

Classical Pilates Mat

All 34 exercises in Joseph Pilates' order

From Return to Life Through Contrology (1945). Reps: Pilatesology's summary.

1		Hundred Basic 7 Flexion	100	18		Shoulder Bridge	3 sets
2		Roll Up Basic 7 Flexion	3x	19		Spine Twist	3 sets
3		Roll Over Inversion Flexion	5 sets	20		Jackknife Inversion	3x
4		Single Leg Circles Basic 7	5x each	21		Side Kick	3x each
5		Rolling Like a Ball Basic 7 Flexion	6x	22		Teaser Flexion	3x
6		Single Leg Stretch Basic 7	5-12x	23		Hip Twist	3 sets
7		Double Leg Stretch Basic 7	5-12x	24		Swimming	20x
8		Spine Stretch Forward Basic 7 Flexion	3x	25		Leg Pull Front	3 sets
9		Open Leg Rocker Flexion	6x	26		Leg Pull Back	3 sets
10		Corkscrew Inversion	3 sets	27		Kneeling Side Kick	4x each
11		Saw	3 sets	28		Side Bend	3x each
12		Swan Dive	6x	29		Boomerang Inversion Flexion	6x
13		Single Leg Kick	6 sets	30		Seal Flexion	6x
14		Double Leg Kick	5x	31		Crab	6x
15		Neck Pull	3x	32		Rocking	5x
16		Scissors Inversion	6 sets	33		Control Balance Inversion Flexion	6x
17		Bicycle Inversion	5 sets	34		Push Up	3x

Basic 7

Pilatesology's basic beginner order

Inversion

upside-down; skip with neck, shoulder or low-back issues

Flexion

loaded flexion or rolling; ask a PT if you have osteoporosis

Pregnant? Take a prenatal class or get clearance (ACOG). Book order: Pilatesology, Pilates Anytime, Easy/Vigour.