

# CLASSICAL PILATES MAT EXERCISES



HUNDRED



ROLL UP



ROLL OVER



ONE LEG CIRCLE



ROLLING LIKE A BALL



SINGLE-LEG STRETCH



DOUBLE-LEG STRETCH



SINGLE STRAIGHT LEG



DOUBLE STRAIGHT LEG



CRISS CROSS



SPINE STRETCH



OPEN LEG ROCKER



CORKSCREW



SAW



SWAN DIVE



ONE LEG KICK



DOUBLE LEG KICK



NECK PULL



SCISSORS



BICYCLE



SHOULDER BRIDGE



SPINE TWIST



JACK KNIFE



SIDE KICK



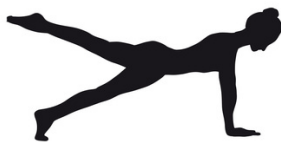
TEASER



HIP CIRCLES



SWIMMING



LEG PULL FRONT



LEG PULL BACK



SIDE KICK KNEELING



SIDE BEND



BOOMERANG



SEAL



CRAB



ROCKING



CONTROL BALANCE



PUSH UP

Committed to the  
**CORE**  
Pilates & Movement