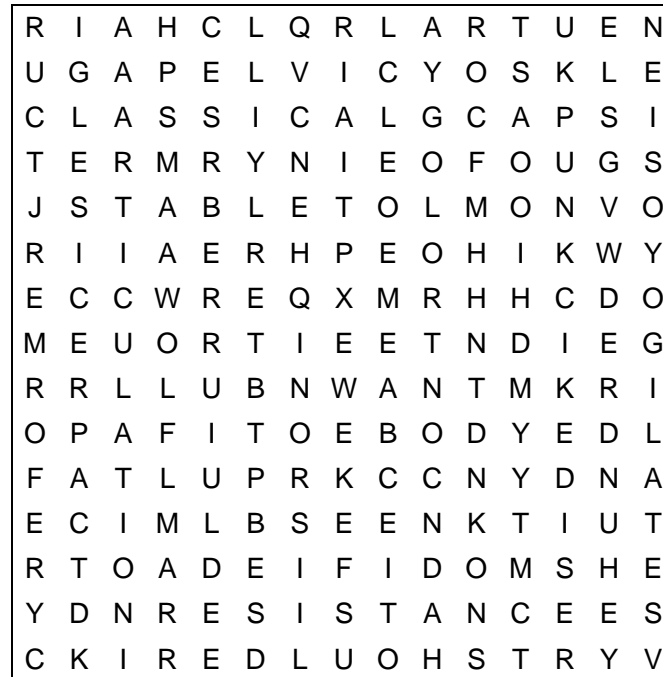
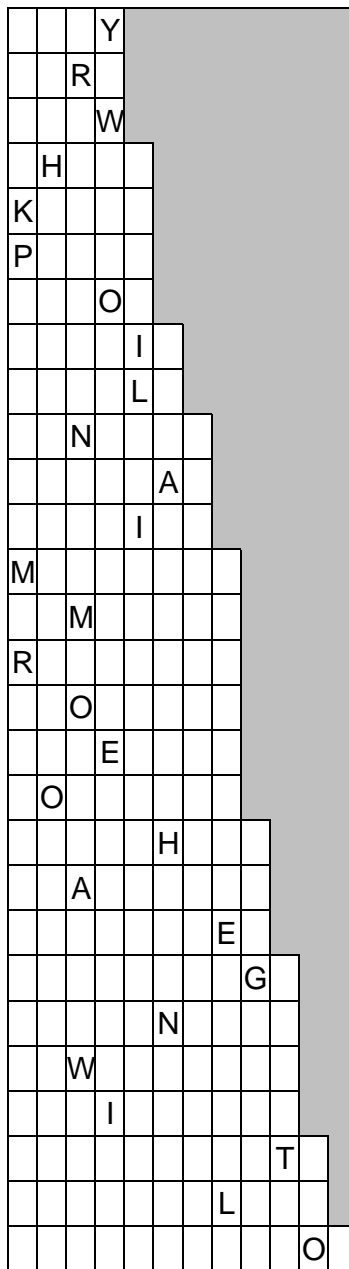


PILATES!



Pilates teaches you to control every movement your ___ makes
Your ___ muscles are in the abdominals and back
Your movements should ___ one into the other with control
The Wunda or High ___ is a piece of Pilates equipment
Bending your ___ will help make a move easier
Front support is similar to ___ position. Stay in one line heel to head
___ your abs, pull your belly button in and up
The ___ floor muscles are part of your primary powerhouse
When doing leg circles your pelvis should remain ___
The first exercise of Pilates is the ___
During exercise your back should remain ___, not bowed or arched
Movements should be ___, not haphazard or wild
All Pilates exercises can be ___ to your personal level
You should use your core, not ___ to perform a movement
The ___ is a piece of equipment that includes a mat and springs
The muscles of your ___ girdle are part of your secondary powerhouse
The ___ Series focuses on your core and thigh muscles
The standard foot position in Pilates is heels ___, toes apart
___ is a very important aspect of Pilates
___ Pilates does not use music and follows a specific routine
___ is a combination of yoga and Pilates moves
Joseph Pilates called his method of exercise ___
Joseph Pilates was in an ___ camp when he developed his exercises
The center of your body is also called the ___
Springs and light weights add ___ to a workout
You must fully ___ on every move that you are doing
Stretching helps increase ___
Full ___ of the spine is very important



Enter unused letters from puzzle, in order:

___ ___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___ ___ ___

Copy boxed letters to form your hidden message:

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