

# MICHAEL MILLER PILATES

## Exercise List

<b>MAT</b>	<i>Up/Down Combo</i>	<b>CADDY</b>	<i>3) Footwork 1 standing front</i>
<i>Footwork</i>	<b>Elephant</b>	<hr/> <i>PUSH THROUGH BAR</i>	<i>4) Footwork 1 standing one arm</i>
<b>100's</b>	Arabesques 1-2 & 3	<i>SPRUNG FROM BELOW:</i>	<i>5) Footwork 1 standing</i>
<b>Roll up</b>	Long Back Stretch	<b>Tower</b>	<i>6) Footwork 1 standing on pedal front</i>
<i>Roll over</i>	<i>STOMACH MASSAGE</i>	<b>Monkey</b>	<i>7) Footwork 1 standing on pedal</i>
<b>Single leg circle</b>	<b>Round Back</b>	<b>Open the hip</b>	<i>8) Footwork 1 standing on chair straight leg</i>
<b>Rolling like a ball</b>	<b>Reaching Up</b>	<i>Teaser</i>	<i>9) Footwork 1 standing on chair pumping</i>
<b>Single leg stretch</b>	Twist	<b>Curls</b>	<b>10) Footwork 2 supine</b>
<b>Double leg stretch</b>	Circles	<i>SPRUNG FROM ABOVE:</i>	<b>11) Sitting long back stretch</b>
Scissors	<i>Tendon Stretch</i>	<i>PUSH THROUGH SERIES</i>	<i>12) Footwork 2 seated</i>
Double leg lower lift	<i>1 leg/front-side-back</i>	<b>Teaser</b>	<b>13) Footwork 3 supine</b>
<i>Elbow to knee</i>	Short Spine	<b>Swan</b>	<i>14) Footwork 3 seated</i>
<b>Spine stretch</b>	<i>High Frog</i>	<b>Push through</b>	<b>15) sitting up</b>
Open leg rocker	<i>Headstands:</i>	<i>Reverse push through</i>	<i>16) sitting on pedal</i>
Corkscrew	<i>Front</i>	<i>Shoulder bridge with kicks</i>	<i>17) Footwork 2 one leg</i>
<b>Saw</b>	<i>Back</i>	<b>Mermaid</b>	<i>18) Footwork 3 sitting up</i>
Swan dive	Semi-Circle	<b>Cat</b>	<b>19) Footwork 4 standing</b>
Single leg kick	Chest Expansion	<i>ROLL DOWN BAR:</i>	<i>20) Footwork 4 standing on chair straight leg</i>
Double leg kick	Thigh Stretch w/Arch	<b>Breathing</b>	<i>21) Footwork 4 standing on chair pumping</i>
Neck pull	<i>Backbend</i>	<b>Reverse breathing</b>	<i>22) Tendon stretch</i>
<i>Scissors</i>	Arm Circles/Side Arms	<i>Spear the whale</i>	<i>23) Climbing front</i>
<i>Bicycle</i>	<i>Snake</i>	Colitis / Short spine /	<i>24) Climbing</i>
Shoulder bridge	<i>Twist w/1 Arm</i>	Roll over	<b>25) Scissors standing</b>
Spine Twist	<i>Corkscrew</i>	Chest expansion	<i>26) Scissors standing on pedal / tendon stretch one leg</i>
Jackknife	<i>Balance Control</i>	Thigh stretch	<b>27) Flexion seated</b>
<b>Side kick</b>	<i>Control Arabesque</i>	<i>Water wheel</i>	<b>28) Flexion seated legs on chair (Spine stretch)</b>
Teaser	Mermaid	<b>100's</b>	<i>29) Flexion hips up (Roll over)</i>
<i>Hip circles</i>	<i>LONG BOX II:</i>	<i>SPRINGS:</i>	<i>30) Flexion kneeling</i>
Swimming	<i>Rocking</i>	<i>LEGS</i>	<i>31) Flexion kneeling on chair hands on pedal</i>
<i>Leg pull front</i>	<i>Swimming</i>	<i>BASIC 5</i>	<i>32) Flexion kneeling on chair head on pedal</i>
<i>Leg pull</i>	<i>Grasshopper</i>	<b>Circles</b>	<b>33) Flexion standing</b>
<i>Side kick kneeling</i>	<i>SHORT BOX:</i>	<b>Bicycle</b>	<i>34) Flexion standing over</i>
<i>Side bend</i>	<b>Round Back</b>	<b>Beats</b>	<i>35) Flexion standing over one arm</i>
<i>Twist I</i>	<b>Flat Back</b>	<b>Frog</b>	<i>36) Flexion standing feet on pedal</i>
<i>Twist II</i>	<b>Side Bend</b>	<b>Walking</b>	<i>37) Flexion standing feet on pedal one arm</i>
Mermaid	Spear the Whale	<i>Flying / Magician</i>	<b>38) Extension prone on floor (Swan)</b>
<i>Boomerang</i>	<i>Round the World</i>	<i>SIDE</i>	<i>39) Extension prone on chair</i>
<b>Seal</b>	Tree	<i>ARMS:</i>	
<i>Crab</i>	w/Leg Circles	<b>Supine</b>	
<i>Rocking</i>	w/Back Bend	Prone	
<i>Control balance</i>	Long Spine	Sitting	
<i>Push ups</i>	<i>KNEE STRETCHES</i>	Kneeling	
<b>REFORMER</b>	<b>Round</b>	Standing	
<hr/> <b>Footwork</b>	<b>Arched</b>	<i>HANGING:</i>	
<b>100's</b>	Knees Off	<b>Spread eagle</b>	
<i>Overhead</i>	<i>1 Leg/Kick</i>	Hanging down	
Coordination	<b>Running</b>	<i>Hanging up</i>	
<i>ROWING:</i>	<b>Bottom Lift</b>	<b>Half hang</b>	
<i>Front 1 &amp; 2</i>	Side Splits	Full hang	
<i>Back 3-4-5-6</i>	<i>Gondola</i>	W/ push out	
<i>LONG BOX I:</i>	<b>Front Splits w/Control</b>	W/ swing	
<i>Swan</i>	Russian Splits	W/ twist	
Pull Straps	<i>Big Splits</i>	<i>Squirrel</i>	
T	<i>Control Push Up Front</i>	<i>Inversions</i>	
Backstroke	<i>Control Push Up</i>	<b>LOW CHAIR</b>	
Teaser	<i>Russian Squats /1 Leg</i>	<hr/> <b>Foot/ankle</b>	
<i>Breaststroke</i>	<i>Star</i>	<b>1) Footwork 1 supine</b>	
<i>Horseback</i>	<i>High Bridge</i>	<b>2) Footwork 1 sitting</b>	
<i>LONG STRETCHES</i>	<i>Jump Board</i>		
Long Stretch	<i>w/variations</i>		
Down Stretch			
Up Stretch			

# MICHAEL MILLER PILATES

## Exercise List

40) Extension prone on chair one arm	Beats	Arcs	Shoulder bridge with kicks
<i>High frog one leg</i>	Arcs	Full Circles	FOOT CORRECTOR
41) <i>Extension supine on chair with barrel</i>	Circles (roll over)	Scissors	<b>Heel anchored flexion</b>
42) <i>Extension prone foot on pedal one leg</i>	Scissors	Frogs	Ball anchored flexion
43) <b>Side bending on floor</b>	<i>SHOULDER BRIDGE</i>	<i>SHOULDER BRIDGE</i>	<i>No anchor flexion</i>
44) Side bending sitting on chair	Helicopter	Helicopter	Ball extension
45) <i>Side bending kneeling</i>	Splits	Splits	<b>In line flexion</b>
46) <b>Torsion on floor</b>	Bicycling	Bicycling	MAGIC CIRCLE
47) Torsion on chair hips flat	Low Bridge	Rolling In/Out	<i>SUPINE</i>
48) Torsion on chair hips stacked	Rolling In/Out	Corkscrew	<b>Between thighs just above knees—adduction</b>
49) <b>Torsion standing one arm (Saw)</b>	Corkscrew	Swan	<i>PRONE</i>
50) Torsion standing on pedal	The Swan 2	Grasshopper	<b>Knees bent between ankles</b>
51) <i>Pushup floor/pedal</i>	Swan Dive	Swimming	<i>SIDE</i>
52) <i>Pushup pedal/chair</i>	Grasshopper	Coccyx Curl	Between the ankles
53) <i>Pushup pike</i>	<i>Handstand</i>	Rest	side
54) <i>Pushup flat</i>	<i>Jumping Stomach</i>	SPINE CORRECTOR	front
55) <i>Pushup head</i>	Swimming	The reach	side
PED-I-PULL	Back Bend	Breathing with bar	back
<b>Side arm flexion</b>	<i>Walk Over</i>	Arm Circle Series	<i>SITTING</i>
<b>Side arm extension</b>	Hanging Back	Mermaid	<b>Between knees flexion</b>
Front arm flexion	<b>Hanging Front</b>	Side Sit Up	<i>STANDING</i>
Front arm extension	<i>BALLET STRETCHES</i>	Side Arm Series	STANDING ARM
<b>Arm circle inside out</b>	<i>FACING</i>	<i>Side Leg Extension</i>	SPRINGS
<b>Arm circle outside in</b>	<b>Flexion</b>	<i>Side Leg Swing</i>	
<i>Arm circle inside out with frog</i>	<b>Extension</b>	<b>Over Head Legs</b>	
<i>Arm circle outside in with frog</i>	Scissors	Walking	
LADDER BARREL	Front splits	Small Circles	
<b>Side arm flexion</b>	Attitude	Beats	
<b>Side arm extension</b>	Lifts	Arcs	
Front arm flexion	90°	Large Circles	
Front arm extension	<b>Side bending</b>	Scissors	
<b>Arm circle inside out</b>	<b>Straight leg</b>	Fish with Arm	
<b>Arm circle outside in</b>	<b>Bent knee</b>	<i>SHOULDER BRIDGE</i>	
<i>Arm circle inside out with frog</i>	180°	Helicopters	
<i>Arm circle outside in with frog</i>	Flexion	Dips	
LADDER BARREL	Extension	Splits	
<b>Horse Back</b>	Straight leg	Bicycle	
<i>SHORT BOX</i>	Lifts	Low bridge	
<b>Round</b>	<b>Quad high</b>	<i>High bridge</i>	
<b>Flat</b>	<b>Quad low</b>	Rolling In/Out	
<b>Tilt</b>	<i>Extension</i>	Corkscrew	
<b>Twist</b>	SMALL BARREL	Neck stretch	
Tree	EXERCISES	Control balance	
The Reach (bridge stretch)	<b>Metal Circle Squeeze</b>	<i>Dismount/balance</i>	
Side Sit Up	<b>Short Box Strap</b>	Teaser Series	
<i>Single Leg</i>	<b>Spine Stretch Forward</b>	I, II, III	
<i>BALLET TORSO</i>	<b>Reach/Over Head</b>	<i>Hip Circles</i>	
<i>BALLET LEGS</i>	<b>Breathing with Bar</b>	<i>Can Can (up open, toes, knees) teaser II position</i>	
<b>Front (parallel)</b>	<b>Arm Circle Series</b>	Swan	
<b>Front (turn out)</b>	Full Circles	Swan Dive	
<b>Side</b>	Flys	Grasshopper	
<b>Back</b>	Semaphore	Swimming	
<b>Lift</b>	Little Circles	Hanging	
<b>Frog</b>	<i>Tricep Reach</i>	Coccyx Curl	
<i>OVERHEAD LEGS</i>	<i>Diamond Arms</i>	Rest	
Walking	<i>METAL CIRCLE LEG SERIES (45 DEGREES)</i>	Stretch out	
Small Circles	<b>Over Head Legs</b>	Circles	
	Walking	Scissors	
	Little Circles	Bicycle	
	Beats	Corkscrew	