

Matwork

NAME _____

DATE _____

SESSION (I) (1) (2) (3) (4) (5)

WARM UP

* BREATHING

* IMPRINT & RELEASE

* HIP RELEASE

* SPINAL ROTATION

* CAT STRETCH

* HIP ROLLS

* SCAPULA ISOLATION

* ARM CIRCLES

* HEAD NODS

* ELEVATION & DEPRESSION OF SCAPULAE

EXERCISES

* AB PREP **5 TO 10 REPS**

* BREAST STROKE PREPS 1 2 3 **3 TO 5 REPS**

* SHELL STRETCH

* HUNDRED **10 SETS**

* HALF ROLL BACK **5 TO 8 REPS**

ROLL UP **5 TO 8 REPS**

* ONE LEG CIRCLE **5 REPS**

* SPINE TWIST **3 TO 5 REPS**

* ROLLING LIKE A BALL **8 TO 10 REPS**

* SINGLE LEG STRETCH **8 TO 10 REPS**

* OBLIQUES **8 TO 10 REPS**

* = exercise to be accomplished within first five sessions

STOTT PILATES® ESSENTIAL Matwork

DOUBLE LEG STRETCH **5 TO 10 REPS**

SCISSORS **8 TO 10 REPS**

SHOULDER BRIDGE PREP **3 TO 6 REPS**

* ROLL OVER PREP **6 TO 8 REPS**

HEEL SQUEEZE PRONE **8 TO 10 REPS**

ONE LEG KICK PREP **5 TO 8 REPS**

BREAST STROKE **5 TO 8 REPS**

* SHELL STRETCH

SAW **3 TO 5 REPS**

NECK PULL PREP **5 TO 8 REPS**

OBLIQUES ROLL BACK **3 TO 5 REPS**

SIDE KICK **8 TO 10 REPS**

SIDE LEG LIFT SERIES 1 2 3 4 5 **5 TO 10 REPS**

SPINE STRETCH FORWARD **3 TO 5 REPS**

TEASER PREP **3 TO 5 REPS**

SINGLE LEG EXTENSION **6 TO 8 REPS**

* SWAN DIVE PREP **5 TO 8 REPS**

SWIMMING PREP **2 TO 4 REPS**

* SHELL STRETCH

LEG PULL FRONT PREP **3 TO 6 REPS**

SEAL **8 TO 10 REPS**

SIDE BEND PREP **3 TO 5 REPS**

PUSH UP PREP **5 TO 10 REPS**

* = exercise to be accomplished within first five sessions

Matwork

NAME _____

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WARM UP

- _____
BREATHING
- _____
IMPRINT & RELEASE
- _____
HIP RELEASE
- _____
SPINAL ROTATION
- _____
CAT STRETCH
- _____
HIP ROLLS
- _____
SCAPULA ISOLATION
- _____
ARM CIRCLES
- _____
HEAD NODS
- _____
ELEVATION & DEPRESSION OF SCAPULAE

EXERCISES

- AB PREP 5 TO 10 REPS
- BREAST STROKE PREPS 1 2 3 3 TO 5 REPS
- SHELL STRETCH
- HUNDRED 10 SETS
- HALF ROLL BACK 5 TO 8 REPS
- ROLL UP 5 TO 8 REPS
- ONE LEG CIRCLE 5 REPS
- SPINE TWIST 3 TO 5 REPS
- ROLLING LIKE A BALL 8 TO 10 REPS
- SINGLE LEG STRETCH 8 TO 10 REPS
- OBLIQUES 8 TO 10 REPS
- ▲ SLOW DOUBLE LEG STRETCH 5 TO 10 REPS

- DOUBLE LEG STRETCH 5 TO 10 REPS
- SCISSORS 8 TO 10 REPS
- ▲ SHOULDER BRIDGE 2 TO 3 REPS
- ▲ ROLL OVER 6 TO 8 REPS
- ▲ ONE LEG KICK 5 TO 8 REPS
- BREAST STROKE 5 TO 8 REPS
- SHELL STRETCH
- SAW 3 TO 5 REPS
- ▲ OPEN LEG ROCKER 8 TO 10 REPS
- ▲ NECK PULL 5 TO 8 REPS
- OBLIQUES ROLL BACK 3 TO 5 REPS
- ▲ JACK KNIFE 4 TO 6 REPS
- SIDE KICK 8 TO 10 REPS
- SIDE LEG LIFT SERIES 1 2 3 4 5 5 TO 10 REPS
- ▲ DOUBLE LEG KICK 4 TO 6 REPS
- SPINE STRETCH FORWARD 3 TO 5 REPS
- ▲ TEASER 1 3 TO 5 REPS
- ▲ SWAN DIVE 5 TO 8 REPS
- ▲ SWIMMING 3 TO 5 SETS
- SHELL STRETCH
- ▲ LEG PULL FRONT 3 TO 6 REPS
- ▲ HIP TWIST 3 TO 5 REPS
- SEAL 8 TO 10 REPS
- ▲ SIDE BEND 3 TO 5 REPS
- ▲ PUSH UP 2 TO 3 REPS

● = essential level ▲ = intermediate level

STOTT PILATES[®] ADVANCED Matwork

WARM UP

BREATHING

IMPRINT & RELEASE

HIP RELEASE

SPINAL ROTATION

CAT STRETCH

HIP ROLLS

SCAPULA ISOLATION

ARM CIRCLES

HEAD NODS

ELEVATION & DEPRESSION OF SCAPULAE

EXERCISES

● AB PREP	5 TO 10 REPS
● BREAST STROKE PREPS 1 2 3	3 TO 5 REPS
● SHELL STRETCH	
● HUNDRED	10 SETS
● HALF ROLL BACK	5 TO 8 REPS
● ROLL UP	5 TO 8 REPS
● ONE LEG CIRCLE	5 REPS
● SPINE TWIST	3 TO 5 REPS
● ROLLING LIKE A BALL	8 TO 10 REPS
● SINGLE LEG STRETCH	8 TO 10 REPS
● OBLIQUES	8 TO 10 REPS
▲ SLOW DOUBLE LEG STRETCH	5 TO 10 REPS
● DOUBLE LEG STRETCH	5 TO 10 REPS
● SCISSORS	8 TO 10 REPS
▲ SHOULDER BRIDGE	2 TO 3 REPS
▲ ROLL OVER	6 TO 8 REPS
▲ ONE LEG KICK	5 TO 8 REPS

NAME _____

DATE _____

● BREAST STROKE	5 TO 8 REPS
● SHELL STRETCH	
● SAW	3 TO 5 REPS
▲ OPEN LEG ROCKER	8 TO 10 REPS
▲ NECK PULL	5 TO 8 REPS
● OBLIQUES ROLL BACK	3 TO 5 REPS
▲ JACK KNIFE	4 TO 6 REPS
● SIDE KICK	8 TO 10 REPS
● SIDE LEG LIFT SERIES 1 2 3 4 5	5 TO 10 REPS
■ SCISSORS IN AIR	5 TO 10 REPS
■ BICYCLE IN AIR	5 TO 10 REPS
▲ DOUBLE LEG KICK	4 TO 6 REPS
● SPINE STRETCH FORWARD	3 TO 5 REPS
■ TEASER SERIES 1 2 3 4	3 TO 5 REPS
■ SWAN DIVE	5 TO 8 REPS
▲ SWIMMING	3 TO 5 SETS
● SHELL STRETCH	
▲ LEG PULL FRONT	3 TO 6 REPS
■ LEG PULL	3 TO 6 REPS
▲ HIP TWIST	3 TO 5 REPS
■ CONTROL BALANCE	3 TO 5 REPS
■ CORKSCREW	3 TO 5 REPS
■ SIDE KICK KNEELING	8 TO 10 REPS
● SEAL	8 TO 10 REPS
▲ SIDE BEND	3 TO 5 REPS
■ TWIST	3 TO 5 REPS
■ ROCKING	5 TO 10 REPS
■ BOOMERANG	4 TO 6 REPS
▲ PUSH UP	2 TO 3 REPS

● = essential level ▲ = intermediate level ■ = advanced level

STOTT PILATES ESSENTIAL Reformer

NAME _____ DATE _____

CARRIAGE POSITION _____ GEAR POSITION _____ HEAD POSITION _____

SESSION (I) (1) (2) (3) (4) (5)

EXERCISES

*** FOOTWORK** 3 or 4 springs **10 TO 12 REPS**

- 1 TOES APART HEELS TOGETHER
- 2 WRAP TOES ON BAR
- 3 HEELS ON BAR
- 4 HIGH HALF TOE
- 5 LOWER & LIFT

*** SECOND POSITION** 3 or 4 springs **10 TO 12 REPS**

- 1 PARALLEL
- 2 LATERALLY ROTATED
- 3 MEDIALY ROTATED

SINGLE LEG 2 or 3 springs **5 TO 10 REPS**

- 1 ONE LEG BENT
- 2 BICYCLE
- 3 SINGLE HEEL

*** HUNDRED** 2 or 3 springs **10 SETS**

*** BEND & STRETCH** 2 springs **10 REPS**

- 1 PARALLEL
- 2 LATERALLY ROTATED
- 3 MEDIALY ROTATED

*** LIFT & LOWER** 2 springs **5 REPS**

- 1 PARALLEL
- 2 LATERALLY ROTATED

*** ADDUCTOR STRETCH** 2 springs **5 REPS**

SHORT SPINE 2 springs **5 REPS**

- 1 PREP
- 2 FULL

*** MIDBACK SERIES** 1 or 2 springs **5 REPS**

- 1 TRICEPS PRESS
- 2 STRAIGHT DOWN
- 3 FORTY-FIVE DEGREES
- 4 SIDE
- 5 CIRCLES

BACK ROWING PREPS 1 or 2 springs **5 TO 10 REPS**

- * 1 PLOW**
- * 2 OPEN ELBOWS**
- * 3 AIRPLANE**
- * 4 BICEPS CURLS**
- * 5 TRICEPS**
- 6 ROLL-DOWN
- 7 ROLL-DOWN WITH BICEPS CURLS
- 8 ROLL-DOWN WITH OBLIQUES

*** SIDE ARM PREPS SITTING** 1/2 or 1 spring **5 TO 10 REPS**

- 1 INTERNAL ROTATION
- 2 EXTERNAL ROTATION
- 3 ADDUCTION
- 4 ABDUCTION

* = exercise to be accomplished within first five sessions

Reformer

* SIDE TWIST SITTING 1/2 or 1 spring 5 REPS

* FRONT ROWING PREPS 1 or 2 springs 5 REPS

- 1 STRAIGHT FORWARD
- 2 SECOND POSITION
- 3 OFFERING

STOMACH MASSAGE 2 or 3 springs 10 REPS

PREP

- 1 ROUND BACK
- 2 STRAIGHT BACK

LONG BOX

ARMS PULLING STRAPS 1/2 or 1 spring 5 REPS

- 1 PLOW
- 2 AIRPLANE
- 3 TRICEPS

SHORT BOX

ROUND BACK 2 springs 5 REPS

STRAIGHT BACK 2 springs 5 REPS

TWIST 2 springs 5 REPS

TREE 2 springs 3 REPS

ELEPHANT 1 or 2 springs 10 REPS

- 1 ROUND BACK
- 2 STRAIGHT BACK

MERMAID 1 spring 3 TO 5 REPS

LEG CIRCLES 2 springs 10 REPS

- 1 PARALLEL
- 2 LATERALLY ROTATED
- 3 MEDIALLY ROTATED

KNEE STRETCHES 2 springs 10 REPS

PREP

- 1 ROUND BACK
- 2 STRAIGHT BACK

* RUNNING 2 or 3 springs 20 TO 60 REPS

* HIP LIFT 2 or 3 springs 10 REPS

HIP ROLLS 2 or 3 springs 5 TO 10 REPS

- * 1 PREP
- 2 FULL

* SINGLE THIGH STRETCH 2 springs 5 REPS

SIDE SPLITS 1/2 to 2 springs 8 TO 10 REPS

- 1 ABDUCTION
- 2 ADDUCTION

* = exercise to be accomplished within first five sessions

STOTT PILATES® INTERMEDIATE

Reformer

EXERCISES

FOOTWORK 1 2 3 4 5	3 or 4 springs	10 TO 12 REPS
SECOND POSITION 1 2 3	3 or 4 springs	10 TO 12 REPS
SINGLE LEG 1 2 3 4	2 or 3 springs	5 TO 10 REPS
HUNDRED	2 or 3 springs	10 SETS
BEND & STRETCH 1 2 3	2 springs	10 REPS
SHORT SPINE	2 springs	5 REPS
BEATS	2 springs	10 REPS
FROG	2 springs	5 REPS
STAG	2 springs	5 REPS
COORDINATION	2 springs	5 REPS
BACK ROWING 1 2	1 or 2 springs	5 REPS
FRONT ROWING 1 2 3 4	1 or 2 springs	5 REPS
STOMACH MASSAGE 1 2 3 4	2 or 3 springs	5 TO 10 REPS

LONG BOX

ARMS PULLING STRAPS 1 2 3	1 spring	5 REPS
BACKSTROKE PREP	2 springs	10 REPS
FEET PULLING STRAPS 1 2 3 4	1 spring	10 REPS

SHORT BOX

ROUND BACK	2 springs	5 REPS
STRAIGHT BACK	2 springs	5 REPS
TWIST WITH ROUND BACK	2 springs	3 REPS
LEAN	2 springs	3 REPS
TREE	2 springs	3 REPS
MERMAID 1 2 3	2 springs	3 TO 5 REPS

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LONG STRETCH PREP	1 or 2 springs	5 REPS
DOWN STRETCH	2 springs	2 SETS
UP STRETCH 1	1 or 2 springs	5 REPS
ELEPHANT 1 2	1 or 2 springs	10 REPS
SEMI CIRCLE	2 springs	3 REPS
CHEST EXPANSION 1 2	1 or 2 springs	6 REPS
SIDE ARM PREPS KNEELING 1 2 3 4 5 6 7	1 or 2 springs	5 REPS
SIDE TWIST KNEELING	1 or 2 springs	5 REPS
REVERSE EXPANSION 1 2 3 4 5	1 or 2 springs	4 REPS
MERMAID 1 2	1 spring	3 TO 5 REPS
LEG CIRCLES 1 2 3	2 springs	10 REPS
LONG SPINE	2 or 3 springs	3 REPS
KNEE STRETCHES 1 2 3 4	2 springs	10 REPS
RUNNING	2 or 3 springs	20 TO 60 REPS
HIP LIFT	2 or 3 springs	10 REPS
HIP ROLLS	2 or 3 springs	5 TO 10 REPS
SINGLE THIGH STRETCH	2 springs	5 REPS
FRONT SPLITS	2 springs	5 REPS
BACK SPLITS	1 or 2 springs	5 REPS
SIDE SPLITS 1 2 3 4 5 6 7	1/2 to 2 springs	8 TO 10 REPS
STAR PREP	1 or 2 springs	5 REPS

STOTT PILATES® ADVANCED

Reformer

EXERCISES

FOOTWORK	1 2 3 4 5	3 or 4 springs	10 TO 12 REPS
SECOND POSITION	1 2 3	3 or 4 springs	10 TO 12 REPS
HUNDRED		2 or 3 springs	10 SETS
SHORT SPINE		2 springs	5 REPS
COORDINATION		2 springs	5 REPS
BACK ROWING	1 2	1 or 2 springs	5 REPS
FRONT ROWING	1 2 3 4	1 or 2 springs	5 REPS

FIRST LONG BOX

SWAN DIVE	PREP	2 springs	3 SETS
ARMS PULLING STRAPS	1 2 3	1 spring	5 REPS
BACK STROKE		1 or 2 springs	5 REPS
TEASER	PREP 1 2 3 4 5	1 spring	4 REPS
BREAST STROKE	1 2	1 spring	5 REPS
HORSEBACK	PREP 1 2 3 4	1 spring	4 REPS
LONG STRETCH		1 or 2 springs	5 REPS
DOWN STRETCH		2 springs	2 SETS
UP STRETCH	1 2 3 4	1 or 2 springs	5 REPS
ARABESQUE / ATTITUDE	PREP	1 or 2 springs	5 REPS
LONG BACK STRETCH	PREP	2 springs	3 REPS
STOMACH MASSAGE	2 3 4 5 6	2 or 3 springs	5 TO 10 REPS
TENDON STRETCH	PREP 1 2 3 4	2 springs	5 REPS
OVERHEAD	PREP	2 springs	5 REPS
SEMI CIRCLE		2 springs	3 REPS
CHEST EXPANSION	1 2	1 or 2 springs	6 REPS
THIGH STRETCH	1 2	3 springs	5 REPS
SIDE ARM WORK	1 2 3 4 5 6	1 or 2 springs	5 REPS
REVERSE EXPANSION	1 2 3 4 5	1 or 2 springs	4 REPS
SNAKE	PREP	1 or 2 springs	3 REPS
TWIST		1 or 2 springs	3 REPS
CORKSCREW		2 springs	3 REPS
BALANCE CONTROL		2 springs	2 REPS

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SECOND LONG BOX

ROCKING		2 springs	5 REPS
FEET PULLING STRAPS		2 springs	5 REPS
SWIMMING		2 springs	4 SETS
SWAN DIVE		2 springs	5 REPS
GRASSHOPPER		2 springs	5 REPS

SHORT BOX

ROUND BACK		2 springs	5 REPS
STRAIGHT BACK		2 springs	5 REPS
TWIST WITH ROUND BACK		2 springs	3 REPS
LEAN	1 2 3	2 springs	3 REPS
TREE	1 2 3	2 springs	3 REPS
MERMAID	1 2 3	2 springs	3 TO 5 REPS
ELEPHANT	1 2	1 or 2 springs	10 REPS
LEG CIRCLES	1 2 3	2 springs	10 REPS
LONG SPINE		2 or 3 springs	3 REPS
KNEE STRETCHES	1 2 3 4 5	2 springs	10 REPS
RUNNING		3 or 4 springs	20 TO 60 REPS
HIP LIFT		2 or 3 springs	10 REPS
SHOULDER BRIDGE		2 or 3 springs	3 REPS
HIP ROLLS		2 or 3 springs	5 TO 10 REPS
SINGLE THIGH STRETCH		2 springs	5 REPS
FRONT SPLITS		2 springs	5 REPS
BACK SPLITS		1 or 2 springs	5 REPS
SIDE SPLITS	1 2 3 4 5 6 7 8 9	1/2 To 2 springs	8 TO 10 REPS
CONTROL FRONT	1 2 3	1 or 2 springs	6 REPS
CONTROL BACK		1 or 2 springs	6 REPS
HIGH BRIDGE	1 2	2 springs	5 REPS
STAR	PREP 1 2 3	1 or 2 springs	5 REPS

Cadillac

ROLL-DOWN BAR

ROLL-DOWN	3 TO 5 REPS
ROLL-DOWN WITH BACK EXTENSION PREP	3 TO 5 REPS
AIRPLANE PREP	5 TO 10 REPS

ROLL-DOWN BAR STANDING

LAT PRESS	8 TO 10 REPS
PRESS DOWN	8 TO 10 REPS
PRESS DOWN WITH TRICEPS	8 TO 10 REPS

TRAPEZE

BREATHING	5 REPS
BALLET STRETCHES KNEELING	1 REP

PUSH-THRU BAR SPRINGS FROM ABOVE

LAT PULL	5 TO 10 REPS
SCAPULA ISOLATION	5 TO 10 REPS
PULL DOWN	5 TO 10 REPS
PUSH-THRU ON BACK	3 TO 5 REPS
PUSH-THRU ON BACK WITH ROLL UP	3 TO 5 REPS
TEASER PREP	5 TO 10 REPS
CAT PREP	3 TO 5 REPS
SWAN DIVE	3 TO 5 REPS
PUSH-THRU ON STOMACH PREP	3 TO 5 REPS
ARMS BACKWARD	2 TO 3 REPS
SIDE ARM PULL	5 TO 10 REPS
MERMAID	3 TO 5 REPS
FORWARD PUSH-THRU	3 TO 5 REPS

PUSH-THRU BAR SPRINGS FROM BELOW

SCAPULA ISOLATION	5 TO 10 REPS
CHEST PRESS	5 TO 10 REPS
LEG PRESSES	10 REPS

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ARM SPRINGS

BICEPS CURLS SUPINE	10 REPS
MIDBACK SERIES 1 2 3 4 5	5 REPS
BACK ROWING PREPS 1 2 3 4 5 6 7 8	5 TO 10 REPS
FRONT ROWING PREPS 1 2 3	5 REPS

ARM SPRINGS STANDING

LOWER, MIDDLE, UPPER TRAP STRENGTHENER	10 REPS
CHEST EXPANSION 1 2	6 REPS
ARMS SIDEWAYS	10 REPS
BICEPS CURLS	10 REPS
TRICEPS PRESS	10 REPS
SIDE ARM WORK 1 2 3 4	5 TO 10 REPS
SNOW ANGELS 1 2	5 TO 10 REPS
STANDING PULL DOWN	5 TO 10 REPS

LEG SPRINGS

BEND & STRETCH 1 2 3	5 TO 10 REPS
CIRCLES 1 2 3	5 TO 10 REPS
WALKS	4 SETS

LEG SPRINGS SIDE-LYING

BEND & STRETCH	5 TO 10 REPS
LIFT & LOWER	5 TO 10 REPS

FUZZY HANGING STRAPS

SIDE STRETCH	3 TO 5 REPS
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PUSH-THRU BAR STANDING

BICEPS CURLS	5 TO 10 REPS
TRICEPS PRESS	5 TO 10 REPS
STANDING PUSH-THRU	3 REPS

Cadillac

NAME _____

DATE _____

ROLL-DOWN BAR

▲ NECK PULL	3 TO 5 REPS
▲ ROLL-DOWN WITH BACK EXTENSION	3 REPS
▲ TWIST WITH PULSES	3 REPS
▲ PORT DE BRAS PREP	3 REPS
▲ SIDE BEND PREP	5 REPS
■ TWIST AROUND THE WORLD	3 REPS
■ THIGH STRETCH 1 2	5 REPS
■ AIRPLANE	3 TO 5 REPS

ROLL-DOWN BAR STANDING

▲ TRICEPS LUNGE	10 REPS
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TRAPEZE

▲ BALLET STRETCHES STANDING	1 REP
▲ SPREAD EAGLE	3 TO 5 REPS
▲ PULL UP	3 TO 5 REPS
■ REVERSE PULL UP	3 TO 5 REPS
■ WALKOVER	1 REP
■ SCISSORS IN AIR	3 TO 5 REPS
■ BICYCLE IN AIR	3 TO 5 REPS
■ TUCK INTO FLEXION AND EXTENSION	1 REP

PUSH-THRU BAR SPRINGS FROM ABOVE

▲ SIT-UP COMBO	5 TO 10 REPS
▲ TEASER SERIES 1 2 3 4 5	5 TO 10 REPS
▲ PUSH-THRU WITH FEET PREP 1 2 3	3 REPS
▲ CAT	3 TO 5 REPS
▲ PUSH-THRU ON STOMACH	3 TO 5 REPS
▲ MERMAID WITH ROTATION	2 REP
■ SIDE BODY TWIST	3 TO 5 REPS
■ PUSH-THRU ON BACK WITH BACK EXTENSION	3 TO 5 REPS
■ BRIDGE 1 2	3 REPS

HANGING FROM UPRIGHTS

▲ SPREAD EAGLE	3 TO 5 REPS
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HANGING FROM HORIZONTALS

■ KNEE RAISES	5 TO 10 REPS
■ KNEE RAISES WITH OBLIQUES	5 TO 10 REPS
■ CIRCLES	5 TO 10 REPS
■ BEATS	4 SETS

PUSH-THRU BAR SPRINGS FROM BELOW

▲ MONKEY	3 TO 5 REPS
▲ GUILLOTINE PREP	3 TO 5 REPS
▲ HIP OPENER	5 REPS
■ TEASER SERIES 1 2 3 4 5	5 TO 10 REPS

ARM SPRINGS

▲ BACK ROWING 1 2	5 REPS
▲ FRONT ROWING 1 2 3 4 5	5 REPS
■ FLYING EAGLE WITH LEG SPRINGS	3 TO 5 REPS

ARM SPRINGS STANDING

▲ SIDE TWIST STANDING	5 REPS
▲ REVERSE EXPANSION 1 2 3 4 5	4 REPS
▲ OFFERING	5 REPS
▲ HUG A TREE	5 TO 10 REPS
▲ BUTTERFLY	3 REPS
▲ PUNCHES	8 TO 10 REPS
▲ FENCER LUNGES PREP 1 2	5 REPS
▲ SQUATS	5 REPS

LEG SPRINGS

▲ BEATS	4 SETS
■ SHORT SPINE	3 REPS
■ LONG SPINE	3 REPS
■ MAGICIAN CIRCLES	10 REPS
■ MAGICIAN BEATS	4 SETS
■ MAGICIAN WALKS	4 SETS

LEG SPRINGS SIDE-LYING

▲ SCISSORS	8 TO 10 REPS
▲ OVALS 1 2	5 TO 10 REPS
▲ SIDE KICK STRETCH	3 REPS
▲ DEVELOPÉ	3 TO 5 REPS
▲ ROND DE JAMBE	3 TO 5 REPS

FUZZY HANGING STRAPS

▲ BALLET STRETCHES	1 REP
▲ SPREAD EAGLE	3 TO 5 REPS
▲ ABDOMINAL CURLS	10 REPS
▲ HALF HANG	1 REP
▲ FULL HANG 1 2	1 REP

▲ = intermediate level ■ = advanced level

Arc Barrel

NAME _____

DATE _____

WARM UPS

- BREATHING FORWARD 2 TO 3 REPS

- BREATHING SIDE 1 REP

- SCAPULA ISOLATION 3 TO 5 REPS

- ARM SCISSORS 5 REPS

- ARM CIRCLES 3 TO 5 REPS

SITTING

- ROTATION WITH PORT DE BRAS 3 TO 5 REPS

- ▲ PORT DE BRAS 3 TO 5 REPS

INVERTED POSITIONS

- HIP ROLLS 3 TO 5 REPS

- SCISSORS 8 TO 10 REPS

- BICYCLE 8 TO 10 REPS

- WINDMILL 3 TO 5 REPS

- LOWER & LIFT 5 TO 10 REPS

- ▲ FROG 5 REPS

- ▲ OBLIQUE CAN-CANS 5 TO 10 REPS

- ▲ ROLL OVER 6 TO 8 REPS

- ▲ SHOULDER BRIDGE 2 TO 3 REPS

- ▲ CORKSCREW 3 TO 5 REPS

- TEASER BALANCE 3 TO 5 REPS

PRONE

- SINGLE LEG EXTENSIONS 6 TO 8 REPS

- LOWER & LIFT 5 TO 10 REPS

- LEG CIRCLES 8 REPS

- SCISSORS 4 SETS

- BEATS 4 SETS

- BREAST STROKE PREPS 1 2 3 TO 5 REPS

- ▲ SWAN DIVE 5 REPS

- ▲ GRASSHOPPER 5 REPS

- ▲ SWIMMING 4 SETS

- ▲ SPINAL EXTENSION 3 TO 5 REPS

- ▲ ROTATION PRONE 5 REPS

SUPPORTED ON HANDS

- ▲ PUSH UP 5 TO 10 REPS

- ▲ LEG PULL FRONT 3 TO 6 REPS

- LEG PULL 3 TO 6 REPS

● = essential level ▲ = intermediate level ■ = advanced level

Ladder Barrel

NAME _____

DATE _____

STRETCHES

● BALLET STRETCHES 1 REP

FEET ON LADDER

● SIDE BEND 8 TO 10 REPS

▲ OBLIQUES WITH FLEXION 5 REPS

▲ ROTATION PRONE 5 REPS

▲ SWAN DIVE PREP 3 SETS

HANDS ON LADDER

▲ LOWER & LIFT 5 TO 10 REPS

▲ LEG CIRCLES 8 REPS

▲ SCISSORS 4 SETS

▲ BEATS 4 SETS

▲ SWAN DIVE 5 REPS

▲ GRASSHOPPER 5 REPS

SIDE-LYING

▲ SIDE LEG LIFTS 1 2 3 5 TO 10 REPS

▲ SCISSORS 4 SETS

▲ ONE ARM PRESS 5 TO 10 REPS

SHORT BOX SERIES

ROUND BACK ● HALF ■ FULL 5 REPS

● STRAIGHT BACK 5 REPS

● TWIST 5 REPS

▲ TWIST WITH ROUND BACK 3 REPS

LEAN ▲ 1 ■ 2 ■ 3 3 REPS

TREE ● HALF ▲ 1 ■ 2 ■ 3 3 REPS

SITTING

▲ SCISSORS 8 TO 10 REPS

▲ BICYCLE 8 TO 10 REPS

▲ LOWER & LIFT 6 TO 8 REPS

▲ LEG CIRCLES 5 REPS

▲ HIP TWIST 3 REPS

■ HORSEBACK 5 REPS

FLAT BACK

■ SCISSORS 6 REPS

■ BICYCLE 6 REPS

■ LOWER & LIFT 6 REPS

■ LEG CIRCLES 5 REPS

■ CORKSCREW 3 REPS

■ HANDSTAND 3 TO 5 REPS

● = essential level ▲ = intermediate level ■ = advanced level

Spine Corrector

NAME _____

DATE _____

WARM UPS

● BREATHING FORWARD	2 TO 3 REPS
● BREATHING SIDE	1 REP
● SCAPULA ISOLATION	3 TO 5 REPS
● ARM SCISSORS	5 REPS
● ARM CIRCLES	3 TO 5 REPS

SITTING

● SIDE BEND	8 TO 10 REPS
● ROTATION WITH PORT DE BRAS	3 TO 5 REPS
▲ PORT DE BRAS	3 TO 5 REPS
▲ OBLIQUES WITH FLEXION	5 REPS
▲ ROTATION WITH ATTITUDE	5 REPS
▲ SCISSORS	8 TO 10 REPS
▲ BICYCLE	8 TO 10 REPS
▲ LOWER & LIFT	6 TO 8 REPS
▲ LEG CIRCLES	5 REPS
▲ HIP TWIST	3 REPS

INVERTED POSITIONS

● SCISSORS	8 TO 10 REPS
● BICYCLE	8 TO 10 REPS
● WINDMILL	3 TO 5 REPS
● LOWER & LIFT	5 TO 10 REPS
▲ FROG	5 REPS
▲ OBLIQUE CAN-CANS	5 TO 10 REPS
▲ ROLL OVER	6 TO 8 REPS
▲ SHOULDER BRIDGE	2 TO 3 REPS
■ BACK ARCH & BRIDGE	6 TO 8 REPS

PRONE

● SINGLE LEG EXTENSIONS	6 TO 8 REPS
▲ LOWER & LIFT	5 TO 10 REPS
▲ LEG CIRCLES	8 REPS
▲ SCISSORS	4 SETS
▲ BEATS	4 SETS
▲ SWAN DIVE	5 REPS
▲ GRASSHOPPER	5 REPS
▲ SWIMMING	4 SETS
▲ SPINAL EXTENSION	3 TO 5 REPS
▲ ROTATION PRONE	5 REPS

SIDE-LYING

● SIDE LEG LIFTS 1 2 3	5 TO 10 REPS
▲ SCISSORS	4 SETS
▲ ONE ARM PRESS	5 TO 10 REPS

SUPPORTED ON HANDS

▲ PUSH UP	5 TO 10 REPS
▲ LEG PULL FRONT	3 TO 6 REPS
■ LEG PULL	3 TO 6 REPS

● = essential level ▲ = intermediate level ■ = advanced level

Stability Chair

NAME _____

DATE _____

LEG WORK

● FOOTWORK 1 2 3 4 5	2 HEAVY-LOW 2 LIGHT-TOP	10 REPS
● SINGLE LEG 1 2	2 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
● HAMSTRING PRESS HIPS DOWN	2 LIGHT-TOP	5 TO 10 REPS
● ADDUCTOR PRESS	2 LIGHT-TOP	10 REPS
● ANKLE EXERCISE	2 HEAVY-LOW 1 LIGHT-TOP	10 REPS
● LOWER & LIFT STANDING	2 HEAVY-LOW 2 LIGHT-TOP	10 REPS
● FOOT PRESS ON LONG BOX 1 2	1 HEAVY-LOW 1 LIGHT-TOP	10 REPS
● CROSSOVER PRESS	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
● STANDING LEG PRESS 1 2	2 LIGHT-MIDDLE	5 REPS
▲ FROG LYING FLAT	1 HEAVY-LOW 1 LIGHT-TOP	6 REPS
▲ HAMSTRING PRESS HIPS UP	1 HEAVY-LOW 1 LIGHT-TOP	3 REPS
▲ FORWARD STEP UP	2 HEAVY-LOW 1 LIGHT-TOP	5 REPS
▲ FORWARD STEP DOWN	1 HEAVY-LOW 1 HEAVY-TOP	5 TO 10 REPS
▲ SIDE STEP DOWN	1 HEAVY-LOW 1 HEAVY-TOP	5 TO 10 REPS
▲ BACKWARD STEP DOWN	1 HEAVY-LOW 1 HEAVY-TOP	5 TO 10 REPS
■ SIDE STEP UP	2 HEAVY-LOW 1 LIGHT-TOP	5 REPS

LEG WORK SUPPORTED BY ARMS

▲ KNEE RAISES		5 TO 10 REPS
▲ KNEE RAISES WITH OBLIQUES		5 TO 10 REPS
▲ LEG CIRCLES		5 TO 10 REPS
▲ BEATS		4 SETS
▲ FROG FRONT	2 HEAVY-MIDDLE	4 REPS
▲ FROG BACK	2 HEAVY-MIDDLE	4 REPS
▲ FROG BACK HIPS UP	2 HEAVY-LOW 1 LIGHT-TOP	10 REPS
■ SIDE LEG EXTENSION 1 2	2 HEAVY-TOP	8 TO 10 REPS

ARM WORK

● SCAPULA ISOLATION PRONE	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
● ONE ARM PUSH PRONE	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
● TRICEPS PRESS SITTING	1 HEAVY-LOW 2 LIGHT-TOP	5 TO 10 REPS
● SCAPULA ISOLATION STANDING	2 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
● TRICEPS PRESS STANDING	2 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
● ONE ARM PREP HAND ON FLOOR	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
■ ONE ARM PUSH HAND ON FLOOR	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
■ ONE ARM PUSH HAND ON CHAIR 1 2	1 HEAVY-LOW 2 LIGHT-TOP	5 TO 10 REPS

TORSO FLEXION

● AB PRESS SITTING	2 LIGHT-TOP	5 TO 8 REPS
● CAT STANDING FRONT 1 2 3	2 HEAVY-TOP	6 REPS
● TORSO PRESS SITTING PREP	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
▲ PIKE ON FLOOR 1 2	2 LIGHT-MIDDLE	3 TO 5 REPS
▲ CAT KNEELING 1 2 3	1 HEAVY-TOP 1 HEAVY-LOW	6 REPS
▲ CAT STANDING SIDE 1 2 3	2 HEAVY-LOW	6 REPS
▲ CAT STANDING BACK 1 2	2 HEAVY-TOP	6 REPS
▲ ROLL OVER	1 HEAVY-TOP 1 HEAVY-LOW	6 TO 8 REPS
▲ JACK KNIFE	1 HEAVY-TOP 1 HEAVY-LOW	4 TO 6 REPS
■ TORSO PRESS SITTING	1 HEAVY-LOW 1 LIGHT-TOP	5 TO 10 REPS
■ HORSEBACK PREP	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS
■ TENDON STRETCH	2 HEAVY-MIDDLE	8 TO 10 REPS
REPS		
■ ELEPHANT	2 HEAVY-MIDDLE	3 REPS
■ HANDSTAND 1 2	2 HEAVY-LOW	3 TO 5 REPS

TORSO EXTENSION

● SWAN DIVE FROM FLOOR	2 HEAVY-LOW	5 REPS
● SWAN DIVE PREP	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS
▲ SWAN DIVE	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS
▲ GRASSHOPPER	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS

TORSO FLEXION & EXTENSION

▲ SPREAD EAGLE 1 2	2 HEAVY-LOW 1 LIGHT-TOP	3 TO 5 REPS
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TORSO LATERAL FLEXION

● MERMAID	1 HEAVY-LOW 1 LIGHT-TOP	3 TO 5 REPS
● MERMAID KNEELING	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS
▲ SIDE BEND	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS

TORSO ROTATION

▲ ROTATION PRONE	1 HEAVY-LOW 1 LIGHT-TOP	5 REPS
▲ LEAN	1 HEAVY-LOW 1 LIGHT-TOP	3 REPS
■ SIDE BODY TWIST	1 HEAVY-LOW 1 LIGHT-TOP	3 TO 5 REPS
■ TWIST	2 HEAVY-TOP	3 TO 5 REPS

● = essential level ▲ = intermediate level ■ = advanced level