

## The Pilates Mat Exercises

Exercise	Reps
The Hundred	1 set
Roll Up	5
Roll Over	3 each way
One Leg Circle	5x each leg
Roll Like a Ball	5
Single Leg Pull	5 sets
Double Leg Pull	5
Single Straight Leg Stretch	5 sets
Double Straight Leg Stretch	5
Criss Cross	3 sets
Spine Stretch	5
Open Leg Rocker	5
Corkscrew	3 sets
Saw	3 sets
Swan Dive	3
Single Leg Kick	5 sets
Double Leg Kick	3 sets
Thigh Stretch	5
Neck Pull	5
Scissors	3 sets
Bicycle	3x each way
Shoulder Bridge	3x each leg
Spine Twist	3 sets
Jack Knife	5
Side Kick Series	5x each variation
The Teaser!	3
Hip Circles	3 sets
Swimming	like Jaws is chasing

## The Pilates Mat Exercises

Exercise	Reps
Leg Pull Front	5 sets
Leg Pull	3 sets
Side Kicks Kneeling	3x each variation
Side Bend	3x each side
Boomerang	5
Seal	5
Crab	5
Rocking	3
Control Balance	3 sets
Push Ups	5