

# 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.

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

**Set 5**

On 60 seconds, rest 60 seconds

Spine Stretch Forward



Oblique Twist



Flight



**Set 6**

On 60 seconds, rest 60 seconds

Swan Lift



Rest Position



Bridging



**Set 7**

On 60 seconds, rest 60 seconds

Teaser One Leg



Modified Swimming



Mermaid Stretch



**Set 8**

On 60 seconds, rest 60 seconds

Quadruped



Cat/Cow Stretch

