

The List of Exercises: "Matwork A" v1

All Fours

Cat/Cow
Hip Circles
Tail Wag

Sitting: Breathing in Pilates
Kathy's Accordion

Transition: Roll Down to Supine

Supine

Pelvic Rocking
Bridging / Pelvic Curl
Typewriter
Roll-up to sitting
Marching
Toe Taps
Spine Twist Supine

Transition: Roll-up to sitting
Partial Roll Downs from sitting

Transition: Roll Down to Supine

Hamstring Stretch
Rolling Like a Ball
Single Leg Stretch

Transition: Roll up to ... Sitting

Adductor Stretch
Spine Stretch Forward
Spine stretch side

Prone

Quadriceps Stretch & Rocking Prep.
Single Leg Kicks
Baby Swan

Sidelying

Pelvic Pushes
Side Leg Lifts

Supine

Piriformis stretch
Seal Puppy

Transition to standing

Roll Down

Transition to All Fours

All Fours
Sternum drops
Knees Off
Knees Off w/Sternum Drops

Finish with a roll up to standing