

# MICHAEL MILLER PILATES

## INTERMEDIATE THRU ADVANCED MAT

INTERMEDIATE	ADD IN	FULL MAT	REPS
	FOOTWORK	<b>FOOTWORK</b>	3-5 ea.
100'S	→	<b>100</b>	100
ROLL-UP	→	<b>ROLL-UP</b>	5-8
	ROLL-OVER	<b>ROLL-OVER</b>	3 ea.
SINGLE LEG CIRCLE	→	<b>ONE LEG CIRCLE</b>	5 ea.
ROLLING LIKE A BALL	→	<b>ROLL LIKE A BALL</b>	5
SINGLE LEG STRETCH	→	<b>ONE LEG STRETCH</b>	5 ea.
DOUBLE LEG STRETCH	→	<b>TWO LEG STRETCH</b>	5
SCISSORS	→	<b>SCISSOR</b>	5 ea.
DOUBLE LEG LOWER/LIFT	→	<b>TWO LEG LOWER/LIFT</b>	5
ELBOW TO KNEE	→	<b>ELBOW TO KNEE</b>	5 ea.
SPINE STRETCH	→	<b>SPINE STRETCH</b>	5
OPEN LEG ROCKER	VARIATIONS	<b>OPEN LEG ROCKER</b>	5-8
CORKSCREW	VARIATIONS	<b>CORKSCREW</b>	5 ea.
SAW	→	<b>SAW</b>	5 ea.
SWAN DIVE	→	<b>SWAN DIVE</b>	6-8
SINGLE LEG KICK	→	<b>SINGLE LEG KICK</b>	8 ea.
DOUBLE LEG KICK	→	<b>ONE LEG KICK</b>	3 ea.
NECK PULL	→	<b>NECK PULL</b>	5
	SCISSORS	<b>SCISSOR HIPS UP</b>	5 ea.
	BICYCLE	<b>BICYCLE HIPS UP</b>	3 ea.
SHOULDER BRIDGE	→	<b>SHOULDER BRIDGE</b>	3 ea.
SPINE TWIST	→	<b>SPINE TWIST</b>	3 ea.
JACKKNIFE	→	<b>JACKKNIFE</b>	3-5
SIDE KICK	VARIATIONS	<b>SIDE KICK</b>	3-5 ea.
TEASER	ARM/LEG VARIATIONS	<b>TEASER</b>	3 ea.
HIP CIRCLES	→	<b>HIP CIRCLE</b>	5 ea.
SWIMMING	→	<b>SWIMMING</b>	10 cts.
		<b>LEG PULL FRONT</b>	3 ea.
		<b>LEG PULL</b>	3 ea.
		<b>SIDE KICK KNEELING</b>	5 ea.
		<b>MERMAID</b>	3 ea.
	SIDEBEND	<b>SIDEBEND</b>	3 ea.
	TWIST I	<b>TWIST I</b>	3 ea.
		<b>TWIST II</b>	3 ea.
	BOOMERANG	<b>BOOMERANG</b>	3 ea.
SEAL	→	<b>SEAL</b>	5-8
	CRAB	<b>CRAB</b>	3 ea.
		<b>ROCKING</b>	3-5
	CONTROL BALANCE	<b>CONTROL BALANCE</b>	3 ea.
	PUSH-UPS	<b>PUSH-UP</b>	3 sets