

Weighted Mat with Sonjé

Pre-Pilates Arm Exercises			<u>Side Kicks:</u> all 4x
The Hundred	100		- Front/Back
Roll Up	4x		- Up/Down
Single Leg Circles	4x		- Circles
Rolling Like a Ball	5x		- Bicycle
Single Leg Stretch	5 sets		- Beats
Double Leg Stretch	5x		Teaser 1 3x
Single Straight Leg Stretch	5 sets		Swimming 3 breaths
Double Straight Leg Stretch	5x		Leg Pull Front 3 sets
Criss Cross	5 sets		Mermaid 3 sets
Spine Stretch Forward	3x		Seal 6x
Open Leg Rocker	3x		90 Degrees 3x each
Corkscrew	3 sets		-Side
Saw	2 sets		-Front
Neck Roll	3x		Small Arm Circles 2x
Single Leg Kicks	5 sets		Low Curls 6x
Double Leg Kicks	3 sets		Boxing 3 sets
Neck Pull	3x		
Shoulder Bridge	1 kick		
Spine Twist	2 sets		