

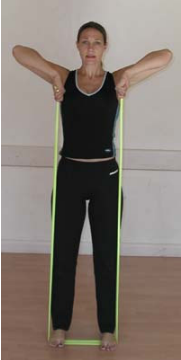
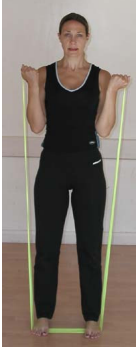
















Exercise	Benefits	Picture
Chest Expansion	This stretches and opens the chest, making breathing easier and relieving tension	
Chest Stretch	Stretching and opening your chest will improve your posture and help you move your upper body more fluidly	
Zip-Up (Upright row)	Tones your upper back and shoulders	
Strong Man (Bicep Curl)	Tones and strengthens your biceps and triceps	
Flys	Tones, strengthens and stretches the shoulders blades, deltoids & biceps	
Dumb Waiter	This exercise strengthens the small rotator cuff muscles in your shoulders. These are the muscles that tend to wear and tear with age, preventing you from doing something as simple as raising your arms overhead	

Exercise	Benefits	Picture
Alternating Arms	This exercise tones your shoulders, specifically your anterior deltoids (front)	
Crossovers	Tones and strengthens your upper back	
Standing Breast Stroke	A full upper body workout!	
Resistance Swan Dive	Strengthens your lower back muscles and elongates your spine	
Resistance Cat Stretch	This pose stretches your back and strengthens your abs. Its one of the best exercises for your entire torso - front and back	
Seated Spine Twists	Lateral rotation of the spine and obliques (waist)	
Resistance Saw	This move stretches the spine as it rotates as well as strengthens the sides of your body. The breathing forces you to push out stale air from deep in your lungs	

Exercise	Benefits	Picture
Pilates Row	This move improves your posture by strengthening all the muscles along your spine and upper back	
Resistance Roll Backs	Increase strength and stamina through the rectus abdominals especially the lower abs and massages the spine into the mat	
Resistance Pilates 100	This is a breathing exercise that also strengthens the abdominal region as well as warm you up	
Resistance Shoulder Bridge	Uses the deepest abdominal muscles as well as stretches your hip flexors and strengthen hamstrings and firming buttocks and back of thighs	
Resistance Single Leg Circles	Leg circles help strengthen your inner and outer thighs as well as teach you how to stabilise your abs and hips during circular movements	
Resistance Double Leg Stretch	A fantastic ab strengthener, this move will teach you how to contract your abs as you move and co-ordinate your breath with arm and leg movement as well as stretch your arms and legs	

Upper Body		Abs	
1.	Chest Expansion	15.	Resistance Roll Back
2.	Chest Stretch	16.	Resistance Pilates 100
3.	Zip Up	19.	Resistance Double Leg Stretch
4.	Strong Man	Buttocks and Legs	
5.	Flys	17.	Resistance Shoulder Bridge
6.	Dumb Waiter	18.	Resistance Single Leg Circles
7.	Alternating Arms		
8.	Crossover Pulls		
9.	Standing Breast Stroke		
Back			
10.	Swan Dive		
11.	Resistance Cat Stretch		
12.	Seated Spinal Twists		
13.	Resistance Saw		
14.	Pilates Row		