

## LOLITA SAN MIGUEL'S PILATES WORKSHOP

### History of Pilates from 1958 – 2016

Mat is the foundation of the Pilates Method. It is on the Mat technique that the rest of the apparatus work is based. It can be used to address all our needs for relaxation, strengthening, flexibility, toning, etc. It can be adapted to meet all our circumstances at any age and for every level. Mat is for all of those who enjoy movement essential to life at every stage of our lives.

Whether in the comfort of the studio, your home, or even a hotel room, your Mat work will serve you splendidly as you adapt it to your circumstances.

Lolita's Mat workout includes Pre – Pilates, the original exercises, contemporary moves, and Post – Pilates cool – down.

#### **Pre Pilates Mat Warm-up**

1. Breathing—maximizing capacity
2. Stretching and activating flexion, rotation, extension and lateral flexion
3. Stretching over legs with flexion and thoracic extension
4. Ankles and feet
  - a) Ankle circles
  - b) Plantar flexion and dorsi flexion
  - c) Four sections of feet
  - d) Toe isolations
  - e) Arch contractions
5. Spine articulation into reclining
6. Hugging knees, knees side to side, circles
7. Isometric contractions (Dr. Kegel's pelvic floor exercise)
8. Knee Folds: Dead Bug—Femur arcs, obliques & Femur circles
9. Arm Lifts – arms straight, behind head, thoracic curl, protraction, retraction, elevation, depression, circles
10. Pelvic Clock
11. Bridging, adding arm lifts, pelvic shifts
12. Internal & External Hip Rotation
13. Développés—single leg and double leg (parallel)
14. Bicycle – forward and reverse
15. Side Lying Spine Rotation - Bent Elbows, Book Covers, Feldenkreis Rotation
16. Femur lifts, bent leg Clam, Femur Side Kicks
17. Prone- Arrow, Thoracic extension, Arms & Legs lifts, add head, Superman, Inverted 100, Baby Swan
18. Quadruped-Pregnant Cat, Angry Cat, Horse, Look for Tail
19. Same as # 15, but other side sequence add #16 propped on elbow
20. Piriformis Stretch
21. Abdominal Series – Chest Lifts, Baby Criss – Cross, Obliques
22. Zen Rocker

#### **Post Pilates Cool Down**

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23. Head and shoulders, arms, wrists, posture check, Roll Down, Elephant, Roll-Up, head circles, Pliés & Rélevés
24. Wall exercises--Presses, pliés both legs and single leg, side bends, Roll Down, Roll Up, Flat Back Stretch and Achilles Stretch, Lateral Flexion Titanic, Shoulder Stretch

*\* Not advised for persons with back or knee issues*

**UPDATED May 9, 2016**