

## The List of Exercises: "Matwork B" v1

Additional Exercises: Shoulder & Hip Circles, Pinwheel, Hip Dips, Abdominal Curls, Abdominal Curls with Obliques (Rotation), Spine Twist Supine, The One Hundred prep\*, Partial Roll Downs & Obliques, Single Lung Breathing, Alan Herman's Rockets, Bananas, Transition to Standing

### All Fours

Cat/Cow (Camels)

Hip Circles

Tail Wag

Shoulder & Hip Circles (new)

### Sitting: Breathing in Pilates

Diaphragmatic Breathing (new)

Posterior-Lateral breathing (new)

Breathing into the Band (new)

Kathy's Accordion

### Side Lying

Telescope (new)

Pinwheel (new)

### Supine

Pelvic Rocking

Finding Neutral Spine: using bony prominences (new)

Supported Spine: a how to (new)

Bridging / Pelvic Curl

Typewriter

Hip Dips (new)

### Side Lying

Telescope (new)

Pinwheel (new)

### Transition from sitting to supine: 100 preparation

Abdominal Curls (new)

Abdominal Curls with Obliques (new)

Fingertip Abdominals

Toe Taps

Spine Twist Supine (new)

One Hundred Prep (new)

### Transition: Roll-up to sitting

Partial Roll Downs (new)

Partial Roll Downs: oblique (new)

### Transition: Roll Down to Supine

Hamstring Stretch

Rolling Like a Ball

Single Leg Stretch

### Transition: Roll up to ... Sitting

Adductor Stretch

Spine Stretch Forward

One Lung Breathing (new)

Spine stretch side

### Prone

Alan Herdman's Rockets (new)

Baby Swan

Quadriceps Stretch & Rocking Prep.

Recovery: lower spine / shoulder stretch (new)

Single Leg Kicks: omitted!

### Sidelying

Pelvic Pushes

Side Leg Lifts

Bananas (new)

### Supine

Piriformis stretch

Seal Puppy

### Transition to standing

Roll Down: omitted!

### Transition to All Fours

All Fours: omitted!

Sternum drops: omitted!

Knees Off: omitted!

Knees Off w/Sternum Drops:

omitted!**Finish with a roll up to standing!:** omitted!