Mat Lab 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 4th position with the right leg in front & the left leg behind]









[Standing Mermaid]

......MERMAID,.....STAR,.....TWISTED SNAKE,.....SWAN,..... [Leg lift] [Stomach Massage]

[Knees off]



TRANSITION: as performed on the Reformer



......PUSH-UP......THREAD THE NEEDLE,..... ROW-BACK,..... [Scapula stabilized]

[Knee to chest with 'SM']

[Lift up to roll-back]









[Breath in/out 10cts]

[Straight legs; alternate 4 times]

[Repeat 3 times]







..SPINE STRETCH,.....HIP ROLL [forward],.....SWIMMER,..... [On the back]

[Perform for 10 seconds]

Pilates' Advanced Mat Routine continued

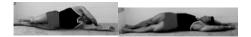




......HIP ROLL [backward],TEASER #1.....







....HIP ROLL [forward],.....SWIMMER..... [perform for 10 sec]

......HIP ROLL [backward],.....



TEASER #1

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







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







.....ROW BACK,.....SPINE STRETCH,.....ROLL-UP..... [Lift up to roll-back]

[On the back]

[Sequentially articulate]



SPINE STRETCH FORWARD,

Repeat on the other side; [Change sides; sitting in 4th position with the left leg in front and the right leg behind]