

LOLITA SAN MIGUEL'S PILATES WORKSHOP
Historic and Contemporary Mat

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. Posture Assessment
2. Breathing—maximizing capacity
3. Stretching and activating flexion, rotation, extension and lateral flexion
4. Stretching over legs with flexion and thoracic extension
5. Ankles and feet
 - a. Ankle circles
 - b. Plantar flexion and dorsi flexion
 - c. Four sections of feet
 - d. Toe isolations
 - e. Arch contractions
6. Spine articulation into reclining
7. Hugging knees, knees side to side, circles
8. Isometric contractions (Dr. Kegel's pelvic floor exercise)
9. Dead Bug—Femur arcs, obliques & femur circles
10. Arm Lifts – Arms Straight, Behind Head, Thoracic Curl, Protraction/Retraction, Elevation/Depression, Circles
11. Pelvic clock
12. Bridging, adding arm lifts, pelvic shifts
13. Internal & External hip rotation
14. Développés—single leg and double leg (parallel)
15. Bicycle
16. Piriformis Stretch
17. Side Lying spine rotation, bent elbows, Book Covers, Feldenkreis rotation
18. Femur lifts, bent leg Clam, Femur Side Kicks

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19. Prone—Thoracic extension, arm & leg raises, The Arrow, Inverted 100, Baby Swan, Rest Pose
20. Quadruped-Pregnant Cat, Angry Cat, Horse, Look for Tail
21. Same as #17, but other side sequence and add #18 propped on elbow
22. Zen Rocker

Pilates Mat Exercises

23. The Hundred
24. Single Leg Circles
25. Single Leg Stretch
26. Criss-Cross
27. Double Leg Stretch
28. Rocker up
29. Spine Stretches—add protraction and retraction, elevate and depress shoulders
30. Spine Twist
31. The Saw
32. Rolling like a ball
33. Side Lying Series (a)—Raises, side kick, circles, Passé side, Développés, Hot Potato, Inner Thigh Lift
34. Single Leg Kick
35. Double Leg Kick—Superman
36. Swimming, Rest Pose
37. Thigh Stretch, Chest Expansion
38. Roll-Ups
39. Roll-Overs
40. Teaser series
41. Mermaid
42. Plank
43. Push ups

Post Pilates

44. Head moves
45. Shoulder, elbow and wrist circles
46. Spine movements

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47. Roll Down, Elephant, Roll-Up
48. Pliés & Rélevés
49. Head Circles
50. Perfect Posture

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