

Pilatesboll – 8 övningar



DIAGONALA LYFT

UTMANAR: LÄNDRYGGEN/BALANSEN



GRODAN (BOLL HIHI)


UTMANAR: RUMPAN



INDRAGNINGAR PÅ BOLL

UTMANAR: FRÄMST ÖVERKROPP/CORE



A woman with dark hair, wearing a light blue tank top and grey leggings, is performing a core exercise. She is standing on a wooden deck with a green mat under her feet. She is holding a large, dark blue exercise ball with both hands above her head, leaning her torso back. The background consists of a dark grey wooden fence and lush green foliage. The scene is brightly lit, suggesting it is daytime.

MIDJEBÖJ MED BOLL

LITMANAR- MID IAN/CORE

SITTANDE BENLYFT

UTMANAR: BALANS/CORE



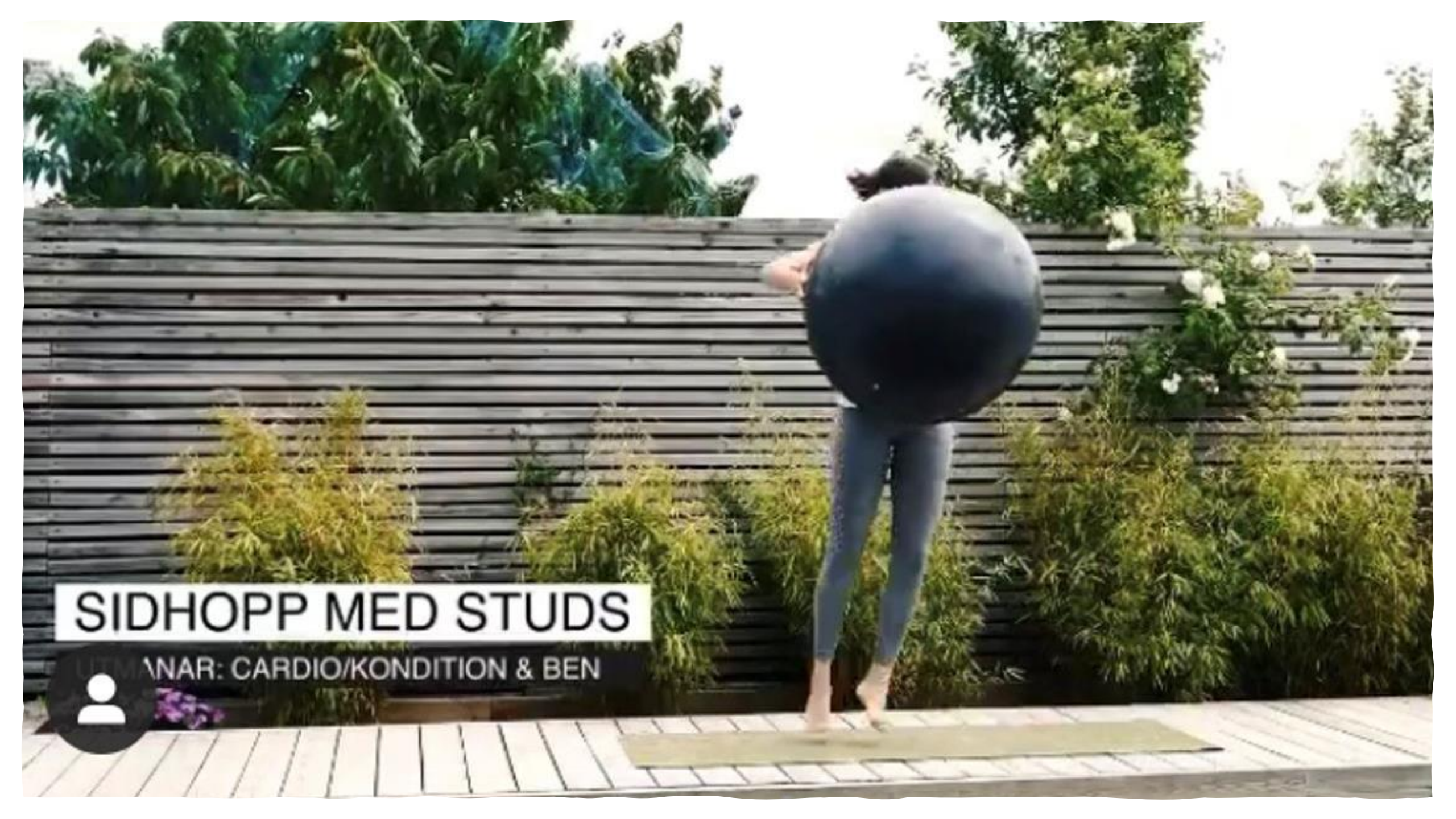
"SLEVEN OCH GRYTAN"



A woman in a light blue tank top and grey leggings is standing outdoors, holding a large black ball above her head with both hands. She is positioned in front of a dark grey wooden slat fence. Behind the fence, there are green bushes and trees. The scene is brightly lit, suggesting daytime.

VADPRESS/TÅHÄVNING

UTMANAR: BALANS OCH VADER

A person is shown from the back, performing a side hop exercise on a wooden deck. They are wearing blue leggings and are barefoot. A large, dark blue exercise ball is positioned between their feet. The background consists of a grey wooden fence and lush green foliage, including bamboo plants and flowering bushes. The scene is brightly lit, suggesting an outdoor setting during the day.

SIDHOPP MED STUDS

VAR: CARDIO/KONDITION & BEN

