

Pre-Pilates Progression Class 3 of 6

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