



Basic Pilates: The First 15 Matwork Exercises

Aliesa George

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Designed for the newer Pilates student, this Pilates audio workout focuses on getting strong with the basics. This class is slower paced for the less experienced students to be able to concentrate on finding the right stuff with the first fifteen Pilates Matwork exercises. Gain strength, flexibility and confidence with this Basic Pilates Mat class with Aliesa George and Centerworks®. Basic Pilates: The First Fifteen Matwork Exercises
1. The Hundred 2. The Roll Up 3. One Leg Circle hips stay still 4. Rolling Like a Ball 5. Single Bent Leg Stretch 6. Double Bent Leg Stretch 7. Single Straight Leg Stretch 8. Spine Stretch Forward (Sit on a box or phone book if needed) 9. Saw with spine articulation 10. Neck Pull 11. Side Kick Series a. Lift & Lower b. Little Circles c. Kick Front & Back 12. Teaser (with a partner, feet on a wall or chair 13. The Seal

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