

MY FAVORITE PILATES MAT FLOW

WARM-UP

- Breathing
- Pelvic Rocks
- Bridging
- Knee folds
- Knee Stretch
- Chest Lift

THE EXERCISES

- The Hundred
- Roll Up
- Single Leg Circle
- Rolling Like a Ball
- Single Leg Stretch
- Double Leg Stretch
- Single Straight Leg Stretch
- Double Straight Leg Stretch
- Criss Cross
- Spine Stretch
- Corkscrew
- Saw
- Single Leg Kick
- Neck Pull
- Side Lying Legs (Front/back - Up/down - Circles)
- Teaser
- Seal

COOL-DOWN

- Hip Flexor Stretch
- Mermaid
- Supine Twist

