

## Basic Mat Pilates Routine

Exercise	Reps
Hundreds	10 10-count breaths
Roll-up	6 total
Single Leg Circles	5 each direction
Rolling Like a Ball	6 total
Single Knee Stretch	8 each leg
Double Knee Stretch	8 total
Single Leg Strech	8 each leg
Double Leg Stretch	8 total
Crisscross	8 each leg
Spine Stretch Forward	8 total
Open Leg Rocker	6 total
Corkscrew	4 each direction
Saw	8 each leg
Single Leg Kick	8 each leg
Side Kick Series	
Forward-Back	10 total
Up-Down	10 total
Circles	10 each direction
Bicycles	8 total
Leg Beats	30 beats