

Pilates Mat Exercises

Supine Home Position

Hundreds
Roll up
Roll over
Leg circles
Corkscrew, Hip circles
Single leg stretch
Double leg stretch
Double straight leg stretch
Crisscross
Spine stretch
Jackknife
Teaser
Neck pull
Leg-pull front support
Boomerang

Sitting

Rolling
Seal
Open leg rocker
Spine Twist
Saw

Prone Home Position

Single leg kick
Double leg kick
Swimming
Leg-pull back support
Swan

Side lying

Side kick with variations
Mermaid twist