

Matwork

Includes
15 Exercises:



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Exercises can be performed
on any Merrithew Mat.
For full collection visit
merrithew.com/mats

STOTT PILATES® Matwork provides a complete full-body workout. Exercises are performed in a variety of positions to strengthen back, shoulders and arms, legs and the all-important core. No additional equipment, other than a mat, is required to realize the benefits of working out against gravity and body weight alone. Even an experienced exerciser can bring their fitness level to new heights with this series of simple yet highly effective moves.

Spine Twist



Starting Position: Seated on mat with legs crossed, arms bent with forearms crossed at shoulder height, pelvis and spine neutral.

INHALE Prepare.

EXHALE Rotate spine to one side for 3 counts, releasing slightly on each count.

INHALE Return to center.

Complete 3-5 repetitions on each side, alternating.

Swimming Prep



Starting Position: On hands and knees, pelvis and spine neutral, knees hip-distance apart, hands under shoulders.

INHALE Prepare.

EXHALE Extend hip to reach one leg back.

INHALE Lower leg to mat.

Complete 5 repetitions on each side.

Side Lying Rotation



Starting Position: Lying on side, pelvis and spine neutral, knees and hips flexed, head resting on bottom arm, top arm bent in front of torso.

INHALE Lift top arm up toward ceiling.

EXHALE Rotate torso to one side.

INHALE Stay.

EXHALE Rotate torso back to starting position.

Complete 3 repetitions on each side.

Ab Prep



Starting Position: Lying on back on mat, neutral pelvis and spine, legs bent feet hip-distance apart, arms long by sides.

INHALE Prepare and nod head slightly.

EXHALE Flex upper torso off mat without pressing lower back into mat.

INHALE Stay.

EXHALE Lower torso to mat.

Complete 5-10 repetitions.

Single Leg Stretch



Starting Position: Lying on back on mat, imprinted position, upper torso flexed, legs in tabletop position (knees bent in air), hands resting outside of knees.

INHALE Prepare.

EXHALE Keep upper torso lifted and reach one leg out on diagonal, moving outside hand to ankle, inside hand to knee of bent leg.

INHALE Begin to switch legs and hands.

EXHALE Extend other leg out on a diagonal, changing hands to flexed leg.

Complete 8-10 repetitions on each leg.

Obliques Roll Back



Starting Position: Seated on mat, spine and pelvis neutral, knees flexed, hip-distance apart, arms reaching forward.

INHALE Prepare.

EXHALE Flex lower spine to roll back and rotate torso to one side, reaching that arm back.

INHALE Return to front reaching arm forward.

Complete 3-5 repetitions on each side, alternating.

Breast Stroke Prep



Starting Position: Lying on stomach on mat, pelvis and spine neutral, legs together or slightly apart, arms bent, hands by shoulders.

INHALE Prepare.

EXHALE Lengthen and lift upper torso and head off mat.

INHALE Stay.

EXHALE Lengthen upper torso down to mat.

Complete 3-5 repetitions on each side.

Side Bend Prep



Starting Position: seated on one hip, facing side, pelvis and spine neutral, both knees flexed together, bottom hand on mat.

INHALE Prepare.

EXHALE Lift bottom hip off mat, side bending torso and reach top arm overhead.

INHALE Lower hip to mat and return to starting position.

Complete 3-5 repetitions on each side.

Rolling Like a Ball



Starting Position: Seated on mat, just back of sit-bones, spine rounded, knees flexed with feet off the mat, hands resting against outside of knees.

INHALE Increase curve in lower spine and roll back onto shoulders.

EXHALE Roll forward to balance in starting position.

Complete 8 repetitions.

Scissors



Starting Position: Lying on back on mat, imprinted position, upper torso flexed, legs long reaching up to ceiling, hands reaching toward legs.

INHALE Prepare.

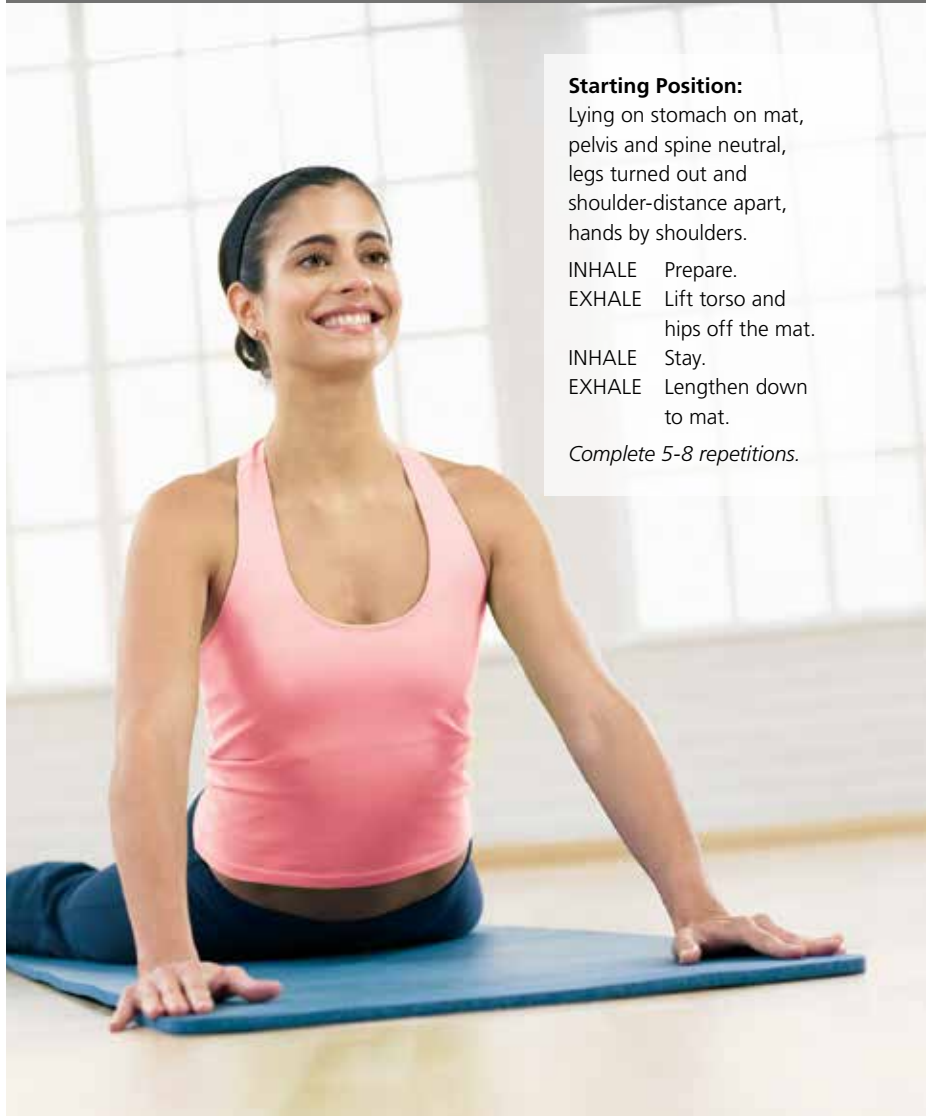
EXHALE Scissor legs, reaching one leg toward torso with hands behind thigh, other leg away.

INHALE Switch legs.

EXHALE Scissor other leg toward torso, opposite leg away.

Complete 5-8 repetitions on each leg.

Swan Dive Prep



Starting Position:

Lying on stomach on mat, pelvis and spine neutral, legs turned out and shoulder-distance apart, hands by shoulders.

INHALE Prepare.

EXHALE Lift torso and hips off the mat.

INHALE Stay.

EXHALE Lengthen down to mat.

Complete 5-8 repetitions.

Hip Rolls



Starting Position: Lying on back on mat, neutral pelvis and spine, knees bent hip-distance apart, arms long by sides.

INHALE Prepare.

EXHALE Roll spine off mat from tail to upper torso.

INHALE Stay.

EXHALE Roll back onto mat from upper torso to tail.

Complete 3-5 repetitions.

Push Up Prep



Starting Position: Plank position, legs straight and together, toes tucked under, hands under shoulders, pelvis and spine neutral, one line from feet to head.

INHALE Flex elbows for 3 counts.

EXHALE Extend elbows to push up.

Modifications can be done with knees on mat.

Complete 5-8 repetitions.

Cat Stretch



Starting Position: On hands and knees, hands under shoulders, knees under hips, pelvis and spine neutral, knees hip-distance apart.

INHALE Prepare.

EXHALE Curve the whole spine from tail to head.

INHALE Stay.

EXHALE Lengthen spine to neutral from tail to head.

Complete 3-5 repetitions.

Starting Position: Seated on mat, legs in mermaid position (legs bent to one side, front foot against back knee), pelvis and spine neutral, arms down by sides.

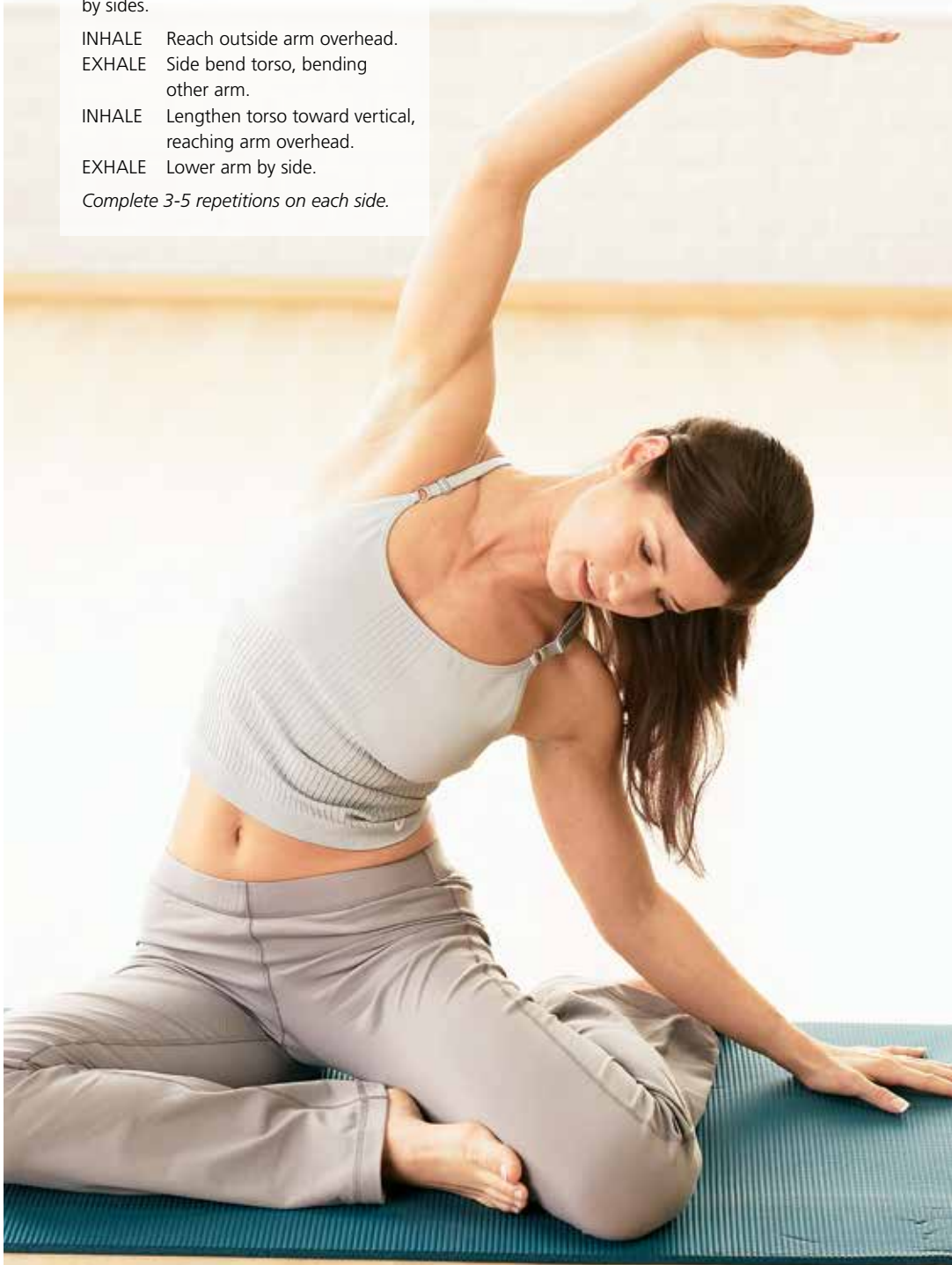
INHALE Reach outside arm overhead.

EXHALE Side bend torso, bending other arm.

INHALE Lengthen torso toward vertical, reaching arm overhead.

EXHALE Lower arm by side.

Complete 3-5 repetitions on each side.



WARRANTY, CARE AND USAGE FOR BALANCE & THERAPY DOMES

All Merrithew™ Mats are designed to facilitate every exercise in the full Matwork repertoire. The Professional Raised Mats are ideal for a studio or home gym setting and feature a durable padded vinyl surface. Deluxe Pilates Mats offer club-quality with closed-cell foam construction that provides comfort and withstands repeated use. Pilates Express Mats are 3/8" thick and made of closed cell foam to provide supreme comfort in a variety of colors with integrated Velcro straps to make them easy to store. Merrithew Eco-friendly Mats are made from 100% recyclable and decomposable TPE (Thermal Plastic Elastomer) foam, and the Pilates & Yoga Mats are designed using durable PVC construction adorned with a selection of inspiring themes and phrases.

Warranty

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

Care and Cleaning

- Wipe clean using a diluted mixture of water and mild soap
- Rinse well
- Ensure product is dry before using
- Never use corrosive cleaning products

Safety and Usage

Improper use of exercise equipment may cause serious injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.

