

## Classical Pilates Mat - Exercise Lists & Sequences

### Joseph Pilates *Return to Life* Mat - Order & Repetitions

|                        |        |                                   |        |
|------------------------|--------|-----------------------------------|--------|
| The Hundred            | 100    | The Spine Twist                   | 3 sets |
| The Roll Up            | 3x     | The Jack Knife                    | 3x     |
| The Roll Over          | 5 sets | The Side Kick                     | 3x ea  |
| The One Leg Circle     | 5x ea  | The Teaser                        | 3x     |
| Rolling Back           | 6x     | The Hip Twist with Stretched Arms | 3 sets |
| The One Leg Stretch    | 5-12x  | Swimming                          | 20x    |
| The Double Leg Stretch | 5-12x  | The Leg Pull Front                | 3 sets |
| The Spine Stretch      | 3x     | The Leg Pull                      | 3 sets |
| Rocker with Open Legs  | 6x     | The Side Kick Kneeling            | 4x ea  |
| The Cork-Screw         | 3 sets | The Side Bend                     | 3x ea  |
| The Saw                | 3 sets | The Boomerang                     | 6x     |
| The Swan-Dive          | 6x     | The Seal                          | 6x     |
| The One Leg Kick       | 6 sets | The Crab                          | 6x     |
| The Double Kick        | 5x     | The Rocking                       | 5x     |
| The Neck Pull          | 3x     | The Control Balance               | 6x     |
| The Scissors           | 6 sets | The Push Up                       | 3x     |
| The Bicycle            | 5 sets |                                   | 3x     |
| The Shoulder Bridge    | 3 sets |                                   |        |

# Classical Pilates Mat

## Basic, Intermediate, Advanced - Levels & Repetitions

| Basic Order           |           | Intermediate Order          |           |
|-----------------------|-----------|-----------------------------|-----------|
| The Hundred           | 100 pumps | The Hundred                 | 100 pumps |
| Roll Up               | 3-5x      | Roll Up                     | 3-5x      |
| Single Leg Circles    | 3-5x      | Single Leg Circles          | 3-5x      |
| Rolling Like a Ball   | 5-10x     | Rolling Like a Ball         | 5-10x     |
| Single Leg Stretch    | 5-10 sets | Single Leg Stretch          | 5-10 sets |
| Double Leg Stretch    | 5-10x     | Double Leg Stretch          | 5-10x     |
| Spine Stretch Forward | 3-5x      | Single Straight Leg Stretch | 5-10 sets |
|                       |           | Double Straight Leg Stretch | 5-10x     |
|                       |           | Criss Cross                 | 5-10 sets |
|                       |           | Spine Stretch Forward       | 3-5x      |
|                       |           | Open Leg Rocker             | 6x        |
|                       |           | Corkscrew                   | 3-5 sets  |
|                       |           | Saw                         | 4 sets    |
|                       |           | Neck Roll                   | 3 sets    |
|                       |           | Single Leg Kicks            | 5 sets    |
|                       |           | Double Leg Kicks            | 3 sets    |
|                       |           | Neck Pull                   | 5x        |
|                       |           | Side Kick Series            | 5-10x     |
|                       |           | -Front/Back                 |           |
|                       |           | -Up/Down                    |           |
|                       |           | -Small Circles              |           |
|                       |           | Teaser 1                    | 3x        |
|                       |           | Seal                        | 6x        |

# Classical Pilates Mat - Advanced Order & Repetitions

|                              |           |                                      |            |
|------------------------------|-----------|--------------------------------------|------------|
| The Hundred                  | 100       | <u>Side Kicks:</u>                   | all 3-10x  |
| Roll Up                      | 3-5x      | - Front/Back                         |            |
| <b>Roll Over</b>             | 3 sets    | - Up/Down                            |            |
| Single Leg Circles           | 3-5x      | - Circles                            |            |
| Rolling Like a Ball          | 5-10x     | - Bicycle                            |            |
| Single Leg Stretch           | 5-10 sets | - Inner Thigh Lifts, Beats & Circles |            |
| Double Leg Stretch           | 5-10x     | - <b>Big Circles</b>                 |            |
| Single Straight Leg Stretch  | 5-10 sets | - <b>Hot Potato</b>                  |            |
| Double Straight Leg Stretch  | 5-10x     | - <b>Big Scissors</b>                |            |
| Criss Cross                  | 5-10 sets | Teaser 1                             | 3x         |
| Spine Stretch Forward        | 3-5x      | <b>Teaser 2</b>                      | 3x         |
| Open Leg Rocker              | 6x        | <b>Teaser 3</b>                      | 3x         |
| Corkscrew <b>w/Hips over</b> | 3-5 sets  | <b>Hip Circles</b>                   | 3 sets     |
| Saw                          | 4 sets    | <b>Swimming</b>                      | 3 breaths  |
| <b>Neck Roll/Swan</b>        | 3-5x      | <b>Leg Pull Front</b>                | 3 sets     |
| Single Leg Kicks             | 5 sets    | <b>Leg Pull Back</b>                 | 3 sets     |
| Double Leg Kicks             | 3 sets    | <b>Kneeling Side Kicks</b>           | 4 sets     |
| Neck Pull                    | 3-5x      | <b>Mermaid</b>                       | 3 sets     |
| <b>High Scissors</b>         | 3-5 sets  | <b>Side Bend</b>                     | 3x ea side |
| <b>High Bicycle</b>          | 3-5 sets  | <b>Snake/Twist</b>                   | 3 sets     |
| Shoulder Bridge              | 3-5 kicks | <b>Boomerang</b>                     | 3 sets     |
| <b>High Bridge</b>           | 1x        | Seal                                 | 6x         |
| <b>Spine Twist</b>           | 3 sets    | <b>Crab</b>                          | 3-6x       |
| <b>Jackknife</b>             | 3x        | <b>Rocking</b>                       | 5x         |
|                              |           | <b>Control Balance</b>               | 3x         |
|                              |           | Push Ups                             | 3-10x      |