## MICHAEL MILLER PILATES makes sense

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	SPINE CO	RRECTOR EXERCISES
BASIC	INTERMEDIATE	ADVANCED
The reach	The reach	The reach
Breathing with bar	Breathing with bar	Breathing with bar
Arm Circle Series	Arm Circle Series	Arm Circle Series
Affil Circle Series	Mermaid	Mermaid
	Side Sit Up	Side Sit Up
	Side Arm Series	Side Arm Series
	Side Aim Series	Side Leg Extension
		Side Leg Swing
Over Head Legs	Over Head Legs	Over Head Legs
Walking	Walking	Walking
Small Circles	Small Circles	Small Circles
Beats	Beats	Beats
SpokesArcs SpokesArcs	Arcs	Arcs
Large Circles	Large Circles	Large Circles
Scissors	Scissors	Scissors
	Fish with Arm	Fish with Arm
Shoulder Bridge	Shoulder Bridge	Shoulder Bridge
Dips	Figure 8's	Heliocopters
Splits	Splits	Splits
Bicycle	Bicycle	Bicycle
•	Low Bridge	Low Bridge
	<u> </u>	High Bridge
Rolling In/Out	Rolling In/Out	Rolling In/Out
Corkscrew	Corkscrew	Corkscrew
Neck Stretch	Jackknife	Control Balance
		Dismount/Balance
	Teaser Series	Teaser Series
	I, II	I, II, III
		Hip Circles
		Can Can (up open, toes,
		knees) teaser II position
	Swan 10 (classical arm pattern)	Swan
	Swan Dive (Rocking) (little finger reach to lift and look up)	Swan Dive
	Grasshopper	Grasshopper
	Swimming	Swimming
Hanging (forward stretch)	Hanging (sit in well with legs over hump.	Hanging
Coccyx Curl (legs off)	Coccyx Curl	Coccyx Curl
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Rest

Rest

Rest