

PILATES CHAIR EXERCISE CHART

Seated Double Leg Pumps



Double Leg Pumps - Parallel



Double Leg Pumps - Wide



Standing Single Leg Pumps - Front



Single Leg Pumps with Crossover



Single Leg Pumps - Back Rounded



Single Leg Pumps - Side



Single Leg Pumps - Kneeling Front



Single Leg Pumps - Kneeling Side



Front Mountain Climb - Round Back



Going Up - Front

