

# MICHAEL MILLER PILATES

## BEGINNING TO INTERMEDIATE SPINE CORRECTOR EXERCISES

### BASIC

The reach  
Breathing with bar  
Arm Circle Series

### Over Head Legs

Walking  
Small Circles  
Beats  
SpokesArcs  
Large Circles  
Scissors

### Shoulder Bridge

Dips  
Splits  
Bicycle

### Rolling In/Out

Corkscrew  
Neck Stretch

Hanging (forward stretch)

Coccyx Curl (legs off)

Rest

### INTERMEDIATE

The reach  
Breathing with bar  
Arm Circle Series  
Mermaid  
Side Sit Up  
Side Arm Series

### Over Head Legs

Walking  
Small Circles  
Beats  
Arcs  
Large Circles  
Scissors  
Fish with Arm

### Shoulder Bridge

Figure 8's  
Splits  
Bicycle  
Low Bridge

### Rolling In/Out

Corkscrew  
Jackknife

### Teaser Series

I, II

Swan 10 (classical arm pattern)

Swan Dive (Rocking) (little finger reach to lift and look up)

Grasshopper

Swimming

Hanging (sit in well with legs over hump.

Coccyx Curl

Rest