

Joe Pilates' Basic Mat Exercises

Joe added the exercises in **bold** later

The Hundred

Roll Ups x 5

Leg Circles x 5 each direction/each leg

Rolling Like A Ball x 5

Single Leg Stretch x 5 each (this was taught as pulse)

Double Leg Stretch x 5

Single Straight Leg Stretch x 5

Double Straight Leg Stretch x 5

Criss Cross x 5 each side

Spine Stretch