

Pre-Pilates Progression Class 3 of 6

	Get down on mat
	Breathing
5x	Lift the head
2x	Arm Reach
3 sets	Arm & Leg slides
3x	Lift the head, try no hands
Зx	Double Leg Floats
3x	100 Prep
50x	100 head up for half
Зx	Shoulder Bridge
	balance on 1 leg
	Stepping side to side
	Stepping back
	balance on 1 leg, close eyes
3 sets 3x 3x 3x 3x 50x	Arm & Leg slides Lift the head, try no hands Double Leg Floats 100 Prep 100 head up for half Shoulder Bridge balance on 1 leg Stepping side to side Stepping back