

## Classical Pilates Mat - Exercise Lists & Sequences

### Joseph Pilates *Return to Life* Mat - Order & Repetitions

The Hundred	100	The Spine Twist	3 sets
The Roll Up	3x	The Jack Knife	3x
The Roll Over	5 sets	The Side Kick	3x ea
The One Leg Circle	5x ea	The Teaser	3x
Rolling Back	6x	The Hip Twist with Stretched Arms	3 sets
The One Leg Stretch	5-12x	Swimming	20x
The Double Leg Stretch	5-12x	The Leg Pull Front	3 sets
The Spine Stretch	3x	The Leg Pull	3 sets
Rocker with Open Legs	6x	The Side Kick Kneeling	4x ea
The Cork-Screw	3 sets	The Side Bend	3x ea
The Saw	3 sets	The Boomerang	6x
The Swan-Dive	6x	The Seal	6x
The One Leg Kick	6 sets	The Crab	6x
The Double Kick	5x	The Rocking	5x
The Neck Pull	3x	The Control Balance	6x
The Scissors	6 sets	The Push Up	3x
The Bicycle	5 sets		3x
The Shoulder Bridge	3 sets		

# Classical Pilates Mat

## Basic, Intermediate, Advanced - Levels & Repetitions

Basic Order		Intermediate Order	
The Hundred	100 pumps	The Hundred	100 pumps
Roll Up	3-5x	Roll Up	3-5x
Single Leg Circles	3-5x	Single Leg Circles	3-5x
Rolling Like a Ball	5-10x	Rolling Like a Ball	5-10x
Single Leg Stretch	5-10 sets	Single Leg Stretch	5-10 sets
Double Leg Stretch	5-10x	Double Leg Stretch	5-10x
Spine Stretch Forward	3-5x	Single Straight Leg Stretch	5-10 sets
		Double Straight Leg Stretch	5-10x
		Criss Cross	5-10 sets
		Spine Stretch Forward	3-5x
		Open Leg Rocker	6x
		Corkscrew	3-5 sets
		Saw	4 sets
		Neck Roll	3 sets
		Single Leg Kicks	5 sets
		Double Leg Kicks	3 sets
		Neck Pull	5x
		Side Kick Series	5-10x
		-Front/Back	
		-Up/Down	
		-Small Circles	
		Teaser 1	3x
		Seal	6x

## Classical Pilates Mat - Advanced Order & Repetitions

The Hundred	100	<u>Side Kicks:</u>	all 3-10x
Roll Up	3-5x	- Front/Back	
<b>Roll Over</b>	3 sets	- Up/Down	
Single Leg Circles	3-5x	- Circles	
Rolling Like a Ball	5-10x	- Bicycle	
Single Leg Stretch	5-10 sets	- Inner Thigh Lifts, Beats & Circles	
Double Leg Stretch	5-10x	- <b>Big Circles</b>	
Single Straight Leg Stretch	5-10 sets	- <b>Hot Potato</b>	
Double Straight Leg Stretch	5-10x	- <b>Big Scissors</b>	
Criss Cross	5-10 sets	Teaser 1	3x
Spine Stretch Forward	3-5x	<b>Teaser 2</b>	3x
Open Leg Rocker	6x	<b>Teaser 3</b>	3x
Corkscrew <b>w/Hips over</b>	3-5 sets	<b>Hip Circles</b>	3 sets
Saw	4 sets	<b>Swimming</b>	3 breaths
<b>Neck Roll/Swan</b>	3-5x	<b>Leg Pull Front</b>	3 sets
Single Leg Kicks	5 sets	<b>Leg Pull Back</b>	3 sets
Double Leg Kicks	3 sets	<b>Kneeling Side Kicks</b>	4 sets
Neck Pull	3-5x	<b>Mermaid</b>	3 sets
<b>High Scissors</b>	3-5 sets	<b>Side Bend</b>	3x ea side
<b>High Bicycle</b>	3-5 sets	<b>Snake/Twist</b>	3 sets
Shoulder Bridge	3-5 kicks	<b>Boomerang</b>	3 sets
<b>High Bridge</b>	1x	Seal	6x
<b>Spine Twist</b>	3 sets	<b>Crab</b>	3-6x
<b>Jackknife</b>	3x	<b>Rocking</b>	5x
		<b>Control Balance</b>	3x
		Push Ups	3-10x