



**Chesapeake
Pilates Center**

Basic Mat Exercises

Hundred
Roll Up
Single Leg Circle
Rolling Like a Ball
Stomach Series:
Single Leg Stretch
Double Leg Stretch
Criss Cross
Spine Stretch Forward
Open Leg Rocker Prep
Corkscrew 1
Saw
Swan Prep
(Flight)
Shoulder Bridge Prep
Sidekicks
Teaser Prep (One Leg)
Seal
Push Ups