

Beginner Progression Class 1 of 12

Pre-Pilates Exercises:	
- "Dead Bugs"	
- Straighten legs and bend to Table Top	
The Hundred	100
Roll Down	8x
Single Leg Circles	5x
Rolling Like a Ball Prep	3x
Single Leg Stretch	10x
Double Leg Stretch	5 sets
Shoulder Bridge	3x
Spine Stretch Forward	5x