

AZZIST セッション記録 エクササイズリスト

ジャンル	エクササイズ名
マニュアルアプローチ	Semispinalis Capitis
	Splenius Cervicis
	Levator Scapulae
	Sternocleidomastoid (SCM)
	Scalenes
	Subclavius
	Pectoralis Minor
	Pectoralis Major
	Intercostal Muscles
	Rectus Abdominis
	Upper Trapezius
	Lower Trapezius
	Rhomboid
	Teres Minor
	Teres Major
	Supraspinatus
	Infraspinatus-Teres Major
	Quadratus Lumborum
	Latissimus Dorsi
	Thoracolumbar Fascia
	Erector Spinae
	Psoas Major
	Obturatorius Externus
	Gluteus Minimus
	Tensor Fasciae Latae (TFL)
	Gluteus Maximus
	Gluteus Medius
	Pectineus
	Piriformis
	Rectus Femoris
	Vastus muscles
	Semitendinosus
	Semimembranosus
	Biceps Femoris
	Adductor Longus
	Adductor Magnus
	Adductor Brevis
	Popliteus
	Subpopliteal Fat Pad
	Suprapatellar Sac
	Tibialis Anterior
	Flexor Hallucis Longus
	Abductor Hallucis
Extensor Retinaculum	
Crural Interosseous Membrane	
Kager's Fat Pad	
Plantar Fascia	
Gastrocnemius	
コレクティブ・エクササイズ	Progressive Relaxation
	5-5-5 Breathing
	10-10-10 Breathing
	Crocodile Breathing
	First Position
90-90 Hip Lift	

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ジャンル	エクササイズ名
	IAP Exercise
	Cat Back with Breathing
	Twist Crunch with Breathing
	Squat with Breathing
	Serratus Squat
	Single Leg Stance with Breathing
	Retro Walk
	Articulation Hip Lift
	Concentration Crunch
	Leg Lowering
	Lat Stretch
	Side Bend Stretch
	Functional Line Stretch – Front
	Functional Line Stretch – Back
	Hip Flexor Stretch – Half Kneeing Position
	Heel to Butt
	Spider Stretch
	Calf Stretch
	T- Rotation
	T- Rotation-Quadruped
	Tripod T-Rotation
	Lunge & Twist
	Adductor Pullback
	Hip Internal Rotation - Low Oblique Position
	Hip Internal Rotation - Half Kneeing Position
	Hip Rotation - Sitting Position
	Side Kick
	Single Leg Hip Lift
	Hip Lift Walk
	Hip Lift Shin Box
	Pull Down & Hip Lift
	A scapu
	Wall Walk
	Bird & Dog
	Hold - Half Kneeling Inline Position
	Helo - Half Kneeling Inline Position
	Steer The Pod
	Cable Chop - Half Kneeling
	Cable Lift - Half Kneeling
	Balance Walk
	Water Bag Carry
	Kettle Bell Carry
	Baby Plank
	Reactive Anti Rotation
	Hard Roll
	Plank & Kettle Bell Drag
	Hand Walk
	Side Bridge
	Farmer's Walk
	RDL Dowel-Kneeling
	RDL Dowel
	RDL Dowel Single Leg
	Hip Hinge ISO Hold Wall
	Hip Hinge Single Leg ISO Hold Arm Lift

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ジャンル	エクササイズ名
	Squat Dowel
	Deep Squat Arm Lift
	Squat Active Loading
	Squat Reactive Neuromuscular Training
	Single Leg Box Squat
ストレンクス・トレーニング	Back Squat - High Bar
	Back Squat - Low Bar
	Front Squat
	Wide Squat
	Split Squat
	Single Leg Squat
	Bulgarian Squat
	Reverse Lunge
	Front Lunge
	Side Lunge
	Walking Lunge
	Ice Skater
	Gobret Squat
	Overhead Squat
	Deadlift
	Romanian Deadlift
	Trap Bar Deadlift
	Sumo Deadlift
	TRX Leg Curl
	Good Morning
	Nordic Hamstrings
	Push Up
	Bench Press
	Dumbbell Bench Press
	Incline Dumbbell Press
	TRX Push Up
	TRX Fly
	Dumbbell Fly
	Barbell Shoulder Press
	Dumbbell Shoulder Press
	Alternate Dumbbell Shoulder Press
	Landmine Press
	Front Raise
	Side Raise
	Bentover Side Raise
	Bentover Row
	Dumbbell One hand Row
	TRX Row
	Inverted Row
	Cable Row
	Dumbbell Bentover Row
	Hip Hinge Cable Row
	Cable Pull Down
	Cable One Hand Pull Down
	Mat Pull Down
	Pull Up
	Chinning
	Upright Row
	Push & Pull

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ジャンル	エクササイズ名
	Chop & Lift
	Rotational Row
	Rotational Push
	Landmine Rotational Press
	TRX Rotational Row
	Medicine Ball Throw
	Crunch
	Reverse crunch
	Isometric Crunch
	Toe Touch & Reach
	Hanging Leg Raise
	Abdominal Twist Raise
	Plank
	Drop Squat
	Box Jump
	Squat Jump
	Pogo Jump
	Depth Jump
	Scissors Jump
	Plyo Push Up
	Depth Push Up
	Kettlebell Swing
	High Pull
	Hang Clean
	Push Press
	Jerk
	Thruster
	Hang Snatch
	Dumbbell Snatch
ムーブメント・トレーニング	Counter Movement Jump
	Non Counter Movement Jump
	Split Squat Jump
	Single Leg Squat Jump
	Vertical March
	Vertical Skip
	Linear Static Hold (Wall)
	Linear Load&Lift (Wall)
	Exchange Series (Wall)
	Linear March
	Linear Pogo Jump
	Linear Skip
	Sprint Start
	Single Leg Catch (Wall)
	Single Leg Pogo Jump
	Back Pedal
	Lateral Static Hold (Wall)
	Lateral Load&Lift (Wall)
	Crossover Road&Lift (Wall)
	Lateral March
	Lateral Skip
	Crossover Skip
	Skater Hops
	Lateral Sprint・Start
	180° Squat Jump

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ジャンル	エクササイズ名
	90° Approach Jump
	Lateral Catch
	Lateral Catch & Release
	Diagonal Jockeying • Series
ピラティス・マット	Dead Bug
	Femur Arcs
	Pelvic Tilt
	Bridge
	Arm Arcs
	Chest Lift
	Butterfly
	Side to Side
	Hundred
	AZ Criss Cross
	Single Leg Stretch
	Single Straight Leg Stretch
	Double Leg Stretch
	Double Straight Leg Stretch
	Leg Circle
	Prone Extension
	Rocket
	Scarecrow
	Swan
	Swimming
	Single Leg Kick
	Double Leg Kick
	Spine Stretch
	Spine Twist
	Saw
	Roll Up
	Rolling Series
	Seal
	Open Leg Rocker
	Book Opening
	Chest Opener
	Bent Knee Sidelying-Clam
	Bent Knee Sidelying-Clam-Leg Lift
	Side Lift
	Side Banana Lift
	Twist
	Side Bent
	Star
	Kneeling Side Kick
	Quadruped-Reach
	Cat-Breathing-Hover
	Cat Tail
	Kneeling Cat
	Elephant
	Leg Pull
	Leg Pull Front
	Teaser
	Roll Over
	Corkscrew
	Bridge-Dead Bug

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ジャンル	エクササイズ名
	Bridge-Oblique
	Shoulder Bridge
	Swan Dive
	Assisted Roll Up
	Mermaid
	Spine Stretch-Bend Knee
	Spine Twist-Adductor Pull Back
	Circle Saw
	Bent Knee Sidelying-Front to Back
	Bent Knee Sidelying-Adductor Pull Back
	Side Kick Series
	Bend Knee Side Lift
	Cat-Knee to Elbow
	Elephant Walking
	Scissors
	Boomerang
	Standing Roll Down
	Quadruped-Airplane
ピラティス・リフォーマー	ZOA Bridge
	Pelvic Tilt - Weight Shift
	Pelvic Tilt - Dead Bug
	Footwork
	Feet in Strap-Leg Lowers
	Feet in Strap-Leg Circles
	Hundred-Reformer
	Coordination
	Long Spine
	Short Spine
	Thigh in Strap-Long Spine
	Thigh in Strap-Butterfly
	Clam
	Clam-Knee to Knee
	Clam-Footwork
	Sidelying-ZOA Footwork
	Sidelying-Footwork with Knee Tuck
	Side Banana Lift-Reformer
	Sidelying Hip Abduction
	Sidelying - Adductor Pull Back
	Kneeling Cat - Weight Shift - Pulling Strap
	Kneeling Cat - Pulling Strap with Arm Reach
	Kneeling Cat - Weight Shift - Pulling Strap with Bend Elbow
	Side Bend - Footwork
	Tendon Stretch-Prep
	Tendon Stretch-Reformer
	Tendon Stretch-Bend knee
	Tendon Stretch-Walking
	Elephant Walking-Reformer
	Long Stretch-Round Back
	Long Stretch-Knee Tuck
	Split Front-Foot on plate-Round Back
	Arc Series-Arm Work-Sidelying
	Arc Series-Clam-Thigh in Strap
	Arc Series-Chest Opener Clam-Thigh in Strap
	Skater

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ジャンル	エクササイズ名
	Skater-Alternate
	Bridge- Footwork
	Thigh in Strap-Hip Rotation
	Long Box-Teaser
	Arm Work-Supine
	Butterfly-Reformer
	Footwork-Single Leg
	Feet in Strap-Leg Lowers-Single leg
	Feet in Strap-Single Leg-Adductor Stretch
	Feet in Strap-Arm Reach Breathing
	Feet in Strap-Frogs
	Reverse Abdominals
	Jumping
	Short Box-Roll Back
	Short Box-Crimb a Tree
	Short Box-Mermaid
	Arc Series-Arm Reach
	Arm Work-Back
	Arm Work-Front
	Roll Down-Reformer
	Rowing Back
	Stomach Massage
	Cleopatra
	Mermaid-Reformer
	Short Box-Abdominals Series
	Long Box-Pulling Straps
	Long Box-Swan
	Arc Series-Arm Reach & Leg Abduction
	Star-Reformer
	Cat-Reformer
	Cat-Pulling Strap
	Kneeling Side Arm
	Chest Expansion I
	Chest Expansion II
	Thigh Stretch
	Slider
	Split-Front
	Split-Back
	Elephant-Reformer
	Control-Back
	Control-Front
	Up Stretch
	Snake & Twist
	Jack Rabbit
	Knee Stretch
	Knee Stretch-Single Leg
	Down Stretch
	Lunge-Reformer
ピラティス・タワー	Leg Springs
	Leg Springs-Jump
	Magician
	Thigh Stretch-Supine
	Roll Down-Tower
	Teaser-Tower

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	Parakeet
	Hamstring Stretch
	Hundred-Tower
	Swan-Tower
	Shoulder Rotation
	Sidelying-Circle
	Sidelying-Up&Down
	Hip Opener
	Side Bend-Wood Bar
	Push Through-Spine Stretch
	Push Through-Circle Saw
	Mermaid-Tower
	Monkey
	Kneeling Cat-Tower
	Kneeling Thigh Stretch
	Tower-Long Spine
	Ferris Wheel
	Donkey Kick
ピラティス・チェア	Roll Down I
	Roll Down II
	One Arm Push-Standing
	Standing Leg Pumps
	Standing Leg Pumps-Side
	Calf Stretch-Chair
	Step Down
	Step Down-Side
	Lunge-Chair
	Side Lunge-Chair
	Pike Up
	Dips-Front
	Dips -Back
	Kneeling Rolldown
	Kneeling Mermaid
	Cat-Chair
	Spine Stretch-Chair
	Sitting Leg Pumps
	Sitting Triceps Press
	Teaser-Chair
	Seated Mermaid
	Seated Torso Press
	Leg Pumps Supine
	Frog Supine
	Chest Lift-Chair
	AZ Criss Cross-Chair
	Scapula Mobilization
	Arm Push
	Swan From Floor
	Swan on Seat
	Side Body Twist
	Jackknife
	Cork Screw
	One Arm Push Alternate
	Frog-Front
	Frog-Back

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	Tendon Stretch
ピラティス・スタンディング	Standing Roll Down & Up
	Standing Footwork
	Standing Footwork Round Back
	Standing Arm Works
	Standing Flexion
	Standing Extension
	Standing Side Bend
	Standing Cat - Bent Knee
	Standing Thoracic Twist - Bent Knee
	Standing Neck Works
	Standing Pelvic Works
	Standing Hip Works
	Standing Dead Bug
	Single Leg Balance
	Plie Balance
	Single Leg Twist
	Squat
	Wide Squat-Standing
	Wide Squat Hold
	Split Squat-Standing
	Split Squat Hold
	Cossack
	Plie
	Scorpion
	Push Up-Standing
ビジョン・トレーニング	Multi-directional Lunge
	Gaze Stabilization
	Convergence and Divergence
	Smooth Pursuit ↔
	Smooth Pursuit ↓
	Smooth Pursuit ↗
	Smooth Pursuit ↘
	Saccade ↔
	Saccade ↓
	Saccade ↗
	Saccade ↘
	Anti-Saccade
	VOR ↔
	VOR ↓
	VOR ↗
	VOR ↘
	VOR Type 2 ↔
	VOR Type 2 ↓
	VOR Type 2 ↗
	VOR Type 2 ↘
	VORC ↔
	VORC ↓
	VORC ↗
	VORC ↘
	Infinity Walk
	Target Reach
	Target Catch
	Juggling

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ジャンル	エクササイズ名
	Crawling
	Hurdle Step
	Backward Rolling
	Forward Rolling
	Flash Light Training
	LASER
有酸素運動	Walking : 10 min
	Walking : 15 min
	Walking : 20 min
	Walking : 30 min
	Walking : over 30 min
	Running : 10 min
	Running : 15 min
	Running : 20 min
	Running : 30 min
	Running : over 30 min
	Cycling : 10 min
	Cycling : 15 min
	Cycling : 20 min
	Cycling : 30 min
	Cycling : over 30 min
	Rowing : 10 min
	Rowing : 15 min
	Rowing : 20 min
	Rowing : 30 min
	Rowing : over 30 min
	Swimming : 10 min
	Swimming : 15 min
	Swimming : 20 min
	Swimming : 30 min
	Swimming : over 30 min
	Others : 10 min
	Others : 15 min
	Others : 20 min
	Others : 30 min
	Others : over 30 min