

Pre-Pilates Progression Class 5 of 6

Get down on mat	
Head Lift no hands	3x
Double Leg Floats	1x
Arm & Leg Floats	4 sets
Hundred	100x
Leg to Shin, Knee, Ankle	2 sets
Single Leg Stretch	8 sets
Double Leg Stretch	4x
Shoulder Bridge add leg lifts	2 sets
Seated Squeeze tall, while pressing hands back	3x
Seated Knee Lift & Leg Stretch	4 sets
Squats	5x
Arm Circles	3x
Roll Down	
Step Side to Side with Balance	
Step Back with Balance	
Hold Arms Out Balance	
Close Eyes Balance	