



A woman in a dark tank top and leggings is performing a Pilates exercise on a reformer machine. She is in a side plank position, with her right arm extended upwards and her left arm resting on the machine's carriage. The background is a plain, light-colored wall.

ΘΕΜΕΛΙΩΔΕΙΣ ΑΡΧΕΣ PILATES

- ΑΝΑΠΝΟΗ
- ΚΕΝΤΡΟ/POWER HOUSE
- ΡΟΗ
- ΕΛΕΓΧΟΣ (CONTROLOGY)
- ΑΚΡΙΒΕΙΑ
- ΑΥΤΟΣΥΓΚΕΝΤΡΩΣΗ
- [ΣΥΝΟΛΙΚΗ ΜΥΙΚΗ ΕΠΙΣΤΡΑΤΕΥΣΗ]
- [ΣΥΜΜΕΤΡΙΚΗ ΑΝΑΠΤΥΞΗ ΤΩΝ ΜΥΩΝ.]

A woman in a dark leotard is performing a Pilates exercise on a white reformer machine. She is in a side plank position, with her right arm extended upwards and her left arm resting on the machine's bar. Her legs are extended and supported by the machine's rollers. The background is a dark, solid color.

**CHANGE HAPPENS
THROUGH MOVEMENT
AND MOVEMENT HEALS!**

PILATES PROPS

-ΜΙΚΡΟΣ ΕΞΟΠΛΙΣΜΟΣ-






ΘΕΣΗ ΣΩΜ.

- ΟΡΘΙΑ
- ΥΠΤΙΑ
- ΕΔΡΑΙΑ
- ΠΛΑΓΙΑ
- ΠΡΗΝΗ
- HOVER
- PLANK



ΤΟΠΟΘΕΤΗΣΗ

- ΧΕΡΙΑ
 - ΣΤΗΡΙΞΗ ΚΕΦΑΛΙΟΥ ΣΤΑ CHEST LIFT
 - ΜΕΣΑ ΣΤΑ ΓΟΝΑΤΑ
 - ΕΞΩ ΑΠΟ ΓΟΝΑΤΑ
 - ΑΣΤΡΑΓΑΛΟΥΣ
 - ΙΣΟΡΡΟΠΙΕΣ
 - ΟΡΘΙΑ ΘΕΣΗ
- 
- A woman is shown in profile, performing a chest lift exercise on a Pilates reformer machine. She is lying on her back with her knees bent and feet on the machine's footbar. Her arms are extended upwards, and she is lifting her chest towards her knees. The background is a dark, solid color.

ΠΩΣ ΧΡΗΣΙΜΟΠΟΙΟΥΜΕ ΤΑ PROPS

- ΜΕΜΟΝΩΜΕΝΑ
ΣΕ ΕΝΑ ΜΑΘΗΜΑ
ΜΑΤ
- ΣΥΝΔΥΑΣΤΙΚΑ
ΣΤΑ ΟΡΓΑΝΑ
- ΜΑΤ ΚΑΙ ΟΡΓΑΝΑ
- ΚΑΛΥΤΕΡΗ
ΚΑΘΟΔΗΓΗΣΗ
ΑΣΚΟΥΜΕΝΟΥ
- ΑΠΟΚΑΤΑΣΤΑΣΗ
ΤΡΑΥΜΑΤΙΣΜΩΝ
- ΣΤΑΘΕΡΟΠΟΙΗΣΗ
ΑΡΘΡΩΣΕΩΝ
- ΕΝΔΥΝΑΜΩΣΗ
- ΕΥΛΥΓΙΣΙΑ
- ΣΕ ΑΣΚΗΣΕΙΣ
ΟΡΘΟΣΩΜΙΑΣ

THE HUNDRED



TONIC BALLS



ΑΣΚΗΣΕΙΣ tonic balls

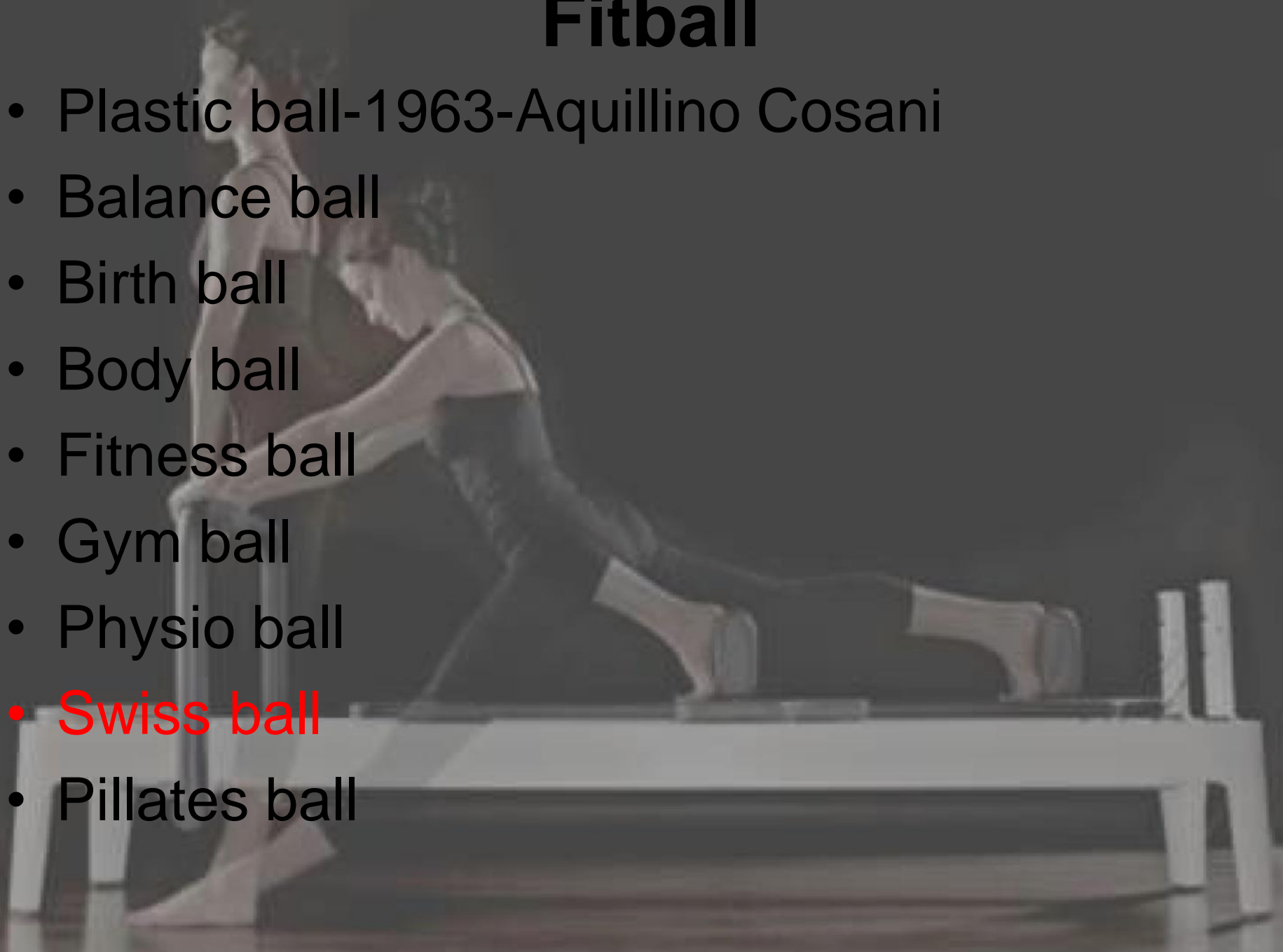
- Shoulder abduction
- Scissors
- Half roll back with rotation
- Hundred
- Coordination/rowing/backstroke from the reformer.





Fitball

- Plastic ball-1963-Aquillino Cosani
- Balance ball
- Birth ball
- Body ball
- Fitness ball
- Gym ball
- Physio ball
- **Swiss ball**
- Pilates ball



SIZES

A woman in a black Pilates outfit is shown in profile, performing a lunge exercise on a white Pilates reformer machine. The machine has a long carriage with rollers and a vertical bar on the left side. The background is a dark, solid color.

- **ΥΨΟΣ
ΑΣΚΟΥΜΕΝΟΥ**

- 1,45
- 1.45-1.65
- 1.65-1.85
- 1.85-1.95

- **ΜΕΓΕΘΟΣ ΜΠΑΛΑΣ**

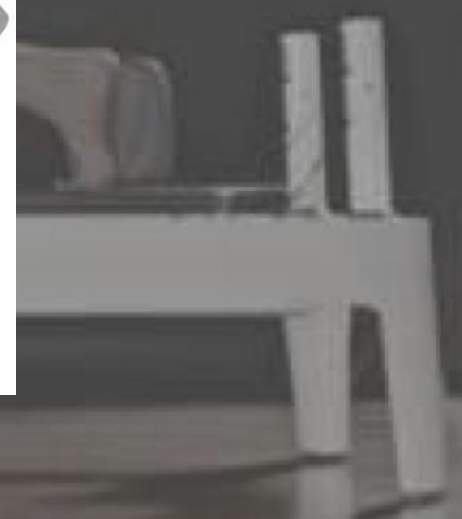
- 45cm small ball
- 55cm
- 65cm
- 75cm

ΑΣΚΗΣΕΙΣ FITBALL

A woman in a dark tank top and leggings is performing a dead bug exercise on a white table. She is lying on her back with her knees bent and feet flat on the table. Her arms are extended upwards, and she is holding a small white ball in her hands. The background is a plain, light-colored wall.

- Bouncing
- Jackknife (knees in)/plank (stability-strength-abs)
- Hamstring curl & single leg bridge
- Dead bug(σταθεροποίηση Σ.Σ. & ενδυνάμωση κοιλιακών)
- Roll out
- I -Y-T Shoulder raises

RING



ΑΣΚΗΣΕΙΣ RING

- Side kick kneeling
- One leg circle
- Standing series
- Planks
- Pilates bridge



MINI BALL

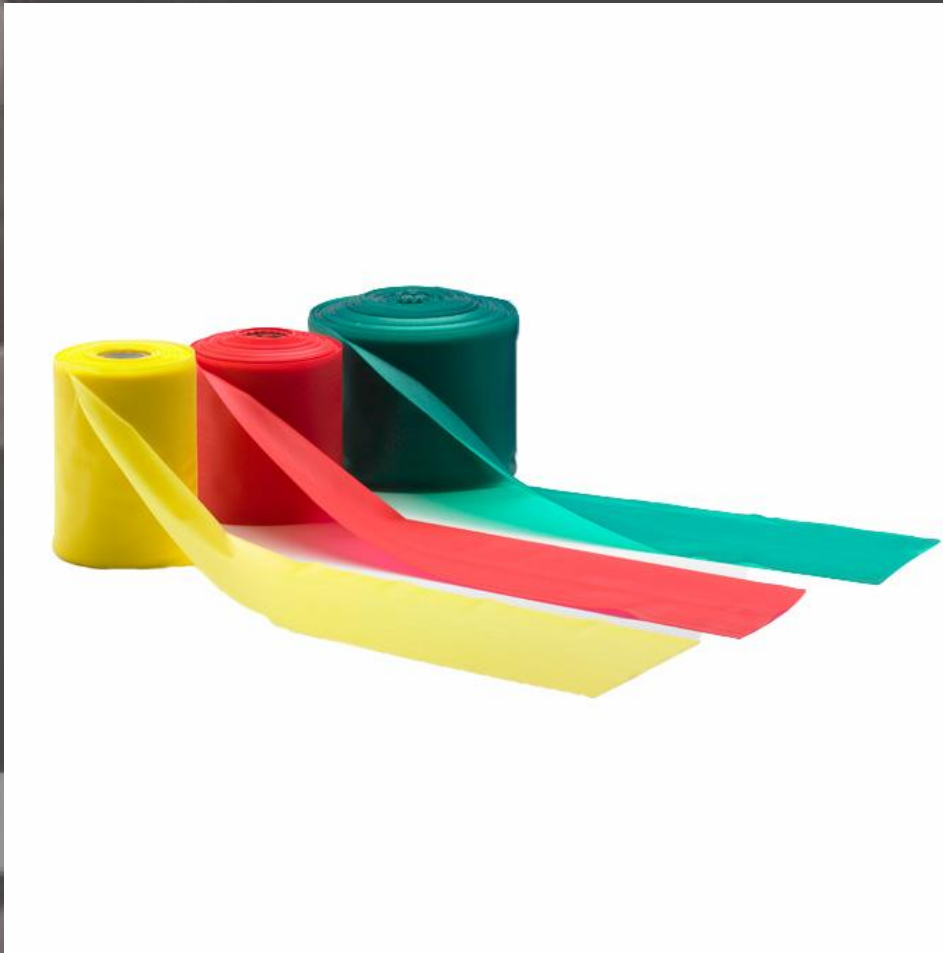


ΑΣΚΗΣΕΙΣ MINI BALL

A woman in a dark tank top and leggings is lying on her side on a white Pilates reformer machine. She is holding a small white ball with both hands in front of her. Her legs are extended and resting on the machine's carriage. The background is a dark, solid color.

- HALF ROLL DOWN
- SIDE LYING SERIES
- ROLL UP
- SINGLE LEG STRETCH
- PUSH UPS

ELASTIC BAND



ΑΣΚΗΣΕΙΣ BAND

- ROLL UP
- ROLL BACK
- SIDE LYING LEG SERIES
- ONE LEG CIRCLE
- BICEPS,TRICEPS,ROW



FOAM ROLLER



ΑΣΚΗΣΕΙΣ FOAM ROLLER

- Arm circles, knee lifts, toe taps, dead bug
- Shoulder bridge
- Abdominal curls
- plank



A grayscale photograph of two women on a Pilates reformer machine. The woman in the foreground is in a kneeling position, leaning forward with her arms extended and hands on the machine's handles. The woman behind her is standing upright, also leaning forward. The machine is a white frame with a sliding carriage and several vertical handles. The background is dark and out of focus.

DO PILATES!

IT WORKS!

PILATES

To Pilates είναι μοναδικό!

