pilates·ology
TRUE TO THE SOURCE

Rhythm Mat with Cary

The Hundred	100	Side Kicks:	all 8x
Roll Up	4x	- Front/Back	
Single Leg Circles	5x	- Up/Down	
Rolling Like a Ball	5x	- Double Leg Lifts	
Single Leg Stretch	10 sets	- Inner Thigh Lifts	
Double Leg Stretch	10x	- Claim Shells	
Single Straight Leg Stretch	10 sets	- Hot Potato	
Double Straight Leg Stretch	10x	- Big Circles	
Criss Cross	10 sets	Teaser Prep	
Spine Stretch Forward	7x	Teaser 1	3x
Open Leg Rocker	6x	Teaser 2	3x
Corkscrew w/Hips over	2 sets	Teaser 3	3x
Saw	4 sets	Swimming	3 breaths
Neck Roll/Swan	5x	Kneeling Side Kicks	4 sets
Thigh Stretch		Mermaid	3 sets
Single Leg Kicks	5 sets	Rowing	2x
Double Leg Kicks	3 sets	Boomerang	2 sets
Neck Pull Prep & Neck Pull	3x	Seal	6x