

Joseph Pilates: 34 Classic Mat Exercises With Modifications

Time	Image	Pose	Description
		Hundred	Lie on your back. Arms by sides with palms on the mat. Bend knees towards the chest. Curl up head, neck and shoulders. Hover arms up to the height of the abdominal wall. Extend legs long to 45 degrees. Heels together and toes apart (pilates stance). Vigorously pump arms up and down. Inhale through the mouth for 5 counts and exhale through the mouth for 5 counts (one set). Bring head and feet down to the mat. Repeat. Benefits: Increase blood circulation. Good warmup. Increase ab strength. Video: https://www.youtube.com/embed/UaqpuUzs1i8 Modifications: A) Keep your head and feet on the mat. B) Keep your head and feet on the mat. Raise one leg at a time. C) Keep your legs in the Tabletop position. D) Lift the legs up, creating a 90-degree angle in your knee and hips. Precautions : Shoulder tightness.
		Roll Up	Lie flat on the back with legs together. Reach arms overhead shoulder-width apart. Palms facing forward. Inhale, reach overhead and curl head and shoulders off the mat. Exhale, peel spine off the mat, rounding forward and bringing the crown of the head towards knees. Keep arms parallel to the mat. Abdominals draw into the spine. Inhale, roll back down to start. Benefits: Strengthen abdominals. Increase spinal mobility. Video: https://www.youtube.com/embed/D9a_qJp2rH0 Precautions : Neck and shoulder tightness.
		Roll Over	Lie on the back with legs together. Arms by side. Draw abs towards the mat. Inhale, lift legs to 90 degrees. Exhale, reach legs up and over (C curve in the spine). Slowly lower the legs one vertebra at a time to the mat. Benefits: Strengthen abs. Increase spinal mobility. Video: https://www.youtube.com/embed/Y5YdoRMCKM Precautions : Shoulder and back pain.

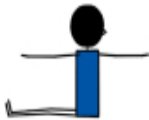
Time	Image	Pose	Description
		One Leg Circles	Lay flat on back with arms by side. One leg straight on the mat with foot flexed and the other leg up towards the ceiling. Circle top leg across the body, down, and around while keeping pelvis stable for 5 circles. Reverse circle in the other direction, circling leg away from the body, down, and around. Repeat on the other leg. Benefits: Pelvic stabilisation. Mobilisation of the hip joint. Strengthens quads and hamstrings. Engages the core. Video: https://www.youtube.com/embed/RZqtVL6K8DM Precautions : Lower back.
		Rolling Back	Sit with knees bent. Feet flat on the floor. Hands hold the front of knees (one hand on each knee). Bring forehead towards knees. You now look like a ball. Stay a ball as you roll back to the tips of the shoulder blades. Return to the start by engaging abdominals as the brake to the rolling. Balance in the start position. Repeat. Benefits: Stimulates and massages the spine. Video: https://www.youtube.com/embed/EfVURwxctv8 Precautions : Neck or spine injury.
		One Leg Stretch	Lie on your back. Curl head and shoulders off the mat. Bend both knees into the chest. Extend one leg straight as you place both hands on the opposite shin. Outside hand places near the ankle. Inside hand places near the knee. Switch legs, extending the opposite leg straight and pulling the opposite knee into your hands. Continue switching the legs. Benefits: Strengthen abdominals. Video: https://www.youtube.com/embed/dJWsTv3lhOo Modifications: A) Circling the knee. B) Forehead to the knee. Precautions : Back injury.

Time	Image	Pose	Description
		Double Leg Stretch	Lie on your back. Stretch legs away from you. Keep legs squeezed together and toes pointed. Pull legs back into Tabletop Position. Repeat. Lower head and legs to mat. Alternatives: Teaser. Roll Over. Benefits: Strengthen abs. Video: https://www.youtube.com/embed/N-jZas9tMSU Precautions : Neck and spine injuries.
		Spine Stretch	Sit tall. Straighten legs. Flex feet. Reach arms forward parallel to the mat. Palms face down. Exhale, roll forward through spine. Draw abs in. Keep arms parallel to the mat. Inhale, roll up stacking spine to return to start. Benefits: Spinal articulation. Strengthens hip extensors. Video: https://www.youtube.com/embed/XZGuNaEV-nM Modifications: A) Bend your knees. B) Place a folded blanket (or Yoga bolster) under your knees. C) Sit on a folded blanket or a Yoga block. D) Sit cross-legged. Precautions : Back injury.
		Rocker With Open Legs	Balance on sit bones. Knees bent. Grasp hands around ankles. Straighten one leg then the other into a V (legs are shoulder-width apart or wider). Tip pubic bone towards the nose to initiate rock back to shoulder blades and rock back to start position. Benefits: Stimulates and massages the spine. Strengthens abdominal muscles. Improves posture and balance. Video: https://www.youtube.com/embed/ZbtEw_pcPp4 Precautions : Back injury.

Time	Image	Pose	Description
		Corkscrew	Lie on your back. Press arms into the mat. Legs together. Lift legs straight to the ceiling. Roll over bringing legs parallel to the floor, with hips and feet level. Inhale, shift both legs to the right. Roll down through right side of back. Exhale, circle legs around and roll over through left side of back, returning legs to start. Reverse. Benefits: Strengthen abs and shoulders. Pelvis stabilisation. Hip flexor stretch. Lower back massage. Video: https://www.youtube.com/embed/yssUvNuQowE Precautions : Back injury.
		Saw	Lie on your back. Legs together. Arms overhead. Palms face forward. Inhale, reach arms overhead and curl head and shoulders off the mat. Exhale, peel spine off mat, rounding forward and bringing the crown of the head towards knees. Keep arms parallel to the mat. Abs draw into the spine. Inhale, roll down to start position. Benefits: Strengthen abdominals. Increases spinal articulation. Hamstring and hip stretch. Video: https://www.youtube.com/embed/Sb0SG1cXgEY Precautions : Back injury.
		Swan Dive	Lie on stomach with legs together. Hands by head. Lift abs away from floor while sending tailbone to the floor. Press through hands into Swan, maintaining a long spine and lengthened neck. Release arms to side as body rocks forward. Maintaining the arc position of the body, the legs will lift up. Rock back onto thighs, lifting chest, and maintaining extension and arc position of body. Repeat. Benefits: Strengthen back and hip extensors. Video: https://www.youtube.com/embed/mjZZ22GLcDc Modifications: Swan Dive For Prenatal: If you're expecting, practice a modified Swan Dive. Begin on all fours with hands under shoulders and knees under hips. Raise one arm and opposite leg to shoulder height. Hold briefly. Come back to starting position. Alternate and repeat.

Time	Image	Pose	Description
		One Leg Kick	Lie on stomach with legs straight and together. Prop yourself onto forearms, bringing elbows underneath shoulders. Kick one heel into your seat two times, reach the leg straight, and place it on the mat. Switch legs. Benefits: Back extensors, hamstrings, glutes. Video: https://www.youtube.com/embed/X79gMUknrVs Precautions : Lower back injury.
		Double Leg Kick	Lie on stomach. Turn head to place one cheek on mat. Place hands clasped and high up on back, with elbows dropping towards the mat. Kick both heels to the seat 3 times. Extend both legs straight as hands reach to feet while finding a back extension. Lower torso down and turn head to place opposite cheek on mat. Repeat. Benefits: Stretches upper body. Tones lower body. Back and hip extensors. Video: https://www.youtube.com/embed/4uNmkmzfV4c Modifications: A) Kick with an alternate kick pattern. B) Develop the kick in three levels: low, medium, and high. C) Instead of kicks, squeeze your heels. D) Rest your arms under your head, keeping them on the mat throughout. E) Lift your legs off the floor during the extension. Precautions : Neck and spine injuries.
		Neck Pull	Lie on back. Glue spine to mat. Place both hands at base of neck. Inhale, lift head and shoulders. Exhale, roll off mat bringing crown of head to knees. Inhale, stack spine up to seated. Exhale, tuck chin to chest, tuck tailbone, round spine down to mat. Benefits: Strengthen abs and back extensors. Video: https://www.youtube.com/embed/QlyHs841Ezg Modifications: A) Roll up with your knees bent, feet on the mat, and hands assisting behind the thighs. B) Add in a lean back when you've rolled up into the seated position. Precautions : Neck and shoulder injury.

Time	Image	Pose	Description
		Scissors	Lie on back. Bend both knees in, and roll through spine, reaching both legs straight and parallel to the floor, and bend knees towards chest. Place hands high on back. Reach both legs to ceiling. Lower one straight leg to mat as you draw opposite straight leg towards your chest. Pulse the top leg towards you two times. Switch legs. Benefits: Abdominal, shoulder, and hip flexibility. Video: https://www.youtube.com/embed/CO9_19vCf4 Modifications: A) Folded towel under your hips and lower back. B) Bolster under your hips and lower back. C) Place hands behind your thigh. D) Keep your hands supporting your head. E) Lower the leg halfway down. F) Keep your head on the mat. Precautions : Low back pain. Tight hip flexors. Neck injury. Pregnancy.
		Bicycle	Lie on your back. Arms at the side. Straighten legs to the ceiling. Peel spine off the floor one vertebrae at a time. Hands at top of the pelvis (fingers point towards knees). Split legs with knees straight and toes pointed (legs like scissors). Bend front knee towards the face. Exhale and pedal front foot away from the face. Straighten the knee as you bring your back leg towards the face. Switch directions. To release bring both legs together and roll to start position. Benefits: Increases spine mobility. Core control. Video: https://www.youtube.com/embed/snkWegOrsI8 Modifications: Use foam roller to prop pelvis off ground. Precautions : Osteoporosis. Glaucoma. Neck or shoulder injuries.

Time	Image	Pose	Description
		Shoulder Bridge	Lie on back with knees bent. Feet hip distance apart. Peel tailbone and spine off the mat. Extend right leg to ceiling with foot pointed. Lower right leg towards the ground, flex foot and bring leg back to the ceiling. Repeat. Place right foot down onto mat. Repeat with left leg. To finish, roll spine and tailbone down to the mat. Benefits: Strengthen hamstrings and glutes. Video: https://www.youtube.com/embed/QFv_Fex3Mko Modifications: A) Place a small ball under your pelvis. B) Standard Bridge (no leg raising). C) Raise your leg only halfway (bent leg). D) Bridge (with arm raises). E) Bridge on a block. F) Bridge spine curls. G) Bridge with legs up a wall. Precautions : Neck and shoulder pain.
		Spine Twist	Sit with legs together in front of body. Feet flexed. Raise arms to the side at shoulder height. Sit tall. Inhale, reach crown of head to ceiling. Exhale, twist torso to right, growing taller on the twist and pulsing twice. Inhale, return torso to centre. Exhale, twist torso to left, pulsing twice. Inhale, return to centre. Repeat. Benefits: Strengthen obliques and back extensors. Video: https://www.youtube.com/embed/PPFkp7Aa3Rg Modifications: A) Place a small pillow or folded towel under your hips. B) Fold the arms over your chest at the heart centre. C) Rest the hands lightly on your shoulders. Precautions : Neck or shoulder injury.

Time	Image	Pose	Description
		Jack Knife	Lie on back. Arms by sides. Palms down. Press backs of arms into mat. Legs together. Extend both legs to ceiling. Draw abs in. Roll over through spine to take both legs almost parallel to floor. While maintaining lift of pelvis and tailbone to ceiling, reach both legs straight to ceiling. Keeping feet over hips, articulate through spine to roll down to the mat, returning legs to start position. Repeat. Benefits: Strengthens abs, back, arms, legs and shoulders. Video: https://www.youtube.com/embed/vWK2oJI90VA Modifications: A) Use your hands to help lift your hips up as you begin the Jack Knife exercise. B) Raise the legs 45 degrees from the Roll Over position (instead of 90). C) Take the feet to the mat behind your head, then lift the legs up to the perpendicular. Precautions : Neck or shoulder injury.
		Side Kick	Lie on right side in a straight line from shoulders to ankles. Prop head on right hand. Place left palm flat on the mat in front of your chest. Move both legs in front of hips on a slight diagonal. Lift top leg off bottom leg, and kick it forward twice. Lengthen leg as you sweep it to kick back. Perform 5 reps. Repeat on other side. Benefits: Strengthen glutes, hips, abs, back extensors. Video: https://www.youtube.com/embed/v1w7lqFTNuo Precautions : Neck or shoulder injury.

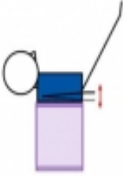
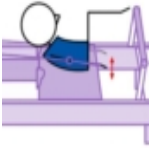
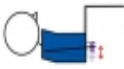
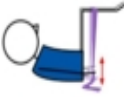
Time	Image	Pose	Description
		Teaser	Lie on your back. Elevate legs so thighs are perpendicular to the body and knees are bent and parallel with the body. Extend arms behind you. Inhale, lift arms towards legs, while lifting head for max reach; at the same time, straighten legs in the air. Exhale, make the body a V shape. Inhale, return to start by rolling the body back. Benefits: Abdominal and back extensor strength. Trunk stabilization. Video: https://www.youtube.com/embed/UJ5gZQSqlXo Modifications: A) One Leg Teaser. B) Use a wedge under your lower back. C) Try with bent knees. D) Roll-Ups. E) Place your hands on the floor behind you. F) Double Leg Lifts. Precautions : Spine injury.
		Hip Twist	Sit tall with legs straight and together. Place hands on floor behind you. Point fingers away from body. Float both legs off mat to Teaser position. Circle both legs right, down, around, and back to start. Reverse circle in other direction. Benefits: Strengthen abs, obliques and back extensors. Video: https://www.youtube.com/embed/YDM1g6f9aDA Modifications: Lift the opposite hip off the mat as the legs circle. Precautions : Shoulder tightness.
		Swimming	Lie flat on your belly with your arms stretched out in front. Legs outstretched behind. Squeeze inner thighs and heels together. Pull navel up off the mat. Raise the upper back and head off the mat slightly and simultaneously lift the right arm and left leg off the mat. Squeeze buttocks and press pubic bone down into the mat. Switch arms and legs and begin swimming, alternating arms and legs. Extend the body as much as possible. Benefits: Strengthens muscles on back of body: buttocks, thighs, back. Video: https://www.youtube.com/embed/bY6ZyiO_7ek Modifications: A) Swimming On a pilates Arc. B) Swimming on a Wobble Board. Precautions : Neck injury.

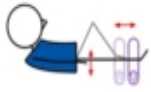
Time	Image	Pose	Description
		Leg Pull Front	Start on knees. Place hands on floor in front of you. Keep arms straight and elbows unlocked. Engage abs. Lean forward to put weight on hands. Shoulders over wrists. Keep a lot of space between shoulders and ears. With abs lifted, extend legs back so that they are straight and together. Toes curled under. Ears, shoulders, hips and heels in one long line. Extend one leg up as far as you can without rotating hips. Return foot to mat and extend other leg. Benefits: Core strength builder. Video: https://www.youtube.com/embed/fLYsUbi_f-A Modifications: A) Stay on your hands and knees and lift one leg up, no further than the hip, at a time. B) Raise the knees only slightly as you extend alternating legs. C) Work on your elbows with palms flat on the ground. D) Place your hands on a step. Precautions : Arm, neck or shoulder injury.
		Leg Pull	Sit with legs crossed. Bring hands behind back. Fingers point towards buttocks. Extend legs long and lift hips. All weight is supported by wrists. Lift right leg up and down. Lift left leg up and down. When lifting legs, engage inner thighs and lower abs. Benefits: Core strength builder. Video: https://www.youtube.com/embed/BTvniic_B9M Modifications: A) Add a balance disc (or a BOSU) under your feet for instability. B) Leg Pull Front (same exercise but facing the mat instead of the ceiling). Precautions : Neck and shoulder injury.

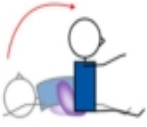
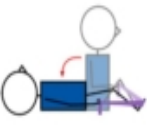
Time	Image	Pose	Description
		Side Kick Kneeling	Kneel onto the right knee. Place your right hand on the mat underneath the right shoulder. Left knee in line with the left foot. Right hip directly over the right knee. Place left hand behind head. Kick left leg forward and back while keeping torso stable. After a number of repetitions, place the left knee onto the mat and repeat on the other side. Benefits: Strengthen the torso and glutes. Improve balance. Video: https://www.youtube.com/embed/hgLDMHCcw4k Precautions : Knee injury.
		Side Bend	Sit sideways with legs bent to one side. Top foot in front of the bottom foot (or stacked one on the other). Place supporting hand in line with seated hip a few inches in front of shoulder. Press into supporting hand, straighten legs to lift pelvis away from mat, making rainbow shape with body. Benefits: Abdominal strength. Shoulder stabilisation. Video: https://www.youtube.com/embed/zprsJDjeONM Precautions : Shoulder or neck tightness.
		Boomerang	Sit tall. Extend legs. Right ankle crossed over left. Palms by hips. Lift both legs. Rollover to a 90-degree angle. Open and close legs, switching cross of ankles. Backs of arms press into the mat for stability. Roll down through spine without dropping legs to balance in Teaser with the arms parallel to legs. Clasp hands behind tailbone and, while abs are drawn in and close to thighs, maintain Teaser position as you lower legs to mat. Circle arms overhead. Bring hands to ankles. Roll to sitting position. Benefits: Strengthen abs. Stabilise hips. Massage spine. Video: https://www.youtube.com/embed/SRonJI25raE Modifications: Do an oblique twist at the top of the Teaser portion (reach across your body to the left, then back to the centre, and then to the right). Precautions : Neck injury. Spine Injury. Osteoporosis. Glaucoma.

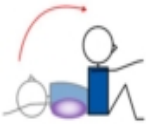
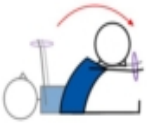
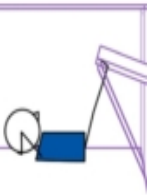
Time	Image	Pose	Description
		Seal	Sit with hips close to feet, knees bent. Lace hands between legs. Hold on to outsides of ankles. Feet together. Knees shoulder distance apart. Make C-curve with spine. Gaze into abs. Balance with feet off mat. Clap feet together 3x. While in C-curve shape, inhale, roll back to balance on shoulder blades with hips over shoulders. Clap feet 3x. Exhale, roll through spine to return to start with feet off mat. Benefits: Trunk stabilisation. Spinal massage. Video: https://www.youtube.com/embed/JwB8i8rrZUY
		Crab	Sit with legs crossed. Core engaged. Hold onto feet without losing upright posture. Tilt pelvis. Roll sit bones under with a posterior pelvic tilt. Roll back maintaining this shape and leg position. Go no further than tops of shoulders. Keep heels pressed towards backs of legs. Return to balance position without feet touching floor. Benefits: Spinal mobility. Strengthens core, rectus abdominus, obliques. Video: https://www.youtube.com/embed/1P1KobzASTk Modifications: A) Grasp the feet from underneath, and also on top of the feet. Alternate between both. B) Add a leg extension at the top of the rollback. C) Seal Pilates Exercise. D) Bicycle Pilates Exercise. E) Rolling Back Pilates Exercise. F) Roll Over Pilates Exercise. Precautions : Neck and spine injuries.
		Rocking	Lay on stomach. Arms by side. Head to one side. Bend knees. Hold onto both ankles. Press ankles into hands. Lift chest and knees away from mat by engaging backs of legs and back extensors. Maintain shape as you rock forward and back. Benefits: Strengthen back extensors, glutes, hams. Increase spinal mobility. Video: https://www.youtube.com/embed/KQWHWl7yV9g Modifications: Exaggerate the rocking motion to get a high lift of the legs as you rock forward, and a high, open chest as you rock back. Precautions : Shoulder, back or neck injury.

Time	Image	Pose	Description
		Control Balance	Lay on back with arms by side. Extend both legs to ceiling. Roll over and place balls of feet into mat. Circle arms around and place both hands on right foot. Extend left leg up. Without changing position of hips or torso, place ball of left foot onto mat and extend right leg to ceiling. Benefits: Strengthens hip extensors, core. Improves hip flexibility. Video: https://www.youtube.com/embed/0O_Tay-g3NY Modifications: A) No scissoring (Lower and lift one leg completely before starting with the other leg). B) Teaser. C) Roll Over. D) Scissors. E) Bicycle. F) Rolling Back. G) Roll Up. Precautions : Neck and spine injuries.
		Push Up	Stand with feet together. Roll down through spine and place hands on mat. Walk hands out until shoulders are over wrists and body is in plank position. Bend elbows towards ribs in a tricep push up. Repeat 5x. Lift pelvis. Walk hands back to feet. Roll up through spine to standing. Benefits: Strengthens triceps, chest, and upper back. Video: https://www.youtube.com/embed/Ny0qFffcemg Modifications: A) Bend your knees as you are rolling down from standing to get your hands to the mat. B) Do the push-up portion on your knees. C) Place your hands on a desk and do the Push-up at an elevated angle. Precautions : Injuries to your shoulder, wrist, elbow, or neck.
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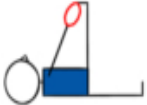
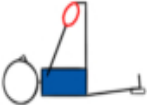
Time	Image	Pose	Description
		Hundred Wunda	Take handles out. Sit on the edge of the chair. Lean back and lie on the chair. Bend knees towards the chest. Curl up head, neck and shoulders. Hover your arms. Extend legs long to 45 degrees. Heels together and toes apart (pilates stance). Vigorously pump arms up and down. To release, bend knees and sit on the edge of the chair. Benefits: Increase blood circulation. Good warmup. Increase ab strength. Video: https://www.youtube.com/embed/RCuWHyDI8Ho?start=17 Precautions : Shoulder tightness.
		Hundreds Reformer	Lie on your back with legs in tabletop position. Hold the short loops and extend your arms beside your body, parallel to the ground without touching the carriage. Inhale, nod your chin. Exhale, curl up towards your knees. Pulse arms 100 times. Benefits: Builds core endurance. Video: https://www.youtube.com/embed/zTmaPnulw6Y Modifications: Beginner: Keep feet on the footbar for stability. Intermediate: Extend legs diagonally up to reduce load. Advanced: Extend legs to forty-five degrees and hold. Precautions : Neck or low-back pain.
		Hundred Pulses Band	In supine, bring knees into Table Top. Band folded in half under legs, pull band with hands at shoulder width, tuck chin to chest. Breathe in for 5 breaths pulling out the band and out for 5 breaths while pulling band out. Benefits: Strengthens arms and shoulders. Engages core. Video: https://www.youtube.com/embed/c56k12ETb2o?start=175
		Hundreds Band	Place band on shins, by ankles. Lie down with knees bent. Bring legs up to tabletop position. Inhale, nod chin. Exhale, fold up towards knees. With arms extended and parallel above ground start pulsing 100 times. Benefits: Strengthens abs. Increases torso stability. Video: https://www.youtube.com/embed/o-UyRJoh3WQ

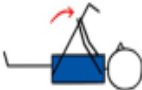
Time	Image	Pose	Description
		Hundreds Mini Ball	Lie on back, legs in table top. Place mini ball between ankles. Squeeze ball. Extend arms behind head. Inhale, lift arms towards ceiling, lift shoulders off mat. Exhale, hollow abdominals, bring arms parallel to floor. Extending legs towards ceiling. Squeeze ball between ankles. Exhale, pulse arms 100 times. Benefits: Strengthens abs, back, hips. Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Hundreds I Foam Roller	Lie on your back with arms at your sides and knees bent, feet on the roller's apex. Lift your torso towards your knees while raising your arms parallel to the floor. Pulse your arms 100 times. Benefits: Strengthens abs, back and hips. Video: https://www.youtube.com/embed/FxZJGZyLFpU
		Hundreds II Foam Roller	Lie on your back with arms at your sides and knees bent, feet on the roller's apex. Exhale, lift your torso toward your knees. Extend arms parallel to the floor, pulse 100 times while simultaneously straightening and bending both legs. Benefits: Stretches & strengthens spine. Video: https://www.youtube.com/embed/FxZJGZyLFpU
00:10		Roll Up + Over + Back Options	

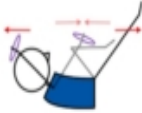
Time	Image	Pose	Description
		Roll Downs	Stand tall. Feet hip distance. Chin to the chest. Head and arms hang loose. Starting at top of the spine roll slowly through the spine (bend knees if necessary) until your hands touch the mat. Roll back to standing. Benefits: Calms the brain. Helps relieve stress. Stimulates liver and kidneys. Stretches hamstrings, calves, & hips. Strengthens thighs & knees. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Relieves headaches & insomnia. Therapeutic for asthma, high blood pressure, infertility, osteoporosis & sinusitis. Video: https://www.youtube.com/embed/aw2HM3QZlaQ Modifications: A) Bent knees. B) Loop fingers around big toes. C) Place the upper back against a wall. D) Place hands on blocks that are positioned close to your feet. E) Bend only halfway down. F) Use a chair or wall for going halfway down. G) Place head on a chair when in the forward bend. Precautions : Back, knee, and hamstring injuries.
		Roll Up Wobble	Lie down, lower back supported on cushion. Extend arms behind head. Inhale, lift arms to ceiling. Exhale, draw abs in, lift up, bring arms parallel to legs. Exhale, roll down, bring arms overhead. Repeat. Benefits: Strengthens abdominals. Video: https://www.youtube.com/embed/JP7coYB4xE8
		Roll Ups Band	Sit with knees bent. Place band around feet. Hold band in microphone grip. Inhale, sit tall. Exhale, roll down while hollowing belly, squeezing knees together. Exhale, nod chin, roll back up to seated. Repeat. Benefits: Full range of motion through abdominals. Video: https://www.youtube.com/embed/o-UyRJoh3WQ

Time	Image	Pose	Description
		Bent Leg Rollup Wobble	Lie on back. Place cushion under lower back. Bend knees. Extend arms behind head. Inhale, lift arms. Exhale, draw abdominals in, lift up, bring arms over knees. Exhale, roll down, bring arms overhead. Repeat. Benefits: Strengthens abdominals. Video: https://www.youtube.com/embed/JP7coYB4xE8
		Full Roll Ups Circle	Lie on your back and hold the ring with the heels of your hands. Inhale, lift your arms to the sky. Exhale, draw your abs in and roll up, reaching the ring over your legs. Roll down slowly, one vertebra at a time, and return arms overhead without lifting the ribs. Repeat. Benefits: Full range of motion through abdominals. Video: https://www.youtube.com/embed/0gVvl6DSmfM Modifications: Beginner Modification: Perform with knees bent and feet grounded to reduce hamstring tension. Intermediate Modification: Perform with legs straight to increase hamstring and core demand. Advanced Modification: Keep arms hovering slightly off the mat when overhead to increase control demand.
		PTB Roll Up Cadillac	Start out with push through bar bottom loaded with two light springs from the bottom. Put on safety strap. Lie under bar (hips directly under bar). Place both sets of toes on the bar at hip width apart. Place hands behind head. As you straighten legs, curl up head and shoulders while engaging ab muscles. Relax down to start position. Repeat. Benefits: Strengthen core and legs. Video: https://www.youtube.com/embed/P0nFuxJ0v1s
		Roll Ups Band	Sit with knees bent. Place band around feet. Hold band in microphone grip. Inhale, sit tall. Exhale, roll down while hollowing belly, squeezing knees together. Exhale, nod chin, roll back up to seated. Repeat. Benefits: Full range of motion through abdominals. Video: https://www.youtube.com/embed/o-UyRJoh3WQ

Time	Image	Pose	Description
		Half Rollbacks Mini Ball	Sit with knees bent. Place mini ball between knees. Straighten back, extend arms parallel to floor. Inhale, roll back to make C-shape. Exhale, roll forward, hands beyond feet, maintaining C-shape. Benefits: Strengthens abs, inner thighs. Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Full Roll Ups Circle	Lie on your back and hold the ring with the heels of your hands. Inhale, lift your arms to the sky. Exhale, draw your abs in and roll up, reaching the ring over your legs. Roll down slowly, one vertebra at a time, and return arms overhead without lifting the ribs. Repeat. Benefits: Full range of motion through abdominals. Video: https://www.youtube.com/embed/0gVvl6DSmfM Modifications: Beginner Modification: Perform with knees bent and feet grounded to reduce hamstring tension. Intermediate Modification: Perform with legs straight to increase hamstring and core demand. Advanced Modification: Keep arms hovering slightly off the mat when overhead to increase control demand.
00:10		One Leg Circle Options	

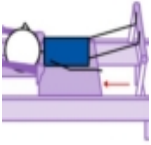
Time	Image	Pose	Description
		One Leg Stretch	Lie on your back. Curl head and shoulders off the mat. Bend both knees into the chest. Extend one leg straight as you place both hands on the opposite shin. Outside hand places near the ankle. Inside hand places near the knee. Switch legs, extending the opposite leg straight and pulling the opposite knee into your hands. Continue switching the legs. Benefits: Strengthen abdominals. Video: https://www.youtube.com/embed/dJWsTv3lhOo Modifications: A) Circling the knee. B) Forehead to the knee. Precautions : Back injury.
		One Leg Stretch Band	Lie on back. Put band around sole of right foot and extend leg up. Repeat on left leg. Benefits: Stretches hips, thighs, hams, calves. Strengthens knees. Video: https://www.youtube.com/embed/GzToob_gGUk?rel=0
		One Leg Stretch Block Band	Lie on back. Place block under left foot. Put band around sole of right foot and extend right leg up. Repeat on left leg. Benefits: Stretches hips, thighs, hams, and calves. Strengthens knees. Video: https://www.youtube.com/embed/GzToob_gGUk?rel=0
00:10		One Leg Stretch Options	

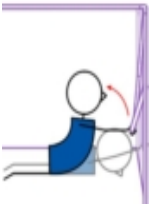
Time	Image	Pose	Description
		Single Leg Stretch Band	From standing, place one foot in centre of band while holding ends with both hands. Stand tall and lift leg to tabletop position. Kick leg out and in while maintaining balance. Benefits: Improves balance and coordination. Strengthens hips, thighs, and core. Video: https://www.youtube.com/embed/5rkCb7oPjfU
		Side Leg Stretch Band	Lie on back. Lift right leg. Wrap band around right foot and hold onto with right hand. Place left hand on left thigh. Roll right leg out in the hip socket and, drawing right leg up towards you, lower it out to side. Do not let weight roll into the right leg so that you tip over. Hold. Repeat on other side. Benefits: Stretches hips, thighs, hams, and calves. Relieves sciatica. Video: https://www.youtube.com/embed/rX7Q0Av3o8k Modifications: Blanket under head. Rest leg on a block. Slightly bend raised leg. Precautions : High blood pressure.
		Straight Leg Stretch	Lie on back. Both legs straighten together, perpendicular to the mat, with both hands holding one ankle (or as far up the leg as you can manage). Spine curled up, forehead aiming for shin. Elbows high and wide. Other leg splits and lowers towards the floor. Switch. Repeat. Benefits: Abdominal, shoulder, and hip flexibility. Video: https://www.youtube.com/embed/uldc2jmlD7k
		Straight Leg Stretch	Lie on back with legs extended. Bend right knee and hold onto back of knees with both hands. Relax shoulders and neck. Bring knee as close to chest as possible and straighten knee (lower toes towards head to deepen the hamstring stretch). Hold. Release. Repeat. Switch sides. Benefits: Stretches hamstrings. Strengthen core and lower back. Video: https://www.youtube.com/embed/C-wiOqYcxol

Time	Image	Pose	Description
		Double Leg Stretch Circle	Lie on back with legs in tabletop. Hold ring above your chest with arms extended. Lift your upper body toward knees. Inhale, extend legs forward and reach arms overhead without lowering your shoulders. Exhale, draw knees in as arms return toward them. Repeat. Benefits: Strengthens abdominals. Video: https://www.youtube.com/embed/0gVvl6DSmfM Modifications: Beginner: Alternate legs instead of extending both, reducing strain on lower back. Intermediate: Extend legs closer to the mat while keeping lower back grounded. Advanced: Extend legs just above the mat without compromising lumbar spine.
		Single Leg Stretch Circle	Lie on your back with legs in tabletop. Hold the ring above your chest with arms extended. Lift the ring toward your knees. Inhale, extend your right leg while the left stays bent. Switch legs and repeat. Benefits: Strengthens abdominals and legs. Video: https://www.youtube.com/embed/0gVvl6DSmfM Modifications: Beginner Modification: Keep head and shoulders down and focus on leg switching. Intermediate Modification: Exhale as you switch legs to deepen abdominal support. Advanced Modification: Perform 20 switches while maintaining form and breath control.
		Chair Leg Stretch I	Sit on front of chair. Place right leg straight in front. Inhale. On exhale reach forward towards foot. Gently roll yourself up. Repeat on other side. Benefits: Leg stretch. Video: https://www.youtube.com/embed/5q2ipRFTDpw?rel=0 Modifications: Interlock hands around foot.

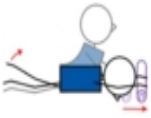
Time	Image	Pose	Description
		Chair Leg Stretch II	Face chair. Place hands on chair. Bring left leg forward. To deepen the stretch in the forward leg widen the stance. Repeat on other side. Benefits: Leg stretch.
00:10		Double Leg Stretch Options	
		Leg Stretch Arc	Sit in well of Arc. Slide back to get support in lower back. Knees bent. Brings heels up to height of knee. Arms out stretched parallel to floor with palms facing down. Extend left leg fully. Return to start position without stopping. Switch legs up to 10 times. Benefits: Ab workout. Video: https://www.youtube.com/embed/U0SuFQsrE80 Precautions : Back injury.
		Straight Leg Stretch Arc	Sit in well of Arc. Slide back to get support in lower back. Knees bent. Brings heels up to height of knee. Take left leg up (toes point to ceiling and hold onto back of thigh) and simultaneously bring right leg out (toes point to wall). Double inhale. Exhale, switch legs. This is one set. Benefits: Ab workout. Video: https://www.youtube.com/embed/U0SuFQsrE80 Precautions : Back injury.

Time	Image	Pose	Description
		Crunch Double Leg Circle	Lie on back with legs in tabletop. Extend arms behind head, holding the ring between your hands. Lift legs to ceiling, keeping lower back grounded. Crunch up and reach the ring toward your toes. Return legs to tabletop with arms behind head. Benefits: Strengthens abdominals, hip flexors, and quadriceps. Video: https://www.youtube.com/embed/0gVvl6DSmfM Modifications: Beginner: Keep one leg in tabletop while the other lifts to ceiling, reducing load. Intermediate: Lower legs to 45° rather than straight to ceiling for core challenge. Advanced: Lower straight legs to hover above mat before lifting and crunching.
		Crunch Double Leg Twist Circle	Lie on back with legs in Table Top. Extend arms behind. Hold ring between heel of hands. Extend legs to ceiling keeping lower back on ground. Crunch up with extended arms and twist to left. Look to the ring. Switch sides. Benefits: Strengthens obliques and quadriceps. Video: https://www.youtube.com/embed/0gVvl6DSmfM Modifications: Beginner: Keep feet grounded while performing upper body twist to reduce core strain. Intermediate: Hold both legs in tabletop throughout twisting motion. Advanced: Keep legs straight throughout the twist for maximum core demand.
		Double Toe Taps Foam Roller	Lie with lower back on bottom of roller. Head fully rested on roller. Spread legs hip width apart. Exhale, squeeze abs. Inhale, lift right leg to table top. Exhale, bring left leg to table top. Inhale, lower both feet until toes touch mat. Exhale, lift legs back to table top. Benefits: Strengthens abs & legs. Video: https://www.youtube.com/embed/FxZJGZyLFpU

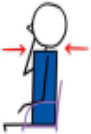
Time	Image	Pose	Description
		Double Heel Lift Reformer	Lie on your back with knees bent and heels on the foot bar, feet together (or slightly apart), and flexed. Inhale, press through your heels to extend your legs. Exhale, return to the starting position. Repeat. Benefits: Strengthens legs and calves. Video: https://www.youtube.com/embed/zTmaPnulw6Y Modifications: Beginner: Use lighter tension for easier leg control. Intermediate: Lift heels slightly once legs are straight. Advanced: Press out one leg, switch each repetition. Precautions : Knee or ankle pain.
00:10		Saw Options	
		Saw Band	Sit on floor, legs extended. Place band on back around ribcage. Extend arms to side, parallel to floor. Spread legs mat distance apart, flex feet. Sit tall. Inhale, twist to right. Exhale, rotate torso reaching left hand to right foot while rotating shoulder and reaching right arm back. Inhale, come up and back to center. Repeat on other side. Benefits: Strengthens back extensors, abs, spine. Video: https://www.youtube.com/embed/o-UyRJoh3WQ
		Saw Stretch Wunda	Sit tall with legs out wide (feet just outside of the chair). Arms out to the side in T position. Twist to the right, grab the peddle with your left hand and press it down. Reach out through the right arm. Release. Swap sides. Benefits: Strengthen obliques and back extensors. Video: https://www.youtube.com/embed/zn165CQzf88?start=541

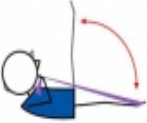
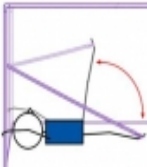
Time	Image	Pose	Description
00:10		Swan Options	
		Swan Wunda	Lie on chair on belly. Press footbar down with hands. Inhale as you begin to lengthen and lift spine, drawing shoulders into back. Keep neck long and as you exhale. Tuck chin and articulate spine back down as you press footbar to floor. Benefits: Strengthens spine and deep abdominals. Video: https://www.youtube.com/embed/QLDWSX4EsSc Modifications: Bend one elbow for a twist lift and try pulses.
		Swan Wunda	Lie on your belly. Legs wide apart. Grab the pedal with both hands with elbows straight. Exhale, raise up into Swan. Inhale, return to start. Repeat. Benefits: Stretches external oblique muscles. Isolates scapula. Strengthen back and hip extensors. Video: https://www.youtube.com/embed/RCuWHyDI8Ho?start=440
		PTB Swan Cadillac	Lie on stomach, place hands on bar. Extended arms wider than shoulder width apart. Keep head in line with shoulders. Inhale, push shoulders down. Exhale, press into bar, lift and extend torso. Lift through abs, squeezing glutes, hamstrings. Exhale, lower down to start. Repeat. Benefits: Expands chest. Stretches abs, hip flexors, quads. Video: https://www.youtube.com/embed/UCht9aV7Wy0

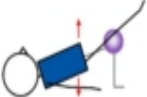
Time	Image	Pose	Description
		Swan Dive Arc	Lie on arc with pubic bone on apex. Place arms on mat, legs off floor. Exhale, bend elbows, reach toes towards ceiling. Inhale, return to start and extend head towards ceiling. Repeat Benefits: Strengthens hamstrings, upper back, shoulders. Video: https://www.youtube.com/embed/MP6wqz1kHiY
		Swan Band	Lie on stomach. Place band around ribcage. Bend arms, place elbows close to ribs, palms on floor. Spread legs mat width apart. Exhale, press up into hands. Lift torso. Straighten arms. Lower down and repeat. Benefits: Expands chest. Stretches abs, hip flexors, and quads. Video: https://www.youtube.com/embed/o-UyRJoh3WQ Modifications: A) Swan With Neck Roll: when lifted look first to left and stretch, then roll chin down to chest, then roll chin up to right and stretch. Return chin to centre position. B) Swan Dive: release arms from swan position, extending them straight alongside your ears. Body will rock forward and legs will come up. Keep inner thighs and glutes engaged, abs lifted, and shoulders integrated with core. Extend arms out and rock back and forth keeping a long arc shape.
		Swan Prep	Lie on tummy. Tops of feet on floor. Bend elbows. Spread palms on floor beside waist. Press hands into floor and slightly backwards (as if trying to push yourself forward along floor). Straighten arms to lift torso and legs. Thighs firm. Buttocks soft. Look straight ahead. Benefits: Strengthens spine, arms, wrists. Stretches shoulders. Video: https://www.youtube.com/embed/KAotX1bDGps Modifications: Blanket under hips. Tip head back slightly. Precautions : Back injury. Pregnancy.

Time	Image	Pose	Description
		Swan Foam Roller	Lie on your stomach with hands on the roller and legs wide apart. Inhale, glide shoulders down. Exhale, press up into your hands, lifting your torso and straightening your arms while bringing the roller slightly in. Inhale, hold. Exhale, lower. Repeat. Benefits: Expands chest. Stretches abs, hip flexors & quads. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: (I) Keep thighs on the mat for support. (II) Use a smaller roller for increased difficulty. (III) Add a spinal twist while lifting torso.
		Swan Leg Extension Foam Roller	Lie on your stomach with hands on the roller and legs apart. Inhale, lift your torso. Exhale, lower down while raising your right leg. Inhale, lift your torso again, lower the right leg, and raise the left leg. Repeat. Benefits: Expands chest. Stretches abs, hip flexors & quads. Video: https://www.youtube.com/embed/FxZJGZyLFpU Modifications: Lift both legs simultaneously while raising torso.
00:10		Neck Pull Options	
		Isometric Neck Extension	Sit or stand. Clasp hands behind head. Press head backwards against them, resisting with hands. Head doesn't move. Hold. Release. Benefits: Neck strengthener. Video: https://www.youtube.com/embed/0kWF968uFXY

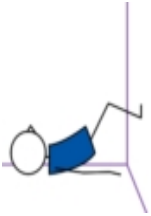
Time	Image	Pose	Description
		Isometric Neck Flexion	Sit or stand. Press right hand to temple and left hand to back of head. Try to turn head to right but resist with both hands. Hold. Switch hands and direction. Benefits: Neck strengthener. Video: https://www.youtube.com/embed/0kWF968uFXY
		Neck Stretch I	Sit or stand. Close eyes. Slowly move head forward, trying to touch chin to chest. Move head as far back as is comfortable. Don't strain. Feel stretch in front and back of neck and loosening of the neck. Repeat several times. Benefits: Flexibility in neck. Video: https://www.youtube.com/embed/vSRVFMdIHk Precautions : neck injury.
		Neck Stretch II	Sit or stand. Close eyes. Face directly forward. Relax shoulders. Slowly move head to right and try to touch right ear to right shoulder (without raising shoulders). Repeat on other side. Benefits: Flexibility in neck. Video: https://www.youtube.com/embed/vSRVFMdIHk Precautions : neck injury.
		Neck Stretch III	Sit or stand. Close eyes. Gently turn head to right so chin is in line with shoulder. Feel tension releasing in neck muscles and loosening of neck joints. Slowly turn head to left as far as is comfortable. Repeat several times. Benefits: Flexibility in neck. Video: https://www.youtube.com/embed/vSRVFMdIHk Precautions : neck injury.

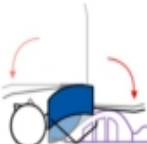
Time	Image	Pose	Description
		Neck Stretch IV	Sit or stand. Close eyes. Slowly rotate head downward, to the right, backward and to the left in a smooth, circular movement. Feel the joints and muscles of the neck loosening. Repeat several times. Benefits: Flexibility in neck. Video: https://www.youtube.com/embed/vSRVFMdIHk Precautions : neck injury.
		Passive Neck Retraction	Sit or stand. Relax shoulders. Look straight ahead. Place finger on the front of chin. Draw chin away from your finger as you pull it in. This is a nodding movement with head as if saying, "Yes" without dropping your head or looking down. Feel the gentle pull in back of your neck. Video: https://www.youtube.com/embed/tv-_ZCzfsVU
		Chair Neck Extension	Sit on chair. Rest arms on thighs. Drop shoulders. Elongate neck. Apply gentle pressure with hand and tuck chin in. Keeping chin tucked in, extend neck by bending it backward. Hold for 2 seconds. Benefits: Mobilising neck exercise. Video: https://www.youtube.com/embed/lcEn_xcpGf0 Precautions : Neck injury. Stop if you get pins & needles in arms.
		Chair Neck Flexion	Sit forward on a chair. Feet flat on floor. Clasp hands behind head. Press head into hands. Lift gaze. Look diagonally upwards. Pull elbows up and out as you stretch up, lifting your chest. Tuck chin into neck. Roll head down. Look at chest. Hold briefly. Roll back to start. Benefits: Neck stretch. Video: https://www.youtube.com/embed/EWAsAseT39A

Time	Image	Pose	Description
00:10		Scissors Options	
		Scissors Band	Place band around one foot and hold with same hand, opposite hand behind head. Curl head up. Extend legs to the sky. Lower leg with band. Pulse twice. Scissor switch without a pulse. Repeat 5-10x then do the other side. Benefits: Strengthens shoulders, chest, and arm muscles while stabilising the core. Video: https://www.youtube.com/embed/EbOyrum00w0
		Leg Springs Scissors Cadillac	Lie on back with head toward edge of the bed. Hold onto bars overhead. Place feet into the loops attached to the leg springs. Bend knees into the chest, then extend to 45 degrees. Reach one leg forward and one leg down, continuously scissoring the legs. Benefits: Strengthens inner thighs. Stretches hamstrings. Stabilises core & shoulders. Video: https://www.youtube.com/embed/1PLVBqhc2QM
		Side Scissors Arc	Bring right hip on apex of arc, elbow under shoulder. Keep right hand at diagonal, palm facing down. Straighten legs, place left hand below hips. Kick one leg forward, other leg back. Switch sides. Benefits: Strengthens core, hip abductors, hip flexors, hip extensors. Video: https://www.youtube.com/embed/MP6wqz1kHiY
00:10		Shoulder Bridge Options	

Time	Image	Pose	Description
		Bridge Swiss Ball	Position back on Swiss Ball with legs and arms extended. Take a deep breath and feel the stretch move into your rib cage, chest and shoulders. Hold for 30 seconds. Release by rolling forward. Benefits: Deep backbend. Stretches core muscles. Video: https://www.youtube.com/embed/eGhSELAIOJE
		Single Leg Bridge Mini Ball	Lie on back, knees bent. Place mini ball between knees, hands beside body, grazing heels. Squeeze butt, lift hips. Squeeze ball, extend left leg towards wall. Alternate between lifting and lowering hips without moving leg. Repeat on right leg. Benefits: Strengthens inner thighs, glutes, lower back. Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Bridge	Lie with back on floor. Bend knees. Set feet on floor. Heels as close to sitting bones as possible. Exhale. Press inner feet and arms actively into floor. Push tailbone up to pubis. Firm buttocks and raise them off floor. Clasp hands below pelvis. Extend through arms (help stay on the tops of shoulders). Lift buttocks until thighs are parallel to floor. Hold. Release with an exhalation, rolling spine slowly to floor. Benefits: Eases back pain. Strengthens buttocks and hams. Core-stabalizer. Video: https://www.youtube.com/embed/jp_zeKy8low Modifications: A) Bridge on a Swiss ball. B) Folded blanket under shoulders. C) Block under sacrum. Precautions : Neck injury. Resources: 1. Bridge pose (chair variation) 2. Bridge pose (5 variations)

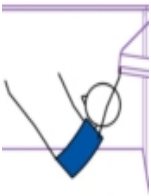
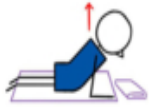
Time	Image	Pose	Description
		Bridge Spine Curls	Lie with back on floor. Bend knees. Set feet on floor. Heels as close to sitting bones as possible. Arms by side with palms down. Press inner feet and arms into floor. Push tailbone up to pubis. Lift buttocks until thighs are parallel to floor. Raise arms overhead and place on mat behind you. Lower buttocks to mat, then lower arms to mat. Repeat. Benefits: Eases back pain. Strengthens buttocks and hams. Core-stabalizer. Video: https://www.youtube.com/embed/RhpTvbPwnoA Modifications: Swiss ball. Folded blanket under shoulders. Resources: 1. Bridge pose (chair variation) 2. Bridge pose (5 variations)
		Bridge Arms Raises	Lie with back on floor. Bend knees. Set feet on floor. Heels as close to sitting bones as possible. Arms by side with palms down. Press inner feet and arms into floor. Push tailbone up to pubis. Lift buttocks until thighs are parallel to floor. Raise arms overhead and place on mat behind you. Repeat raising and lowering. When finished, lower buttocks to mat. Benefits: Eases back pain. Strengthens buttocks and hams. Core-stabalizer. Video: https://www.youtube.com/embed/it7omlQoi54?si=04lOiVQijAZMQNqo Modifications: A) Bridge on a Swiss ball. B) Folded blanket under shoulders. C) Block under sacrum. Resources: 1. Bridge pose (chair variation)

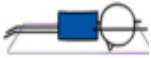
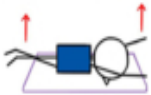
Time	Image	Pose	Description
		Bridge Leg Up	Lie with back on floor. Bend knees. Heels as close to sitting bones as possible. Arms by side. Palms down. Press inner feet and arms into floor. Push tailbone up to pubis. Lift buttocks until thighs are parallel to floor. Raise left leg up and lower to level of other leg (not to floor). Repeat raising and lowering of leg. Repeat on right leg. Benefits: Eases back pain. Strengthens buttocks and hams. Core-stabalizer. Video: https://www.youtube.com/embed/it7omlQoi54?si=rfKKnwf_PGy_WzkF Modifications: Swiss ball. Folded blanket under shoulders. Block under sacrum. Resources: 1. Bridge pose (chair variation)
		Bridge Legs Up Wall	Lie supine. Place soles of feet against wall until thighs are at a 90 degree angle to the floor. Push feet into wall to curl tailbone up and slowly lift tailbone. Push low back into the floor to help slowly peel tailbone up one vertebra at a time. Lower one vertebra at a time to the start. Repeat. Benefits: Eases back pain. Strengthens buttocks and hams. Core-stabalizer. Video: https://www.youtube.com/embed/zqe-bAgpkWc?si=27G-nc5Lj4PtXtwX Modifications: Swiss ball. Folded blanket under shoulders. Block under sacrum. Resources: 1. Bridge pose (chair variation)

Time	Image	Pose	Description
		Chair Bridge	Take strap and place around centre of thighs (firm but not too tight). Come to floor and place feet on front of chair. Press down to raise hips and place block vertically under buttocks. Arms to side with palms facing up. Straighten legs (supported by chair). Chin in towards chest. To come out of pose, bend legs, press feet into chair, remove block, lower hips to floor. Benefits: Stretches chest, neck, spine. Rejuvenates legs. Reduces backache. Video: https://www.youtube.com/embed/rljm6t1AWiw?rel=0 Modifications: Folded blanket on chair.
		Bridge Arc	Lie on the back (sacrum behind the apex of the arc). Slide down the arc keeping your head and shoulder blades on the mat. Knees bent. Feet on the arc. Hold inside of the arc. Lift both legs towards the ceiling. Exhale, bring legs behind head, parallel to the mat. Separate legs hip distance apart. Bring legs together, lift up. Lower legs, arch back over the arc, lift and stretch the chest. Keep legs hip distance apart. Join and lift your legs back to start. Repeat. Benefits: Strengthens abs and shoulders. Improves spine flexibility. Video: https://www.youtube.com/embed/MP6wqz1kHiY
00:10		Teaser Options	
		Teaser Bent Legs Wobble	Sit on middle of cushion. Bend knees. Place palms on floor, rest sacrum on cushion. Bring legs up to table top. Extend arms parallel to floor. Hold for a few breaths. Exhale, lower down. Benefits: Strengthens abdominals. Video: https://www.youtube.com/embed/JP7coYB4xE8

Time	Image	Pose	Description
		Teaser Wobble	Sit on middle of cushion. Bend knees. Place palms on floor, rest sacrum on cushion. Bring legs up to table top, fingertips on floor. Hollow abs, extend legs. Lift, extend arms parallel to legs. Hold for few breaths. Extend arms behind, fingertips on floor. Return to start. Repeat. Benefits: Strengthens abdominals, back, and hips. Video: https://www.youtube.com/embed/JP7coYB4xE8
		Teaser I Mini Ball	Lie on back. Legs in Table Top. Place mini ball between ankles. Squeeze ball. Extend arms overhead. Inhale, bring arms towards ceiling, lift shoulders above mat. Exhale, hollow abs, bring arms parallel to floor. Extend legs towards ceiling. Squeeze ball. Roll back to start. Benefits: Strengthens abs, back, hips Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Teaser II Mini Ball	Lie on back. Bend knees. Hold ball between hands. Extend arms behind head. Inhale, bring arms perpendicular to floor. Exhale, lift up. Bring ball beyond knees. Lower torso down without moving legs. Bring arms behind head. Repeat. Benefits: Strengthens abs, obliques. Improves balance. Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Teaser III Mini Ball	Lie on back, legs extended. Hold ball between hands. Extend arms behind head. Inhale, bring arms perpendicular to floor. Exhale, lift torso and legs. Reach ball towards feet. Lower torso and legs while bringing arms behind head. Repeat. Benefits: Strengths arms, abs, back. Video: https://www.youtube.com/embed/r4-Lq3Graj0

Time	Image	Pose	Description
		Teaser IV Mini Ball	Lie on back, legs in table top. Hold ball between hands. Extend arms perpendicular to floor. Extend arms behind head. Inhale, bring arms perpendicular to floor. Exhale, lift up bringing ball beyond knees. Lower torso. Repeat. Benefits: Strengths arms, abs, back. Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Teaser Prep Mini Ball	Sit on floor, knees bent. Place mini ball between knees. Straighten back, arms parallel to floor. Inhale, squeeze ball. Exhale, slowly roll back. Inhale, lift arms. Exhale, lift shoulder blades off mat, squeeze ball. Extends arms parallel to floor. Lower down, bring arms behind head. Repeat. Benefits: Strengthens abs & inner thighs. Video: https://www.youtube.com/embed/r4-Lq3Graj0
		Teaser Arm Press Wunda	Face Wunda Chair. Place toes on chair so legs extend to 45 degrees with a long spine. Place hands on foot pedal on either side of legs. Maintain core stability as you inhale. On an exhale, press foot pedal down. Benefits: Strengthens the core, back, and shoulders Video: https://www.youtube.com/embed/Y-xQI5ZsBbw
		PTB One Leg Teaser Cadillac	Grab bar, lie down facing bar. Bend knees, press bar overhead. Bend elbows, nod chin, roll up while hollowing abs. Straighten right leg out, extend arms overhead. Point toes, squeeze knees together. Roll down to start. Repeat on opposite leg. Benefits: Strengthens abs, back, hips. Video: https://www.youtube.com/embed/UCh9aV7Wy0
		PTB Teaser Cadillac	Grab onto bar, lie facing bar, legs extended. Bend elbows, pull knees in, hollow abdominals. Lift arms, legs towards ceiling. Roll back down. Repeat. Benefits: Strengthens abs, back, hips. Video: https://www.youtube.com/embed/UCh9aV7Wy0

Time	Image	Pose	Description
		PTB Teaser Twist Cadillac	Start out with push through bar double loaded with one heavy spring from the top. Lie on side. Hold onto the bar (palm facing up). Free hand on hip. Bend arm, lift push through bar, and roll onto hips into Teaser position. Engaging core, roll back onto side. Repeat. Switch sides. Benefits: Strengthen core and hip flexors. Spine flexibility. Video: https://www.youtube.com/embed/P0nFuxJ0v1s
00:10		Swimming Options	
		Prone Back Extension	Lie face down with folded blanket under forehead (align neck with spine). Bend arms and rest forearms on floor, palms down. Engage core. Lift head and shoulders up using core muscles (not arms). Pause at top. Return to start. Benefits: Strengthens lower back and core. Video: https://www.youtube.com/embed/FWH22O-t5eE Modifications: Folded blanket under hips.
		Prone Beats	Part I: Lie on stomach. Place hands on top of each other. Rest chin, cheek or forehead on hands. Inhale. On exhale, lift legs with toes pointed. Bring heels together. Repeat several times. Part II. Bring heels together and cross legs. Repeat several times. Finish: Lower legs to mat. Benefits: Stretches backs of legs. Video: https://www.youtube.com/embed/xE7_Zpq190Y Modifications: Folded blanket under hips or abdomen.

Time	Image	Pose	Description
		Prone Breaststroke	Lie face down. Feet touching. Buttocks contracted. Hold neck in neutral position (looking down) just off the mat. Stretch arms forwards past your head. Keep them raised off floor (in alignment with body). With arms still raised bring them back close to chest. Repeat. Benefits: Strengthens upper back and core. Video: https://www.youtube.com/embed/LlcQjAwVcjo Modifications: Folded blanket under hips.
		Prone Alternate Arm Leg Lift	Lie face down with forehead resting on mat. Align neck and head. Extend arms in front of you with palms facing down. Lengthen torso by stretching neck away from body. Engage abs. Keep head in line with upper back and raise left arm and right leg 6 inches. Hold. Lower to start position. Switch sides. Benefits: Strengthens shoulders, spine, buttocks, hamstrings. Tones abs. Video: https://www.youtube.com/embed/YrrnXPh3gb8
		Prone Shoulder Squeeze	Lie face down with forehead resting on mat. Elbows at right angles. Palms face down. Point feet back (toes rest on mat). Raise arms up to head height and squeeze shoulder blades together. Return to start. Benefits: Strengthens upper back and shoulders. Improves posture. Video: https://www.youtube.com/embed/OQoNMmVm5g4 Modifications: Folded blanket under hips.

Time	Image	Pose	Description
		Prone Knee Bend	Lie face down. Bend arms in front of you. Rest forearms on hands. Keeping left leg on mat, slowly bend right leg up as far as possible. Keep pelvis on mat. Keep head still. Lower right leg to mat and bend left leg up simultaneously. Continue alternating legs. Benefits: Stretch tight muscles at front of hip & thigh. Prevent lower back pain. Video: https://www.youtube.com/embed/P_XtdyMaLk Modifications: Folded blanket under hips.
00:10		Push Up Options	
		Push Up TRX	Lower yourself down until your chest is parallel with the straps (straps should barely touch the arms when you're in your push up position). Bring your feet together. Lean off the toes. Abs pulled in and braced throughout the movement. Gripping the handles tightly, push up and away from the handles, and return to the start with arms extended. Repeat. Benefits: Strengthens shoulders, core and back. Improves posture. Video: https://www.youtube.com/embed/HHHw3tjEho0?start=122 Precautions : Injuries to your shoulder, wrist, elbow, or neck.

Time	Image	Pose	Description
		Inverted Push Up TRX	Loop one handle through the top of the triangle and loop it through again through the next triangle. Make sure it's secure by tugging on it. Place right foot through the handle. Hop towards the wall (anchor point). Hop back. Place hands on the floor. Drive-up through the right leg. Extend up. Put left foot across the right foot. Do a push up (abs pulled in and braced throughout the movement). Repeat. Benefits: Strengthens shoulders, core and back. Improves posture. Video: https://www.youtube.com/embed/HHHw3tjEho0?start=135 Precautions : Injuries to your shoulder, wrist, elbow, or neck.

Lesson Plan Description:

This lesson plan has the 34 classical Pilates mat exercises exactly as they are presented in Joseph Pilates book:-Return to Life Through Contrology.- I've also included modifications of many of the exercises to help ease into or go further into the exercise. Joseph Pilates created this order of exercise to go through a sequence that he believed to be the most logical. The beginning of routine warms up the body. It then progresses to more challenging exercises once the body is warmed up and ready for them, and finishes with cool-down exercises.

You can create lesson plans like this using the [Genie Lesson Planner](#)