

The Men's Mat

Pre-Pilates Exercises	3x		<u>Side Kicks:</u> all 8x
The Hundred	100		- Front/Back
Roll Up	6x		Teaser 1 Prep 3 Sets
Single Leg Circles	5x		Teaser 2 3x
Rolling Like a Ball	5x		Teaser 3 3x
Single Leg Stretch	8 sets		Seal 3x
Double Leg Stretch	8x		Push Ups 3x
Single Straight Leg Stretch	5 sets		
Double Straight Leg Stretch	5x		
Criss Cross	4 sets		
Spine Stretch Forward	4x		
Swan	3x		