

Pilates' Advanced Mat Routine continued



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



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



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]

