

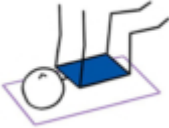
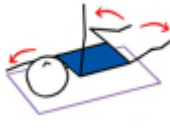



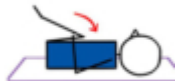

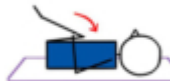


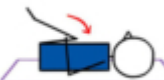

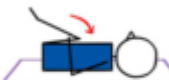



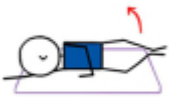
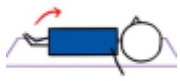



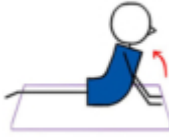
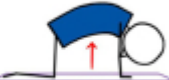
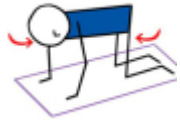
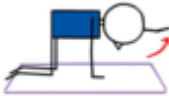
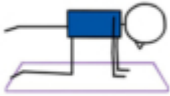
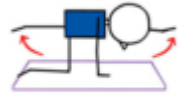


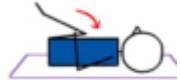









## Gentle Pilates Mat Flow: Working Towards Rocker

 <p><b>Butterfly II</b></p>	 <p><b>Cervical Nod</b></p>	 <p><b>Dead Bug I</b></p>	 <p><b>Dead Bug II</b></p>	 <p><b>Curl Up I</b></p>	 <p><b>Leg Stretch</b></p>
 <p><b>Criss Cross</b></p>	 <p><b>Knees To Chest</b></p>	 <p><b>Roll Over</b></p>	 <p><b>Knees To Chest</b></p>	 <p><b>Scissors</b></p>	 <p><b>Bridge</b></p>
 <p><b>Knees To Chest</b></p>	 <p><b>Bridge Arms Raises</b></p>	 <p><b>Knees To Chest</b></p>	 <p><b>Bridge Leg Up</b></p>	 <p><b>Ankle Circles</b></p>	 <p><b>Adductor Lift</b></p>

					
<b>Clam</b>	<b>Back Rotation</b>	<b>Side Kick</b>	<b>End Of Sequence</b>	<b>Extended Child</b>	<b>Mckenzie Extension</b>
					
<b>Cat Camel</b>	<b>Alligator</b>	<b>Kneeling Superman I</b>	<b>Kneeling Superman II</b>	<b>Kneeling Superman III</b>	<b>End Of Sequence</b>
					
<b>Sitting Bow And Arrow</b>	<b>Knees To Chest</b>	<b>Rocker With Open Legs</b>	<b>Spine Twist</b>	<b>Spine Stretch</b>	<b>Rocker With Open Legs</b>
					
<b>Saw</b>	<b>End Of Sequence</b>	<b>Supine Pilates Breath</b>			

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