



LIMHAMN PILATES

HOME TRAINING MATWORK

BASIC ORDER

Listen to your body and give it what it needs on the day
Only do what feels good
Breathe well

BASIC MATWORK ORDER

The hundred	100 Pumps
Roll up	3-5x
Single Leg Circles	5x5
Rolling Like a Ball	5-10
Single Leg Stretch	5-10 sets
Double Leg Stretch	5-10 sets
Spine Stretch Forward	3-5



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INTERMEDIATE ORDER

Listen to your body and give it what it needs on the day
 Only do what feels good
 Breathe well

INTERMEDIATE MATWORK ORDER

The hundred	100 Pumps
Roll up	3-5x
Single Leg Circles	5x5
Rolling Like a Ball	5-10
Single Leg Stretch	5-10 sets
Double Leg Stretch	5-10 sets
Scissors	3-5
Lower and lift	3-5
Criss Cross	3-5 sets
Spine Stretch Forward	3-5
Open Rocker	3-5
Corkscrew	3-5 sets
Single Leg Stretch	3-5 sets
Double Leg Stretch	3-5 sets
Thigh Stretch	3-5 sets
Side Kick Series	3-5 of each
Back Front	
Up Down	
Small Circles	
Teaser	3-5
Seal	3-5
Push Ups	1-3 +