

Mat - Joseph Pilates Return to Life

The Hundred

Roll Up

Roll Over

Single Leg Circles

Rolling Like a Ball

Single Leg Stretch

Double Leg Stretch

Spine Stretch Forward

Open Leg Rocker

Corkscrew

Saw

Swan

Single Leg Kicks

Double Leg Kicks

Neck Pull

High Scissors

High Bicycle

Shoulder Bridge

Spine Twist

Jackknife

Side Kick Series

-Front/Back

Teaser 1

Hip Circles

Swimming

Leg Pull Front (Down)

Leg Pull Back (Up)

Kneeling Side Kicks

Side Bend

Boomerang

Seal

Crab

Rocking

Balance Control - Roll Over

Push Ups