

Classical Pilates Mat - Exercise Lists & Sequences

Joseph Pilates *Return to Life* Mat - Order & Repetitions

The Hundred	100	The Spine Twist	3 sets
The Roll Up	3x	The Jack Knife	3x
The Roll Over	5 sets	The Side Kick	3x ea
The One Leg Circle	5x ea	The Teaser	3x
Rolling Back	6x	The Hip Twist with Stretched Arms	3 sets
The One Leg Stretch	5-12x	Swimming	20x
The Double Leg Stretch	5-12x	The Leg Pull Front	3 sets
The Spine Stretch	3x	The Leg Pull	3 sets
Rocker with Open Legs	6x	The Side Kick Kneeling	4x ea
The Cork-Screw	3 sets	The Side Bend	3x ea
The Saw	3 sets	The Boomerang	6x
The Swan-Dive	6x	The Seal	6x
The One Leg Kick	6 sets	The Crab	6x
The Double Kick	5x	The Rocking	5x
The Neck Pull	3x	The Control Balance	6x
The Scissors	6 sets	The Push Up	3x
The Bicycle	5 sets		
The Shoulder Bridge	3 sets		

Classical Pilates Mat

Basic, Intermediate, Advanced - Levels & Repetitions

Basic Order		Intermediate Order	
The Hundred	100 pumps	The Hundred	100 pumps
Roll Up	3-5x	Roll Up	3-5x
Single Leg Circles	3-5x	Single Leg Circles	3-5x
Rolling Like a Ball	5-10x	Rolling Like a Ball	5-10x
Single Leg Stretch	5-10 sets	Single Leg Stretch	5-10 sets
Double Leg Stretch	5-10x	Double Leg Stretch	5-10x
Spine Stretch Forward	3-5x	Single Straight Leg Stretch	5-10 sets
		Double Straight Leg Stretch	5-10x
		Criss Cross	5-10 sets
		Spine Stretch Forward	3-5x
		Open Leg Rocker	6x
		Corkscrew	3-5 sets
		Saw	4 sets
		Neck Roll	3 sets
		Single Leg Kicks	5 sets
		Double Leg Kicks	3 sets
		Neck Pull	5x
		Side Kick Series	5-10x
		-Front/Back	
		-Up/Down	
		-Small Circles	
		Teaser 1	3x
		Seal	6x

Classical Pilates Mat - Advanced Order & Repetitions

The Hundred	100	Side Kicks:	all 3-10x
Roll Up	3-5x	- Front/Back	
Roll Over	3 sets	- Up/Down	
Single Leg Circles	3-5x	- Circles	
Rolling Like a Ball	5-10x	- Bicycle	
Single Leg Stretch	5-10 sets	- Inner Thigh Lifts, Beats & Circles	
Double Leg Stretch	5-10x	- Big Circles	
Single Straight Leg Stretch	5-10 sets	- Hot Potato	
Double Straight Leg Stretch	5-10x	- Big Scissors	
Criss Cross	5-10 sets	Teaser 1	3x
Spine Stretch Forward	3-5x	Teaser 2	3x
Open Leg Rocker	6x	Teaser 3	3x
Corkscrew w/Hips over	3-5 sets	Hip Circles	3 sets
Saw	4 sets	Swimming	3 breaths
Neck Roll/Swan	3-5x	Leg Pull Front	3 sets
Single Leg Kicks	5 sets	Leg Pull Back	3 sets
Double Leg Kicks	3 sets	Kneeling Side Kicks	4 sets
Neck Pull	3-5x	Mermaid	3 sets
High Scissors	3-5 sets	Side Bend	3x ea side
High Bicycle	3-5 sets	Snake/Twist	3 sets
Shoulder Bridge	3-5 kicks	Boomerang	3 sets
High Bridge	1x	Seal	6x
Spine Twist	3 sets	Crab	3-6x
Jackknife	3x	Rocking	5x
		Control Balance	3x
		Push Ups	3-10x