

living anatome: Warm-Up

Note:

- Pilates-based
- The warm-ups should take no more than 5-10 minutes of class time. No anatomical education is given during the warm-up; instead, have each student focus on his body, its proper alignment and subtle movements.

Exercises:

- *Posterior pelvic tilts*
- *Hip rolls*
- *Breaststroke preps*
- *Spinal Rotation*
- *The Hundred*