

















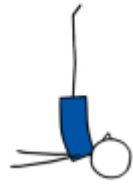


Joseph Pilates: 34 Classic Mat Exercises

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



Spine Twist



Jack Knife



Side Kick



Teaser



Hip Twist



Swimming



Leg Pull Front



Leg Pull



Side Kick Kneeling



Side Bend



Boomerang



Seal



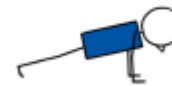
Crab



Rocking



Control Balance



Push Up

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. -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.