



# Den Danske Pilateskole

## MATWORK ØVELSERNE:

Hundred  
Roll up  
Roll over  
One leg circle  
Rolling like a ball  
Single leg pull  
Double leg pull  
Single straight pull  
Double straight leg pull  
Criss cross  
Spine stretch forward  
Open leg rocker  
Corkscrew  
Saw  
Swan drive  
Single leg kick  
Double leg kick  
Thigh stretch  
Neck pull  
High scissor/High bicycle  
Shoulder bridge  
Spine twist  
Jack knife  
  
Teaser  
Hip circles  
Swimming  
Leg pull front  
Leg pull back  
Side kick series kneeling  
Side bend  
Boomerang  
Seal  
Crab  
Rocking  
Balance control  
Push ups