



Mat 2

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
				Spine Twist
				Neck Pull
				Teaser
				Hip Circles
				Roll Over
				Jackknife
				Boomerang
				Swan Dive/Swan Rocking/Rocking

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
				Leg Pull Down
				Leg Pull Up
				Kneeling Side Kicks
				Side Bend Mermaid
				Corkscrew
				Scissors/Bicycle
				Shoulder Bridge
				Seated Twist
				Side Bend Twist

