ESSENTIAL PILATES **NAME:**

	EXERCISE DATE:												
1	BREATHING												
2	PELVIC ALIGNMENT & CORE												
3	IMPRINT 5 – 10 REPS												
4	HIP RELEASE 4 REPS												
5	SPINAL ROTATION 2 – 4 REPS												
6	CAT STRETCH 5 – 8 REPS												
7	HIP ROLLS 5 – 8 REPS												
8	SCAPULA ISOLATION 5 – 8 REPS												
9	ARM CIRCLES 4 – 6 REPS												
10	HEAD NODS 5 – 10 REPS												
11	ELEVATION & DEPRES. OF SCAPULA 5 – 8												
12	AB PREP 5 – 10 REPS												
13	BREAST STROKE PREPS 1 2 3 3 - 5 REPS												
14	SHELL STRETCH												
15	HUNDRED 10 SETS												
16	HALF ROLL BACK 5 – 8 REPS												
17	ROLL UP 5 – 8 REPS												
18	ONE LEG CIRCLE 5 REPS												
19	SPINE TWIST 3 – 5 REPS												
20	ROLLING LIKE A BALL 8 – 10 REPS												
21	SINGLE LEG STRETCH 8 – 10 REPS												
22	OBLIQUES 8 – 10 REPS												
23	DOUBLE LEG STRETCH 5 – 10 REPS												
24	SCISSORS 8 – 10 REPS												
25	SHOULDER BRIDGE PREP 3 – 6 REPS												
26	ROLL OVER PREP 6 – 8 REPS												
27	HEEL SQUEEZE PRONE 8 – 10 REPS												
28	ONE LEG KICK PREP 5 – 8 REPS												
29	BREAST STROKE 5 – 8 REPS												
30	SHELL STRETCH												
31	SAW 3 – 5 REPS												
32	NECK PULL PREP 5 – 8 REPS												
33	OBLIQUES ROLL BACK 3 – 5 REPS												
34	SIDE KICK 8 – 10 REPS												
35	SIDE LEG LIFT SERIES 1 2 3 4 5 5 – 10 REPS												
36	SPINE STRETCH FORWARD 3 – 5 REPS												
37	TEASER PREP 3 – 5 REPS												
38	SINGLE LEG EXTENSION 6 – 8 REPS												
39	SWAN DIVE PREP 5 – 8 REPS												
40	SWIMMING PREP 2 – 4 REPS												
41	SHELL STRETCH												
42	LEG PULL FRONT PREP 3 – 6 REPS												
43	SEAL 8 – 10 REPS												
44	SIDE BEND PREP 3 – 5 REPS												
45	PUSH UP PREP 3 – 5 REPS												

	EXERCISE DATE:												