

Michael Miller Pilates

Mat Themes

What characteristic defines the groups?

So which grouping isn't as "consistent" as the others?



One Leg Circle
Corkscrew
Hip Circles

Side Kick
Side Kick Kneeling
Mermaid
Side Bend

Footwork
Hundreds
Roll-Up
Roll-Over
Double Leg Stretch
Double Leg Lower/Lift
Spine Stretch
Jackknife
Teaser
Boomerang
Push-Ups:
One Leg/On Toes

Rolling Like a Ball
Open Leg Rocker
Seal
Crab
Rocking

Elbow to Knee/
Crisscross
Saw
Spine Twist
Twist I
Twist II: Arm Out/Arm
In

One Leg Stretch
Scissors
Scissors hips up
Leg pull Front
Control Balance

Swan
One Leg Kick
Double Leg Kick
Neck Pull
Scissors Hips Up
Bicycle Hips Up
Shoulder Bridge
Swimming
Leg pull
Rocking