

Beginner Progression Class 2 of 12

Pre-Pilates Exercises - Toe Taps	
The Hundred	100
Roll Down	4x
Roll Up	4x
Single Leg Circles	5x
Rolling Like a Ball Prep	6x
Single Leg Stretch	8 sets
Double Leg Stretch	6x
Single Straight Legs	10 sets
Double Straight Legs	8x
Criss Cross	6 sets
Spine Stretch Forward	5x