

PIL & PED  
ÜBUNGEN | EXERCISES



STEP STEP



SQUAT IN BALANCE



SUNRISE



PANCAKE TWIST



BALANCE TREE



BALANCED WARRIOR



SEAGULL



BALANCE YOGI SQUAT



SIDE CRUNCH



SIDE PLANK



BALANCED PUSH-UP



BUTT PUMPS



BOAT IN BALANCE



BRIDGE



FLYING BOAT



SIDE CRUNCHES