

MICHAEL MILLER PILATES

BEGINNING THRU INTERMEDIATE MAT

BASIC TEN	ADD IN	INTERMEDIATE	REPS
100'S	→	100'S	100
ROLL-UP	→	ROLL-UP	5-8
SINGLE LEG CIRCLE	→	SINGLE LEG CIRCLE	5 ea.
ROLLING LIKE A BALL	→	ROLLING LIKE A BALL	5-8
SINGLE LEG STRETCH	→	SINGLE LEG STRETCH	5 ea.
DOUBLE LEG STRETCH	→	DOUBLE LEG STRETCH	5
	SCISSORS	SCISSORS	5 ea.
	DOUBLE LEG LOWER/LIFT	DOUBLE LEG LOWER/LIFT	5
		ELBOW TO KNEE	5 ea.
SPINE STRETCH	→	SPINE STRETCH	5-8
	OPEN LEG BALANCE/ROCKER	OPEN LEG ROCKER	5-8
	CORKSCREW	CORKSCREW	5 ea.
SAW	→	SAW	5 ea.
	SWAN	SWAN DIVE	3
	SINGLE LEG KICK	SINGLE LEG KICK	8 ea.
	DOUBLE LEG KICK	DOUBLE LEG KICK	3 ea.
		NECK PULL	5-8
		SHOULDER BRIDGE	3 ea.
		SPINE TWIST	3 ea.
		JACKNIFE	3-5
SIDE KICK	→	SIDE KICK	5-8 ea.
	TEASER	TEASER	3
	CAN-CAN	HIP CIRCLES	3 ea.
	SWIMMING	SWIMMING	10 cts.
SEAL	→	SEAL	5-8