













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

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