

YOUR AT HOME PILATES FLOW

1. MINI WARM-UP

- Breathing
- Pelvic Rocks
- Knee folds
- Chest Lift

2. THE 7 BASIC PILATES MAT EXERCISES

- The Hundred
- Roll Up
- Single Leg Circle
- Rolling Like a Ball
- Single Leg Stretch
- Double Leg Stretch
- Spine Stretch

3. ADD-ON OPTIONS:

- The Series of 5 (Core Intensive)
- Side Lying Series (Hip Strength)
- Stretch Mini Flow (Recovery Day)

4. MINI COOL-DOWN

- Child's Pose
- Supine Twist
- 3 deep, cleansing breaths

