



Mat Exercises for Assessment

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| Hundred _____ | Shoulder Bridge _____ |
| Roll Up _____ | Spine Twist _____ |
| Roll Over _____ | Jack Knife _____ |
| Single Leg Circle _____ | Side Kick Series _____ |
| Rolling Like a Ball _____ | Front/Back _____ |
| Single Leg Pull _____ | Up/Down _____ |
| Double Leg Pull _____ | Small Circles _____ |
| Single Straight Leg Pull _____ | Big Circles _____ |
| Double Straight Leg _____ | Teaser _____ |
| Criss Cross _____ | Hip Circles _____ |
| Spine Stretch Forward _____ | Swimming _____ |
| Open Leg Rocker _____ | Leg Pull Front _____ |
| Corkscrew _____ | Leg Pull Back _____ |
| Saw _____ | Side Kicks Kneeling _____ |
| Swan Dive _____ | Side Bend _____ |
| Single Leg Kick _____ | Boomerang _____ |
| Double Leg Kick _____ | Seal _____ |
| Thigh Stretch _____ | Crab _____ |
| Neck Pull _____ | Rocking _____ |
| High Scissors _____ | Balance Control _____ |
| High Bicycle _____ | Push Ups _____ |

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