pilates·ology
TRUE TO THE SOURCE

Express Mat - Arms

The Hundred	100	Arm Weights	
Roll Up	4x	90 Degrees -Front	
Single Leg Circles	5x	Archival Punch Forward	
Rolling Like a Ball	5x	90 Degrees - Side	
Single Leg Stretch	5 sets	Archival Punch up	
Double Leg Stretch	5x	Triangles	
Single Straight Leg Stretch	5 sets	Low Curls	
Double Straight Leg Stretch	5x	Semi Circle	
Criss Cross	5 sets	Boxing	
Spine Stretch Forward	3x	Small Circles / Sparklers	
Neck Roll & Swan	3x		
Scapula Push Up	3x		
Push Up on Knees	6x		
Double Leg Kicks	3 sets		
Side Plank			
Kneeling Side Kicks	4 sets		
Chest Expansion	3x		
Push Ups	5x		
Teaser 1	5x		
Seal	5x		