



















**Joseph Pilates: Intermediate Exercises**

 <p><b>Hundred</b></p>	 <p><b>Roll Up</b></p>	 <p><b>Roll Over</b></p>	 <p><b>One Leg Circles</b></p>	 <p><b>Rolling Back</b></p>	 <p><b>One Leg Stretch</b></p>
 <p><b>Double Leg Stretch</b></p>	 <p><b>Spine Stretch</b></p>	 <p><b>Rocker With Open Legs</b></p>	 <p><b>Corkscrew</b></p>	 <p><b>Saw</b></p>	 <p><b>Swan Dive</b></p>
 <p><b>One Leg Kick</b></p>	 <p><b>Double Leg Kick</b></p>	 <p><b>Neck Pull</b></p>	 <p><b>Scissors</b></p>	 <p><b>Bicycle</b></p>	 <p><b>Shoulder Bridge</b></p>



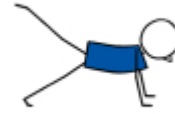
**Spine Twist**



**Side Kick**



**Swimming**



**Leg Pull Front**



**Leg Pull**



**Side Kick Kneeling**



**Side Bend**



**Push Up**

**Lesson Plan Description:**

This lesson plan has 26 of the 34 classical Pilates mat exercises. It's ideal for intermediate level students. It includes Joseph's beginning and middle sections of his full routine.

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