

Hi, my name is Gina, and I am the owner of Grasshopper Pilates. This is Miriam. She's going to help me today go through the mat series up till the spine stretch forward. When I used to train with Romana, she would quote Joe by saying that Joseph said, "If you didn't have time to do a full mat or a full Reformer, that going through the mat up until the spine stretch forward was more than enough of a full body workout." So let's get to it.

Cross your legs. We're gonna lie on down with control, and we're gonna start with the 100. So we're gonna lie all the way down, pull the knees into the body, open the collarbones, bring the head up, reach the arms long and the legs out long, and you're gonna pump.

Inhale one, and exhale one. Inhale one. So you wanna keep your arms above your powerhouse, and inhale, one, two, three, four, five. Exhale, one, two... If your neck gets tired, you can put your head down. And exhale out, one, two, three, four, five. Inhale, one, two, five. Exhale out, two, three, four, five.

Inhale, one, two, three, four, five. You can lower your legs if you'd like. three, Exhale out, two, three, four, five. One more. Exhale out, two, three, four, hold. Flex your feet, lower them down, arms to the ceiling for the roll up. In with the air, out with the air over the legs.

Pull it back and roll it down. And come up, push the air out to the lungs. In with the air, and scoop it down, reach back. Come up, push the air out. You could flex the feet for the little extra stretch if you'd like. And arms up, head through, deepen those abs, over your thighs.

Last one. And legs up to the ceiling for the roll over. Open, flex your feet, roll down with control. And hollow the abs. Over, open, flex, and articulate your spine. And hollow, open, flex, and rolling it down. Reverse it. Open, over, point your feet as you bring them together, widen your collarbones, and down.

Open and over, together point, hollow, and down. Last one. Point, slowly down. Leave your right leg up, left leg to the floor, grab ahold, give it a good pull. Now when you pull, you wanna make sure that you don't hike your hip up, so slightly rotate your leg a little bit, press energy into your thigh, and pull your calf towards you.

Arms beside you, leg circles. Up one, two, three... We're gonna do five, four, stop at the top. Reverse. Hollow one, two, widen your collarbones, four, stay at the top. Hold it. Scissor change. Good. Now grab ahold, anchor. So push down from your hamstring, open your collarbones. Arms beside, and five times.

Scoop the abs, cross the body first, up, up, stop at the top. And

hollow, two, three, four, last time, five. Lengthen the leg down. Chin to the chest, roll up, scoot your heels towards your bottom. We're gonna roll like a ball. Inhale, roll back. Exhale, come up. Inhale, roll back.

Make sure you, that you initiate from your abs and not your head. So don't throw. Look at Miriam. She's nice and small. Your goal is to get your head between your knees and be able to roll like so and keep it there. Not so easy. Inhale back. Two more.

Exhale out. Last time. And balance. Hold it. Hands down, feet down, butt back. Lie down. Right knee in, ab series. Here we go. And one, and two, and two. You should be warming up. Three... Really reach your leg away. It's just as important, as much as you pull that leg in, that you lengthen your thigh.

One more each leg, both knees in. You're gonna go inhale, hold, exhale, scoop. Inhale, eyes on those abs. Exhale, scoop. Inhale, exhale, scoop. Inhale, exhale, scoop. Inhale, exhale, scoop. Last one. And good. Single straight legs. Pull, pull. At this point, if your neck's tired, you can put your head down and still keep moving.

Ideally, you wanna be able to make it through the whole series. Pull, pull, pull, Push, pull, pull, push, pull, pull, pull, pull. One more each leg. And good. Hands up behind your head. One, two, three... Now if this is too hard, you keep going, you just slip your hands under your tailbone, hug your midline, scoop your abs.

Deepen your powerhouse, drag it up. No lower than 45, otherwise it becomes momentum. One, two, three, hollow up. One, two, three, hollow up. One, two, three, hollow up. Last time. And stay at the top. Elbow to knee. One, one, two, two. Make sure when you reach down that your leg doesn't go out to the side.

Step right under yourself. And twist. We're gonna pick up the tempo. Twist, two, three, four, five, six, seven. Stop. Hug your knees in. Legs down. The roll-ups are going to get harder. Roll-up. Oh and reach forward. Good. Last thing, spine stretch forward. Lift off your sit bones. We all have our own spine issues, so you have to figure out what yours is.

If you need to lift up higher, hug your ribs in, and you're gonna push that air out as you go forward, and sit up tall. Good. And again. Push the air out. Strong arms. And come up tall. Romana used to come around and push on her arms and make sure we were really holding them.

And lift up tall. Last time. Exhale. Get all the air out, all of it, all of it, all of it. Sit up tall, and you're done. So there it is. It's a quick workout. How do you feel?

Relieved.

I'm warm. There you go. Have a great day.