

















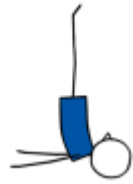


Joseph Pilates: 34 Classic Mat Exercises With Modifications

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



Spine Twist



Jack Knife



Side Kick



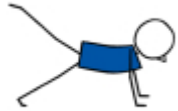
Teaser



Hip Twist



Swimming



Leg Pull Front



Leg Pull



Side Kick Kneeling



Side Bend



Boomerang



Seal



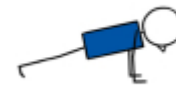
Crab



Rocking



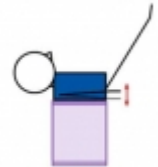
Control Balance



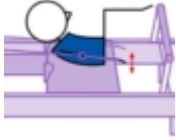
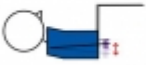



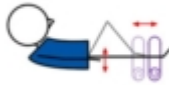


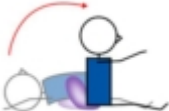



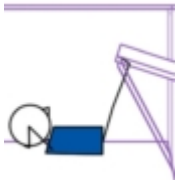
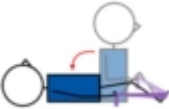




Push Up

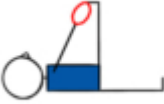
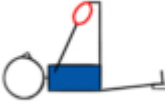



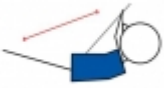
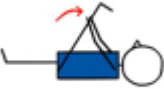
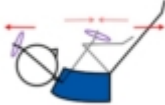






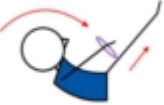


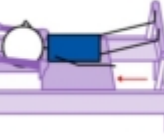






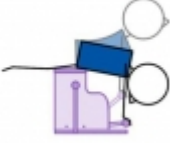

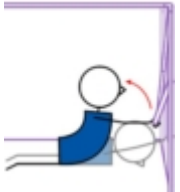






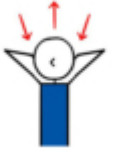




Hundred Options


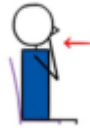
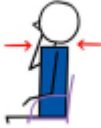


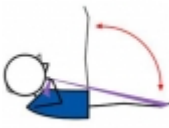
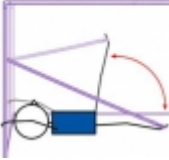



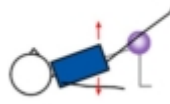




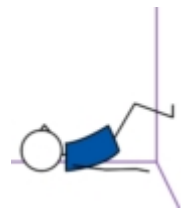

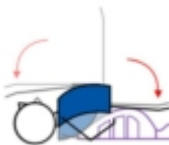






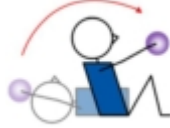
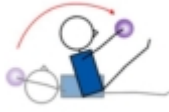


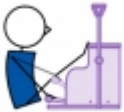


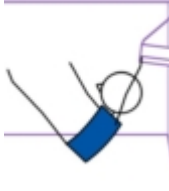

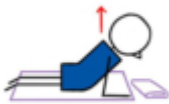



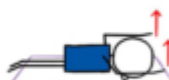
Hundred Wunda

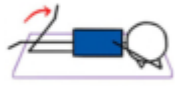
 <p>Hundreds Reformer</p>	 <p>Hundred Pulses Band</p>	 <p>Hundreds Band</p>	 <p>Hundreds Mini Ball</p>	 <p>Hundreds I Foam Roller</p>	 <p>Hundreds II Foam Roller</p>
 <p>Roll Up + Over + Back Options</p>	 <p>Roll Downs</p>	 <p>Roll Up Wobble</p>	 <p>Roll Ups Band</p>	 <p>Bent Leg Rollup Wobble</p>	 <p>Full Roll Ups Circle</p>
 <p>PTB Roll Up Cadillac</p>	 <p>Roll Ups Band</p>	 <p>Half Rollbacks Mini Ball</p>	 <p>Full Roll Ups Circle</p>	 <p>One Leg Circle Options</p>	 <p>One Leg Stretch</p>

 <p>One Leg Stretch Band</p>	 <p>One Leg Stretch Block Band</p>	 <p>One Leg Stretch Options</p>	 <p>Single Leg Stretch Band</p>	 <p>Side Leg Stretch Band</p>	 <p>Straight Leg Stretch</p>
 <p>Straight Leg Stretch</p>	 <p>Double Leg Stretch Circle</p>	 <p>Single Leg Stretch Circle</p>	 <p>Chair Leg Stretch I</p>	 <p>Chair Leg Stretch II</p>	 <p>Double Leg Stretch Options</p>
 <p>Leg Stretch Arc</p>	 <p>Straight Leg Stretch Arc</p>	 <p>Crunch Double Leg Circle</p>	 <p>Crunch Double Leg Twist Circle</p>	 <p>Double Toe Taps Foam Roller</p>	 <p>Double Heel Lift Reformer</p>

 <p>Saw Options</p>	 <p>Saw Band</p>	 <p>Saw Stretch Wunda</p>	 <p>Swan Options</p>	 <p>Swan Wunda</p>	 <p>Swan Wunda</p>
 <p>PTB Swan Cadillac</p>	 <p>Swan Dive Arc</p>	 <p>Swan Band</p>	 <p>Swan Prep</p>	 <p>Swan Foam Roller</p>	 <p>Swan Leg Extension Foam Roller</p>
 <p>Neck Pull Options</p>	 <p>Isometric Neck Extension</p>	 <p>Isometric Neck Flexion</p>	 <p>Neck Stretch I</p>	 <p>Neck Stretch II</p>	 <p>Neck Stretch III</p>

 <p>Neck Stretch IV</p>	 <p>Passive Neck Retraction</p>	 <p>Chair Neck Extension</p>	 <p>Chair Neck Flexion</p>	 <p>Scissors Options</p>	 <p>Scissors Band</p>
 <p>Leg Springs Scissors Cadillac</p>	 <p>Side Scissors Arc</p>	 <p>Shoulder Bridge Options</p>	 <p>Bridge Swiss Ball</p>	 <p>Single Leg Bridge Mini Ball</p>	 <p>Bridge</p>
 <p>Bridge Spine Curls</p>	 <p>Bridge Arms Raises</p>	 <p>Bridge Leg Up</p>	 <p>Bridge Legs Up Wall</p>	 <p>Chair Bridge</p>	 <p>Bridge Arc</p>

 <p>Teaser Options</p>	 <p>Teaser Bent Legs Wobble</p>	 <p>Teaser Wobble</p>	 <p>Teaser I Mini Ball</p>	 <p>Teaser II Mini Ball</p>	 <p>Teaser III Mini Ball</p>
 <p>Teaser IV Mini Ball</p>	 <p>Teaser Prep Mini Ball</p>	 <p>Teaser Arm Press Wunda</p>	 <p>PTB One Leg Teaser Cadillac</p>	 <p>PTB Teaser Cadillac</p>	 <p>PTB Teaser Twist Cadillac</p>
 <p>Swimming Options</p>	 <p>Prone Back Extension</p>	 <p>Prone Beats</p>	 <p>Prone Breaststroke</p>	 <p>Prone Alternate Arm Leg Lift</p>	 <p>Prone Shoulder Squeeze</p>



Prone Knee Bend



Push Up Options



Push Up TRX



Inverted Push Up TRX

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](#)