











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.

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| 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>  |

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|---|---|---|
| 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>  | |