## Mat Lab <br> PILATES' ADVANCED ROUTINE

Beginners \& intermediate Pilates’ classes are usually presented as a series of exercises, advanced Pilates is given as a movement class. This routine should not be executed as individual exercises, but as choreography performed continuously with flowing transitions and then repeated on the other side. The challenge of moving with grace, applying proper technique \& remembering the sequence are the objectives.
[Begin sitting in $4^{\text {th }}$ position with the right leg in front \& the left leg behind]


TRANSITION; as performed on the Reformer
.STAR, [Leg lift]

.TWISTED SNAKE, $\qquad$ .SWAN,...... [Stomach Massage] [Knees off]
.PUSH-UP $\qquad$ .THREAD THE NEEDLE, [Knee to chest with 'SM'] [Lift up to roll-back]

.SINGLE LEG STRETCH,.....DOUBLE LEG STRETCH, ...HUNDREDS, $\qquad$ [Straight legs; alternate 4 times] [Repeat 3 times]

..SPINE STRETCH,

.HIP ROLL [forward]
[On the back]

.SWIMMER,
[Perform for 10 seconds]

.HIP ROLL [backward], $\qquad$ .TEASER \#1


## TEASER \#1

[Lower the legs \& lift the torso to the begin sit position with right leg in front \& left behind]

.SEATED ARABESQUE $\qquad$ .SEATED TURN AROUND the BACK,... [Lift the knee \& extend from the hip] [Sequential articulation in rotation \& distraction]


ROW BACK
[Lift up to roll-back]

.SPINE STRETCH, $\qquad$ .ROLL-UP. [Sequentially articulate]


SPINE STRETCH FORWARD,
Repeat on the other side;

[Change sides; sitting in $4^{\text {th }}$ position with the left leg in front and the right leg behind]

