



# Mat 1

Use this chart throughout your training weekend to build Programming Sequences.

Pilates is a skill-based training modality. As you build confidence and competence in learning and teaching these physical skills, you begin training strength, endurance, and flexibility. Motor control learning is embedded within pre-Pilates progressive skills, which are practiced in all planes of motion and in varying relationships to gravity. These foundational skills then evolve into the primary Pilates exercises. This progression is what differentiates Pilates training from other forms of movement. Use the grids below to explore and apply skill-building principles in your program design.

pre-Pilates or Pilates Mat Exercise	pre-Pilates or Pilates Mat Exercise	pre-Pilates or Pilates Mat Exercise	pre-Pilates or Pilates Mat Exercise	Mat Exercise
				Hundred
				Single Leg Stretch/ Double Leg Stretch
				Spine Stretch Forward
				Spine Stretch Side
				Saw
				Single Leg Circles
				Single Straight Leg Stretch
				Double Straight Leg Stretch

<b>pre-Pilates or Pilates Mat Exercise</b>	<b>pre-Pilates or Pilates Mat Exercise</b>	<b>pre-Pilates or Pilates Mat Exercise</b>	<b>pre-Pilates or Pilates Mat Exercise</b>	<b>Mat Exercise</b>
				<b>Criss-Cross</b>
				<b>Swan</b>
				<b>Single Leg Kick</b>
				<b>Double Leg Kick</b>
				<b>Swimming</b>
				<b>Side Leg Series/ Banana</b>
				<b>Roll Up</b>
				<b>Rolling Like a Ball</b>
				<b>Open Leg Rocker</b>
				<b>Seal</b>
				<b>Push Up</b>

