

Basic Order & Repetitions - Classical Pilates Mat

The Hundred	100 pumps
Roll Up	3-5x
Single Leg Circles	3-5x
Rolling Like a Ball	5-10x
Single Leg Stretch	5-10 sets
Double Leg Stretch	5-10x
Spine Stretch Forward	3-5x

Intermediate Order & Repetitions - Classical Pilates Mat

The Hundred	100 pumps
Roll Up	3-5x
Single Leg Circles	3-5x
Rolling Like a Ball	5-10x
Single Leg Stretch	5-10 sets
Double Leg Stretch	5-10x
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	3-4 sets
Neck Roll	3 sets
Single Leg Kicks	5 sets
Double Leg Kicks	3 sets
Neck Pull	5x
Side Kick Series	
-Front/Back	5-10x ea
-Up/Down	
-Small Circles	
Teaser 1	3x
Seal	6x

Advanced Order & Repetitions - Classical Pilates Mat

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, Teaser 2, Teaser 3		3x
Spine Stretch Forward	3-5x		Hip Circles	3 sets
Open Leg Rocker	6x		Swimming	3 breaths
Corkscrew w/Hips over	3-5 sets		Leg Pull Front	3 sets
Saw	4 sets		Leg Pull Back	3 sets
Neck Roll/Swan	3-5x		Kneeling Side Kicks	4 sets
Single Leg Kicks	5 sets		Mermaid	3 sets
Double Leg Kicks	3 sets		Side Bend	3x ea side
Neck Pull	3-5x		Snake/Twist	3 sets
High Scissors	3-5 sets		Boomerang	3 sets
High Bicycle	3-5 sets		Seal	6x
Shoulder Bridge	3-5 kicks		Crab	3-6x
High Bridge	1x		Rocking	5x
Spine Twist	3 sets		Control Balance	3x
Jackknife	3x		Push Ups	3-10x

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		