

Hello, welcome everyone to Pilatesology. In this short video, we'll show the original geography published in 1945 in the book Return to Life Through Contrology, edited by a store published by Mr. Pilates. Okay? So, if you want, get your matwork ready. You can do it anywhere you like, on the beach, in the countryside, at home, or in your studio. Just have fun and enjoy contrology. Let's start. Lie down. Face up and let's begin with The 100. The 100 will have the max number of reps without movements. That's why it's called The 100. Inhale slowly and exhale slowly. I inhale. and exhale. We can count to inhale in 5 and exhale in 5. So we have 10 and repeat this inhale and exhale 10 times. Okay, next exercise, long stretch and legs, Roll Up. We repeat 3 times. Here is one, with 3 reps forward, we lie down, we rise. 1, 2, 3, and the second rep. And the last one. Exhale, one, two, three, and roll slowly. Okay, the next exercise is Roll Over with Legs Spread. We'll do the max number of reps five, but it's also possible to do five starting with the legs open. Here we start only with the legs closed. Let's go with the third. Together, up. Spread and down. Four, and last. Over the head, spread and down. Okay, directly to One Leg Circle. In, out, one. In, out, two. Three, make sure the other leg is well stretched. Four and five. Reverse, one, out, in, two. Out, in, three. Four, and five. Okay, the other leg now. And let's go. One, in, out two, three, four, and five. Other leg and go. One, two, three, 4 and 5. Transition to Rolling Back or Rolling Like a Ball. And the number of reps is 6. Okay. And go to war, well the legs with both hands. Up 1. We roll. And go 2. Seeking abdominal depth here. Exhale when you rise 3. 4. 5. And last. Okay, six. One leg stretch directly. Pull, pull, pull, pull, one. And go, two. Three. We'll do the max number of reps. We can stay at six reps. Five. Six. Seven. Eight. You have abdominal pain. Nine. Ten. Eleven. Okay. Next exercise, Double Leg Stretch. Here the small detail of the hands does not go back, they are beside the thighs. Let's go with two reps. If the long inhale, exhale. Three. That's four. Inhale, exhale. Five. Hold your legs tight to your chest. Six. Seven, exactly, and go, eight, inhale, nine, exhale, exhale, ten, eleven, and the last, twelve, okay, we rise for Spine Stretch Forward, spread the legs, and there are three reps, exhale well forward, Inhale when you rise and exhale well forward. Two. Inhale when you rise and exhale well forward. Three. Okay. Directly to Open Leg Rocker. Grab the legs, find balance and there are six reps. Rise with control. Rise with control. Two. And. Here I lost a bit of balance. Three, normal, sand. Difficult. And go. Four. Five. Last. Stretch your legs well when you go up. Six. Okay. Let's go straight into the corkscrew. Three reps on each side. Sun through the center and then we start turning to the right. Sun to the left. Turn to the left, go up on the right. And go down to the right, up on the left. Let's do two. Go down through the center. Okay. We go up to the sun. Three reps. Exhale. One, two, three. Go up. Stretch and exhale. One, two, three. Exhale when you go up and release. 1, 2, 3. Go up. Rotation with height. 1, 2, 3. Stretch from the sacrum to the crown of the head. And the last one to the right side and go 1, 2, 3. Okay, bring legs together, transition and let's do the Swan Dive. Number of

reps, six. Stretch arms to the sides to go up, everything goes up together and from here we Dive. two, three, lift legs well, four, chest, five, chest, six. Okay. We do a small stretch back, sit on the heels and let's do one leg kick, six on each leg. From our center, stretch our legs well, two, three, stabilize the upper body, open the chest, four, And I go 5 and the last one. Okay. Let's move to the next exercise. Double Leg Kick. Let's do 5 reps. And stretch the arm well. And lift the chest. 1, 2, 3, stretch. And I leave three. Three, what is there? One, two, three. And stretch, inhale and exhale. When I leave four. And two, three. Stretch. And let's do the last one. One, two, three. Stretch, stretch, stretch. Lift the chest. Okay, compensate back again. Turn around for neck pull. Number of reps. Three hands behind the head, stretch legs well and go up. One, two, three, stretch, open the chest and exhale when you release. Stretch legs well and heels. 1 and 1, 2, 3, stretch, you can open the ribs here, stretch well, open the chest and exhale belly in, go down slowly, 2, last one, inhale and release, 1, 2, 3, inhale again and exhale, stretch, stretch the leg well. Okay, next exercise. Scissors. Lift our hips, place hands underneath, and let's do, in one repetition, six reps. And stretch the leg going forward well. One. And. two. Try to be the same as the opening when going forward and back. without letting our hips fall on the arms, as much as possible on the elbows. No bicycle exercises, we do number of reps, five on each leg. One, two, three, three, four, four. Okay, I leave. And let's do the Shoulder Bridge, three reps on each leg. Long right leg, go up on point, go down on flex. One. Exhale when going down. Two. Three. Okay. Other leg. And go. Go up on point, go down on flex. One. Two. And three. Okay. Go down slowly, vertebra by vertebra. And let's do the Spine Twist. Three rotations on each side. Stretch first. Place the lines well together, legs well stretched. One, two, three. Inhale. And one, two, three. Inhale. And exhale. One, two, three. lengthen my spine and one, two, three, inhale. Exhale, one, two, three, and last one. And one, two, three. Okay, lie down again. Prepare for Jackknife, three reps. With rhythm, the exercise has rhythm. It's over and up. and we go down vertebra by vertebra, stretching the spine well. And we try to keep the ankles, on the way down, always aligned with our eyes. And I will go down, stretch, stretch, stretch, stretch, stretch. Two. Last addition. And go. Over and over. Go up with your legs, and as you come down, keep the line between your eyes and ankles. Ok! Let's move to the side now to do Side Kick. We just do it forward and back. Three on each leg. Open your shoulders back, feel your chest open, and go forward and back. One. Two. Three. And let's switch to the other side. We can just switch sides or turn around like I did completely. There you go, again. One and back, two. And forward and back, three. Ok, we turn around again, lie on our backs again, lying down for teaser. Ok, we rise. Stretch from your lower back, stretch arms and come down vertebra by vertebra. Three repetitions. One and I rise. From the lower back, stretch arms to come down and exhale two. Last repetition. Stretch. Raise arms. And let's go down stretching, ok? Transition to hip twist, with arms stretched, stretch arms. So I turn back, place

arms behind and circle to the right, circle to the left. One. And two. 3 and 3. Ok. Enter teaser again. We go down vertebra by vertebra. Turn around and let's do swimming. Swimming is not specified in the number of repetitions. We recommend doing 5 repetitions as if they were 100. Inhale and exhale. Rise everything. Inhale, exhale. Big movements with legs and arms. Inhale and exhale. Watch the breathing. Inhale and exhale. And we compensate back. No, let's go directly to Leg Pull. Ok, we rise in Push Up position. Plant one leg and with the other heel we rise and leave one complete. Two complete. And three complete. Ok, the transition. Cross one foot over the other. Hand. We turn around without letting the hips drop, as much as possible. Considering the sand here, same, but now the other way. I rise on tiptoe even without flex. One. Two, without letting the hips drop. And the last one on each side. Three. Transition to sidekicks. Pass the leg underneath. Place hand on the sand, hand on the head, long, and let's do four repetitions. And go. Forward and back. One. Two. Three. And last. Four. Ok. Transition to the other side. Get in position. Stretch the working leg well. One. Open the chest with the elbow well back. Two. 3, inhale forward, exhale back. And last, 4. Ok, let's go to the Side Bend. Side Bend, number of repetitions. And I go, rise, stretch, to go down, rise again, without bending legs, 2 and last, don't bend, 3 and on the last we bend. Ok, on the other side, same repetitions, 3, we won't bend the legs, it's rise, long, totally from my side, 1, without bending legs, 2, and last, long stretch, now bend legs. Ok! Now let's do our rollovers. We start with the boomerang, six repetitions. Cross the leg, go back, uncross, cross, we rise, hands behind, one, over the head, uncross, cross, isolate, two, making a small chest opening when I raise the arms, Three. And always keep the legs well stretched, important here. Four. Inhale and release the air. Five. And last repetition. Isolate. Then here I anchor. Isolate first, six repetitions. And 1, 2, 3. Back, 1. 1, 2, 3. We go up, 2. That's it. Try to keep the beats in a balanced position. And don't forget to press your knees inward, elbows outward. Count the number of repetitions, 6 reps. Okay, from this position we move into Crab, now we do. We place the head, fully stretch our neck and upper spine, I go back. Try to uncross by crossing through the knees, not the feet. I go forward, roll over the knees, place the head, stretch. Be careful if you're on a hard surface not to put weight on your neck. It's about stretching, not pressing 3, I go back, cross, cross, we go up with control, what a room, when I stretch, 4, Okay, here goes another. Stretch, place the head, stretch from the upper part, between the shoulder blades. And the last repetition, cross, cross, up, place. And now to turn over and get back on our stomachs. Let's do the rocking, number of repetitions, five. I'm going to stretch arms and legs well, like our Swan. Same thing, grab the top of the foot, go up, and from here start lifting knees and chest. Two, three, four, and last repetition, five. Okay. Stretch arms and legs, sit on the heels, prepare for Control Balance, number of repetitions. Six repetitions. Detail again, lift legs, take arms over the head, stretch the leg up well. One complete. The importance of stretching both legs well,

without letting the lower back drop. Stretch well from the lower back
3. Okay, four, stretch the leg that's up well. And we go down vertebra
by vertebra. Okay, we go up with control, turn on our mat and prepare
for the final push-up exercise. Three push-ups, stretch, inhale,
exhale when going down, walk, one, two, three, four steps and do three
push-ups. One. Two. Okay, walk. And here would be the end of our
Matwork. Thanks for watching this video, I'm now going to take a nice
shower after this great workout. I recommend everyone read the
original book, do many repetitions, pay attention to all the details
they give on breathing, when to inhale, when to exhale, and body
placement is also important. Okay? Have fun and enjoy the great
outdoors. Thank you.