

Core Mat with Brett Howard

Pre-Pilates Exercises			
The Hundred	100		
The Roll Up	5x		
The One Leg Circle	3x ea		
Rolling Like a Ball	6x		
Single Leg Stretch	6 sets		
Double Leg Stretch	6x		
Single Straight Leg	6 sets		
Double Straight Leg	6x		
Criss Cross	6 sets		
The Spine Stretch Forward	3x		