

Foundation Flow

Pre Pilates Exercises		Teaser - 1 Leg	3 sets
The Hundred	100	Teaser 1	3x
The Roll Up	5x	The Seal	3x
The One Leg Circle	5x ea	Standing Arm Circles	3 sets
Rolling Like a Ball	5x		
Single Leg Stretch	5x		
Double Leg Stretch	5x		
Single Straight Leg	5 sets		
Double Straight Leg	5x		
Spine Stretch Forward	3x		
Open Leg Rocker Prep			
The Cork-Screw	3 sets		
The Saw	3 sets		
Swan Prep			
Single Leg Kick	6 sets		
<u>Side kick Series</u>	All 6x		
-Up/Down			
-Circles			
-Inner Leg lower lift, circles			
-Double leg lower lift			
-Beats			