

Mat Combinations Workout

| Exercise Type | Level | Intensity | Equipment |
|---------------|--------------|-----------|-----------|
| Pilates | Intermediate | Medium | None |

Description

Get ready for a super fun workout. We're combining exercises to add variety and challenge. There are Pilates exercises and fitness exercises throughout the workout giving you tons of fun variations.

| Warm-up | Repetitions |
|--|--|
| Standing Warm-up Combination 1 1. Roll Down 2. Breaststroke <i>Then alternate 1 and 2</i> Combination 2 3. Spine Twist 4. Saw <i>Then combine 3 and 4</i> Combination 3 5. Side Bend Stretch 6. Side Lunge <i>Then combine 5 and 6</i> Combination 4 7. Squat 8. Lunges Back <i>Then alternate 7 and 8</i> Combination 5 9. Lunge to Plank Alternating Combination 6 10. Plank - Step Feet Out and In 11. Plank - Step Hands Out and In <i>Then alternate 10 and 11</i> | 3 each |
| Workout | Repetitions |
| Combination 1 Hundreds Start (Arms by sides and feet on floor) Shoulder Bridge Lift <i>Then</i> Hundreds Start with Leg Lift (Hands support head) Shoulder Bridge with Leg Lift (Hands support head) | Alternate for 6 Alternate for 6 |
| Combination 2 Breaststroke (hands under forehead) Heel Squeeze Prone with Leg Extension Combine | 5 5 5 |

| Exercise | Repetitions |
|--|-------------------------------------|
| <p>Combination 3 Hundreds Start with Bend and Stretch Breaststroke Prep with Bend and Stretch <i>Then</i> Hundreds Start with Lower and Lift Breaststroke Prep with Lift and Lower <i>Then</i> Hundreds Start with Leg Circles Breaststroke Prep with Leg Circles</p> | 5 each |
| <p>Combination 4 Roll Up Saw Combine</p> | 3 3 4 alternating |
| <p>Combination 5 Roll Up to Seated Breaststroke</p> | 4 alternating |
| <p>Combination 6 Teaser Roll Over</p> | 4 alternating |
| <p>Combination 7 One Leg Circle Shoulder Bridge Combine</p> | 5 each way 4 each side 2 sets |
| <p>Combination 8 Kneeling Spine Twist Kneeling Squat Combine</p> | 4 each side 4 4 each side |
| <p>Combination 9 Kneeling Squat with Push Kneeling Hinge with Fly Alternate</p> | 5 5 6 |
| <p>Combination 10 Rolling Like a Ball Single Leg Stretch Alternate</p> | 4 4 4 |
| <p>Combination 11 Obliques Scissors Combine <i>Bridge Recovery</i></p> | 6 6 6 |

| Workout Continued | Repetitions |
|--|-------------------------------------|
| Combination 12 Double Leg Stretch Reverse Crunch Alternate | 5 5 6 |
| Combination 13 Breaststroke Bend and Stretch Legs Combine | 5 5 5 |
| Combination 14 Open Leg Rocker Teaser Balance Circles Alternate | 5 3 3 |
| Combination 15 Side Lying Leg Lift Bend and Stretch Circles Pulses Side Kick (bend bottom leg) <i>Repeat on other side</i> | 5 each |
| Combination 16 Side Kneeling Leg Lift Bend and Stretch Circles Pulses Side Kick (bend bottom leg) <i>Repeat on other side</i> | 5 each |
| Combination 17 Double Leg Kick - Legs Only Add Upper Body Extension (Hands under forehead) | 5 each |
| Combination 18 Shell Stretch Swan Dive Rock and Catch <i>Alternate</i> | 6 alternating |
| Combination 19 Swimming Arms (kneeling Squat) Swimming Legs (Prone, hands under forehead) | Alternating 4 sets |
| Kneeling Plank to Full Plank | 5 |
| Combination 20 Leg Pull Front Plank to Pike Combine | 4 alternating 4 4 alternating |

| Workout Continued | Repetitions |
|--|--------------------------------|
| Combination 21 Reverse Plank Lifts Spine Stretch Forward Alternate | 5 5 6 |
| Combination 22 Plank to Crouch with Straight Back Knee Touches Alternate | 5 6 3 sets |
| Combination 23 Plank to Side Squat Add Side Bend on each side | 4 alternating 4 alternating |
| Cool Down 1. Spine Stretch Forward 2. Extension 3. Side Bend Stretch 4. Assisted Rotation | 4 each |

Programming Tips

Please be sure that you or your clients and classes are ready for all of these exercises. Proper assessment and progressions must be completed with each participant in order to assure a safe and effective workout.

Quick Reference Photos

Warm-up

Combination 1



Roll Down

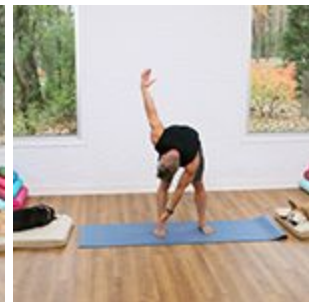


Breaststroke

Combination 2



Spine Twist



Saw

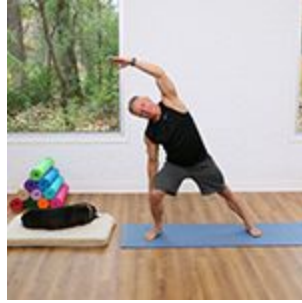
Combination 3



Side Bend Stretch



Side Lunge



Combine

Combination 4



Squat



Lunge



Lunge Back to Plank

Combination 5

Combination 6



Step Feet Out and In



Step Hands Out and In

Work Out

Combination 1



Hundreds Start



Shoulder Bridge Lift



Hundreds with Leg Lift



Bridge with Leg Lift

Combination 2



Breaststroke Prep



Heel Squeeze and Lift



Combine

Combination 3



Hundreds Start & Breaststroke Prep Bend and Stretch



Hundreds Start & Breaststroke Prep Lift and Lower



Hundreds Start & Breaststroke Prep Leg Circles



Combination 4



Roll Up to....



Saw



Roll Up to...

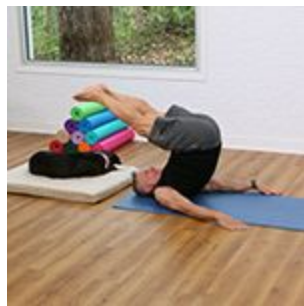


Seated Breaststroke

Combination 6



Teaser to...



Roll Over

Combination 7



One Leg Circle



Shoulder Bridge



Combine

Combination 8



Kneeling Spine Twist



Kneeling Squat



Combine

Combination 9



Kneeling Squat with Push



Hinge with Fly

Combination 10



Rolling Like a Ball



Single Leg Stretch

Combination 11



Obliques



Scissors



Combine



Bridge Recovery

Combination 12



Double Leg Stretch



Reverse Crunch

Combination 13



Breaststroke



Bend and Stretch Legs



Combine

Combination 14



Open Leg Rocker



Teaser Balance Leg Circles

Combination 15



Side Lying Leg Lift



Bend and Stretch



Circles



Pulses



Side Kick

Combination 16



Kneeling Lower and Lift



Bend and Stretch



Circles



Pulses



Side Kick

Combination 17



Double Leg Kick - Legs Only



Add Upper Body Extension

Combination 18



Shell to...



Swan Dive Rock and Catch

Combination 19



Swimming Arms Kneeling Squat



Swimming Legs Prone



Kneeling Plank to Full Plank

Combination 20



Leg Pull Front

Pike

Combine

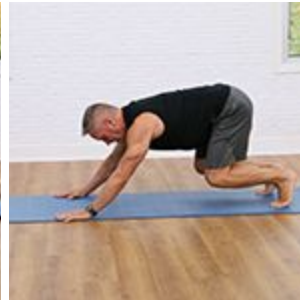
Combination 21



Reverse Plank Lifts



Spine Stretch Forward



Plank to Tuck with Straight Back



Knee Taps

Combinations 22

Combination 23



Plank to Side Squat



Side Bend

Cool Down



Spine Stretch Forward



Extension



Seated Side Bend



Assisted Rotation