

Hi, I'm Fabien here in Barcelona, and I'm here to present you the six steps to the mat. This series of videos is made for you at home, from the basic level how to gradually build up a really strong intermediate mat. So the goal of each workout in such each step is really to introduce intermediate level for you, and following your body.

You will gradually work new exercises and also perfect your workout at home. Those series are made for everybody. Following the logic, you will know how far you can go inside the intermediate mat. Also, we give little clues of how to introduce each exercise little by little, step by step.

Those videos are made out of my experience teaching after 25 years to any kind of clients, and building up with them this logic. This logic, I use it within my certification program to teach us how to come from a basic level to an intermediate level to any kind of body and client.

So, I think those videos will be great for you to work at home or in your studio, so I hope you join me in Pilatesology following the six steps to the mat.