

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**