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.

**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.

**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.
**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.

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**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.

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**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:** On hands and knees, hands under shoulders, knees under hips, pelvis and spine neutral, one line from feet to head.

**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.

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**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.
**Mermaid**

**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.*

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**WARRANTY, CARE & USAGE FOR MERRITHEW™ MATS**

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**

If necessary, clean your mat with a combination of tea tree oil* and water. A mixture of mild soap and water can be used to remove more persistent dirt. Ensure cleaner used does not make surfaces slippery. Do not use corrosive cleaning products on any mats.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

**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.