

Romana's Mat Pilates (Romana on Pilates: The Legacy Edition, 2006)

The Hundred

Roll Up & Roll Over

Single Leg Circles

Rolling Back (Rolling Like A Ball)

Single Leg Stretch

Double Leg Stretch

Single Straight Leg Stretch

Double Straight Leg Stretch

Criss Cross

Spine Stretch

Open Leg Rocker

Swan (get into position up, do neck rolls, then dive)

Single Leg Kick

Double Leg Kick (with one squeeze, not three kicks)

Neck Pull

JackKnife

Spine Twist

High Scissors/Bicycle/Reverse

Shoulder Bridge

Side Lying (heels beats on tummy in between sides): Front/Back, Up/Down, Bicycle

Forward/Reverse, Big Circles

Teaser 1-3 (stay up on 3 to do arms/legs circling in opposing directions)

Hip Circles/Can Can

Boomerang

Leg Pull Front

Leg Pull Back

Kneeling Side Kicks: Front/Back, Bicycle Forward/Back, Circles

Chest Expansion (simulate on knees)

Thigh Stretch

Mermaid (knees stacked, lay all of the way down)

Snake (hands parallel)

Twist (hands offset)

Advanced Twist (starting from Side Bend position, reach for socks)

Crab

Swimming

Rocking

Control Balance

Clock (like double leg stretch switching body to face each hand of the clock and reverse)

Push Ups

Seal