

Pilates Terms

T	M	A	B	C	O	N	T	R	O	L	X	O	O
S	L	X	S	G	E	Y	R	N	L	G	O	R	F
P	C	N	B	A	R	R	E	L	O	A	B	G	C
R	O	N	E	E	A	A	U	L	G	R	M	E	O
T	N	A	H	P	E	L	E	E	L	S	E	L	R
S	E	I	R	E	S	G	E	L	M	O	L	L	E
B	D	H	R	O	P	R	A	N	D	A	W	A	S
W	R	T	U	E	S	I	M	R	O	I	G	K	P
A	R	E	O	N	F	A	L	E	M	P	J	E	A
C	J	P	A	W	D	O	B	A	R	W	A	O	R
E	C	R	U	T	E	R	R	L	T	M	O	N	T
E	R	S	D	H	H	R	E	M	U	E	A	R	S
S	P	R	I	N	G	S	N	D	E	E	S	I	K
D	R	A	O	B	P	M	U	J	S	R	O	A	D

ELEPHANT
 TOWER
 YELLOW
 REFORMER
 MERMAID
 SPRINGS
 BLUE
 BREATH
 JUMPBOARD
 CONTROL
 STRAPS
 BARREL
 LEG SERIES
 FROG
 ARM WORK
 CORE
 PILATES
 BOX
 ALLEGRO
 HUNDREDS

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