

Birmingham Pilates Studios - List of Exercises: "Online Matwork" v1

Day 5: Standing

Wall Alignment
Head Rotations (new)
Shoulder Mobilisations (MC) (new)
Feel alignment through your feet (new)
Multifidi Activation #1
Calf Raises (new)
Calf Stretches (new)
Roll Downs (new)

Roll Down to: All Fours

Cat/Cow #2/3
Hip Circles (new)
Tail Wag #3

Day 6: Transition to Standing

Downward Dog #4

Walk to the front of the mat...

Transition to Supine (new)

Supine

Diaphragmatic Breath #1
Posterior-lateral Breath #2
Side Lung Breathing
Kathy's Accordion (new)

Pelvic Rocking #2
Abdominal Curl #1
Abdominal Curl with Rotation #1
Bridging / Pelvic Curl #3
Typewriter #3

Roll-up Prep

Elbow Slip (new)
Roll Up / Downs: Spider Fingers (new)
Fingertip Abdominals #1
Marching #2
Toe Taps #2
Spine Twist Supine (new)

Transition: Roll-up to sitting

Partial Roll Downs from sitting (new)

Day 7: Transition: Roll Down to Supine

Hamstring Stretch (new)
Rolling Like a Ball (new)
Single Leg Stretch (new)

Transition: Roll up to ... Sitting

Adductor Stretch (new)
Spine Stretch Forward (new)
Spine stretch side (new)

Day 8: Side

Telescope Arms #4

Prone

Quadriceps Stretch & Rocking Prep. (new)
Single Leg Kicks (new)
Baby Swan#3

Side

Telescope Arms #4

Sidelying (Right)

Pelvic Pushes #2
Side Leg Lifts (new)
Side Kicks (new)
Bananas #3

Prone:

Alan Herdman's Rockets #3
Beats (new)

Sidelying (Left)

Pelvic Pushes #2
Side Leg Lifts (new)
Side Kicks (new)
Bananas #3

Day 9: Supine

Piriformis stretch (new)
Seal Puppy (new)

Transition to standing (new!)

Roll Down (again)

Transition to All Fours

Pregnant Cat #1
Sternum drops #4
Knees Off #4
Knees Off w/Sternum Drops (new)
Opposite Arm & Leg reach #4
Plank - 3 breaths

Finish with a roll up to standing

Wall Push Ups #4