

Pre-Pilates Progression Class 6 of 6

Get down on mat	
The Hundred	100x
Toe Taps	5 sets
Toe Taps and Arm Reaches	5 sets
Single Leg Stretch	8 sets
Double Leg Stretch	5x
Shoulder Bridge add leg lifts	2 sets
Seated Squeeze tall, while pressing hands back	3x
Seated Knee Lift & Leg Stretch	4 sets
Squats	6x
Step Side to Side with Balance	
Step Back with Balance	
Hold Arms Out Balance	
Close Eyes Balance	
Arm Circles	3x
Roll Down	