



MAT TRANSITIONS

MOUNT

HUNDRED

THEN: Lower legs, lie flat, take hold of Roll Up Bar, extend arms overhead

ROLL UP

THEN: Place Bar to one side, arms long on Mat, Legs up to 90 degrees in Pilates Stance

ROLL OVER

THEN: Legs finish at 90 degrees in Pilates Stance. One leg stays, the other lowers to the Mat

SINGLE LEG CIRCLE

THEN: Sit up, place hands on mat next to hips, lift seat to feet at front edge of Mat

ROLLING LIKE A BALL

THEN: Hands by hips, scoot back until legs are straight, roll to mat pulling right leg into chest, catch leg with hands

SINGLE LEG STRETCH

THEN: Fold both knees into chest, hug ankles

DOUBLE LEG STRETCH

THEN: Straighten one leg to ceiling holding ankle, simultaneously lower opposite leg

SINGLE STRAIGHT LEG STRETCH

THEN: Both legs up to 90 degrees in Pilates stance. Palm over palm at nape of neck

DOUBLE STRAIGHT LEG STRETCH

THEN: Bend one knee into chest, stretch one leg out over the mat. Take hands behind head, palm over palm.

CRISS CROSS

THEN: Perform one Roll Up to arrive at a sitting position. Separate legs hip width with feet in center of Moon boxes. Raise arms to shoulder height.

SPINE STRETCH FORWARD

THEN: Swing legs up straight into the hands catching the ankles hip width apart. Alternatively, reach for the Ankles as you bend knees into you, tilt back and allow the legs come up to a V

OPEN LEG ROCKER

THEN: Bring both legs together in Pilates stance, let go of ankles, roll down to mat as you raise legs to 90 degrees. Lower arms onto mat or back to dowels

CORKSCREW

THEN: Open legs to hip width and smoothly swing up to a sitting position. Feet are in the Moon boxes and arms extend to either side.

SAW

THEN: Draw legs together, pivot into prone. Place hands under shoulders or extend them side to side, head down, legs pressed together.

SWAN

THEN: Counter stretch back on heels. Return to prone with forearms on mat, legs together.

SINGLE LEG KICK

THEN: Lower turned head onto mat on either cheek. Clasp both hands high on upper back, elbows bent down onto mat, legs together.

DOUBLE LEG KICK

THEN: Counter stretch back on heels. Flip onto your back and lie flat. Palm over Palm behind head with legs extended hip width apart. Feet flexed or in the safety strap.

NECK PULL

THEN: Lie on back and extend both legs to 90 degrees

SCISSORS

THEN: Continue directly into the next move

BICYCLE

THEN: Land one foot onto the Mat followed by the other keeping hips high and pivoting your hand placement to the sides of the hips. Alternatively, extend both legs up. Lift hips off hands. Release arms. Roll down the spine and bend knees. Press feet into the mat with knees bent hip width apart and raise hips again tucking elbows under the back. Place hands under hips.

SHOULDER BRIDGE

THEN: Perform one Roll Up spine to sitting position. Legs long and together with flexed feet. Arms extend side to side.

SPINE TWIST

THEN: Roll down to mat, Arms long by your sides

JACKKNIFE

THEN: Roll onto one side and align the body with the back edge of Mat. Prop your head up with one hand. Other hand on Mat or behind head. Raise legs from back edge of Mat and carry them to front edge 45 degrees.

SIDE KICK SERIES I II III IV V VI (with Transition Beats)

THEN: Roll onto back both knees into chest both arms reaching back to 45 degrees

TEASER I II III

THEN: Sweep arms back and down to place on Mat or dowels as you bend knees into chest. Place tips of toes on mat

CAN CAN

THEN: Continue directly into the next move.

HIP CIRCLES

THEN: Bend both knees in and flip into prone position keeping legs together and arms extended in front of you

SWIMMING

THEN: Counter stretch back on heels before returning face down into a plank position

LEG PULL DOWN

THEN: One hand moves next to the other. Release outside hand and circle arm around behind you. Simultaneously pivot the body to face up in reverse plank. Land both hands on mat fingers facing the body. Alternatively sit back on heels, and then flip into sitting upright with legs together and hands behind you.

LEG PULL UP

THEN: Bend one knee under you and release one hand to land behind the head. Shift weight onto one knee and one hand in a sideways kneeling position. Extend free leg to parallel at hip height.

KNEELING SIDE KICKS

THEN: Kneel down to one side of legs and sit on one hip. Take hold of the bottom ankle and extend the other arm up to the ear.

MERMAID

THEN: Slide legs out midway between straight and bent. Lower one hand to Mat under shoulder. Rest upper arm along hip. Stack the legs and feet.

SIDE BENDS

THEN: Pivot your torso to face legs. Cross ankle over ankle and place palms on Mat next to hips.

BOOMERANG

THEN: Fold knees in, thread hands between knees and wrap around outside of each ankle.

SEAL

THEN: Cross ankles. holding onto the outer border of feet and pulling legs off Mat against the body.

CRAB

THEN: Release ankles and lower to back. Flip into prone.

ROCKING

THEN: Counter stretch back on heels. Roll up and flip into your back. Lie flat.

CONTROL BALANCE

THEN: Bring arms to sides. Lower spine to mat. And roll up briskly into standing.

PUSH UPS

END