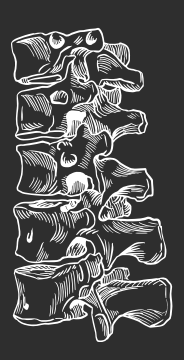
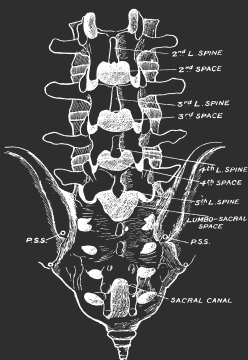


# Stretching & Pilates Core Stability Exercise Class



# 1 Hour Class Outline

## Practical Demonstrations & Group Practical

- Supine & Prone Lumbo-Pelvic Stretches
- Supine *TheraBand* Stretching of Hamstring & Calf Muscles
  - Supine Core Stability (Pilates based) Exercises
- Standing Neck & Shoulder Stretches
  - Standing Pectoral Stretches
- Foam Roller Trigger Pointing of Spine & Leg Muscles



[osteopathicsolutions-manualhandling.co.uk](http://osteopathicsolutions-manualhandling.co.uk)



0845 299 3513



[LINKEDIN.COM/IN/GARETH-MILNER-OSTEOPATHIC-SOLUTIONS](https://www.linkedin.com/in/gareth-milner-osteopathic-solutions)