

STOTT* PILATES*

ESSENTIAL* MATWORK*

WARM UP

- BREATHING
- IMPRINT
- HIP RELEASE
- SPINAL ROTATION
- CAT STRETCH
- HIP ROLLS
- SCAPULA ISOLATION
- ARM CIRCLES
- HEAD NODS
- ELEVATION & DEPRESSION OF SCAPULA

EXERCISES

- | | | | |
|--|-------------|---|-------------|
| <input type="checkbox"/> AB PREP | 5 – 10 REPS | <input type="checkbox"/> SHELL STRETCH | |
| <input type="checkbox"/> BREAST STROKE PREPS 1 2 3 | 3 – 5 REPS | <input type="checkbox"/> SAW | 3 – 5 REPS |
| <input type="checkbox"/> SHELL STRETCH | | <input type="checkbox"/> NECK PULL PREP | 5 – 8 REPS |
| <input type="checkbox"/> HUNDRED | 10 SETS | <input type="checkbox"/> OBLIQUES ROLL BACK | 3 – 5 REPS |
| <input type="checkbox"/> HALF ROLL BACK | 5 – 8 REPS | <input type="checkbox"/> SIDE KICK | 8 – 10 REPS |
| <input type="checkbox"/> ROLL UP | 5 – 8 REPS | <input type="checkbox"/> SIDE LEG LIFT SERIES 1 2 3 4 5 | 5 – 10 REPS |
| <input type="checkbox"/> ONE LEG CIRCLE | 5 REPS | <input type="checkbox"/> SPINE STRETCH FORWARD | 3 – 5 REPS |
| <input type="checkbox"/> SPINE TWIST | 3 – 5 REPS | <input type="checkbox"/> TEASER PREP | 3 – 5 REPS |
| <input type="checkbox"/> ROLLING LIKE A BALL | 8 – 10 REPS | <input type="checkbox"/> SINGLE LEG EXTENSION | 6 – 8 REPS |
| <input type="checkbox"/> SINGLE LEG STRETCH | 8 – 10 REPS | <input type="checkbox"/> SWAN DIVE PREP | 5 – 8 REPS |
| <input type="checkbox"/> OBLIQUES | 8 – 10 REPS | <input type="checkbox"/> SWIMMING PREP | 2 – 4 REPS |
| <input type="checkbox"/> DOUBLE LEG STRETCH | 5 – 10 REPS | <input type="checkbox"/> SHELL STRETCH | |
| <input type="checkbox"/> SCISSORS | 8 – 10 REPS | <input type="checkbox"/> LEG PULL FRONT PREP | 3 – 6 REPS |
| <input type="checkbox"/> SHOULDER BRIDGE PREP | 3 – 6 REPS | <input type="checkbox"/> SEAL | 8 – 10 REPS |
| <input type="checkbox"/> ROLL OVER PREP | 6 – 8 REPS | <input type="checkbox"/> SIDE BEND PREP | 3 – 5 REPS |
| <input type="checkbox"/> HEEL SQUEEZE PRONE | 8 – 10 REPS | <input type="checkbox"/> PUSH UP PREP | 3 – 5 REPS |
| <input type="checkbox"/> ONE LEG KICK PREP | 5 – 8 REPS | | |
| <input type="checkbox"/> BREAST STROKE | 5 – 8 REPS | | |