

## PRE-PILATES EXERCISES:

Roll-Down Prep

Breathing

Imprinting

Knee floats

Rib-Cage Arms

Head nods

Upper body Hundred Position

Swan Prep

Flight

## INTRO MAT EXERCISES:

The Hundred

Roll Up

Single Leg Circle

Rolling Like a Ball

Single Leg Stretch

Double Leg Stretch

Spine Stretch Forward

*Knee Sways*

*Swan Prep*

*Flight*

Seal