












Mat Pilates

Mat Pilates introduces the foundational movements of Pilates that help strengthen and lengthen muscles, and provides a great full-body activity designed to aid flexibility and body alignment.

Set 1	On 60 seconds, rest 60 seconds	
<p>Roll-Downs</p> 	<p>Knee Lifts</p> 	<p>Toe Taps</p> 
Set 2	On 60 seconds, rest 60 seconds	
<p>Ab Preps</p> 	<p>Hundreds</p> 	<p>Roll Up Prep</p> 
Set 3	On 60 seconds, rest 60 seconds	
<p>Roll Up</p> 	<p>Rolling Like a Ball</p> 	<p>Single Leg Stretch</p> 
Set 4	On 60 seconds, rest 60 seconds	
<p>Double Leg Stretch</p> 	<p>Single Straight Leg/Scissors</p> 	<p>Double Leg Lift</p> 

Set 5	On 60 seconds, rest 60 seconds	
<p>Spine Stretch Forward</p> 	<p>Oblique Twist</p> 	<p>Flight</p> 
Set 6	On 60 seconds, rest 60 seconds	
<p>Swan Lift</p> 	<p>Rest Position</p> 	<p>Bridging</p> 
Set 7	On 60 seconds, rest 60 seconds	
<p>Teaser One Leg</p> 	<p>Modified Swimming</p> 	<p>Mermaid Stretch</p> 
Set 8	On 60 seconds, rest 60 seconds	
<p>Quadruped</p> 	<p>Cat/Cow Stretch</p> 