LISTA COMPLETA DE PILATES MAT (34 EJERCICIOS BÁSICOS)

http://www.pilates.julianpersonaltrainer.com

1. Hundred  Basic
2. Roll Down – Roll Up  Basic
3. Roll Over  Intermediate
4. Leg Circle  Basic
5. Rolling like a ball  Basic
6. Single leg stretch  Basic
7. Double leg stretch  Basic
   a. Single Straight Leg Stretch  Intermediate
   b. Double Straight Leg Stretch  Advanced
   c. Crisscross  Advanced
8. Spine stretch forward  Basic
9. Open leg rocker (Rocker With Open Legs)  Intermediate
   a. Open leg Balance
10. The Corks crew  Intermediate
11. The saw  Basic
12. The swan - Dive  Intermediate
   a. Neck Roll
13. Single leg kick (The One Leg Kick)  Intermediate
14. Double leg kick (The Double Kick)  Intermediate
15. The Neck Pull  Intermediate
16. The Scissors (Hips Up)  Advanced
17. The Bicycle (Hips Up)  Advanced
18. The Shoulder Bridge  Intermediate
19. Spine Twist  Intermediate
20. The Jack knife  Intermediate
21. The Lateral side kicks (Front/back side kick)  Basic
   a. Side lying leg lifts (Up and Down)  Basic
   b. Small leg circles  Basic
   c. Inner thigh lifts (bottom to top)  Basic
   d. Side Double leg lifts  Intermedio
   e. Ron de jambe  Basic
   f. Side lying Passe  Basic
   g. Hot potato  Basic
   h. Battements  Basic
   i. Inside Leg lifts – Inside leg circles  Basic
   j. The Clam  Basic
   k. Star stretch  Basic
   l. Heel Beats (Leg Beats)  Basic
   m. Flutter Kicks  Basic
n. Bicycle *Basic*

22. Teaser *Intermediate*
   a. Teaser 1
   b. Teaser 2
   c. Teaser 3

23. Hip circles (The Hip Twist With Stretched Arms) *Intermediate*
   a. Can Can

24. Swimming *Intermediate*

25. The Leg pull front (The Leg Pull-Down, Front Support) *Advanced*

26. Leg pull back (Leg Pull-Up, Back Support) *Advanced*

27. The Side Kick Kneeling (Kneeling) *Advanced*

28. Side bend *Advanced*
   a. Side Twist (twist 1, twist 2)
   b. Mermaid

29. Boomerang *Intermediate*

30. The seal *Basic*

31. The crab *Advanced*

32. Rocking *Advanced*

33. Control balance *Advanced*

34. Push up *Intermediate*