

THE ORIGINAL 34 PILATES MAT EXERCISES



Hundred



Roll Up



Roll Over



One Leg Circle



Roll Like a Ball



Single Leg Stretch



Double Leg Stretch



Spine Stretch



Open Leg Rocker



Corkscrew



Saw



Swan Dive

THE ORIGINAL 34 PILATES MAT EXERCISES



One Leg Kick



Double Leg Kick



Neck Pull



Scissors



Bicycle



Shoulder Bridge



Spine Stretch



Jackknife



SideKick



Teaser



Hip Twist



Swimming

THE ORIGINAL 34 PILATES MAT EXERCISES



Leg Pull Front



Leg Pull Back



Side Kick Kneeling



Sidebend



Boomerang



Seal



Crab



Rocking



Control Balance



Pushup