









## Merry 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.

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

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