

Mat Blast-30 mins C Curve



Exercise	Instruction	Focus
Standing roll down	Feet in Pilates stance, roll down	Feet connection Straight legs Spine V pelvis
100	Legs long & in Pilates V Pump arms	Legs straight and extended, pressing into floor
One leg stretch	Prep- 1 foot pressing into floor, 1 leg extending Full	C-curve Keep weight into waist band and bum up
Shoulder Bridge	Articulation of the back line Single leg lifts	Ensure hip extension Pull into feet
Double leg stretch	Extend arms & legs, circle arms only to Teaser shape. Hold then pull in	Don't push armpits down Emphasis Teaser arm position

Side Kick series	Up on forearm- Forwards and back Up & down Circles Front of hip release	Really find lift out of supporting arm Keep external rotation
Roll Up	Go as far as can hold control	Imagine balloons under arm pits- do not squat them Go up!
Spine Twist	Legs together in V position Arms extended	Really press back on knees down Reach out rather than back
Swimming	Legs only- fully stretch legs back Full	Really straighten leg
Open leg rocker	Hold as far as can without bending knees Bring legs together	Straight legs
Teaser	Upper body Lower body Both	Focus on leg power Staying in C Curve
Mermaid	Breathe!!!	