

## Pre-Pilates Progression Class 4 of 6

Get down on mat	
Breathing	
Double Leg Floats	3x
Lift the head	3x
Arm Reach	2x
Arm & Leg Floats	3 sets
Leg to Shin, Knee, Ankle	
Shoulder Bridge add leg lifts	2 sets
Seated Squeeze tall, while pressing hands back	4x
Seated Knee Lift & Leg Stretch	3 sets
Step side to side with balance	
Balance 1 leg 10 sec	
Step back with balance	
Close eyes balance	
Hold Arms out balance	