

Michael Miller Pilates

The Mat Idea Exposed

| Position | Connection | Movement Pattern | Full Mat |
|--------------|-------------------|------------------|------------------------------|
| Supine | Closed Connection | Flexion | Footwork |
| | | Flexion | Hundreds |
| | | Flexion | Roll-Up |
| | | Flexion | Roll-Over |
| | Closed Connection | Flexion | Tree |
| | | Rotation | One Leg Circle |
| | Closed Connection | Flexion | Rolling Like a Ball |
| | | Flexion | One Leg Stretch |
| | | Flexion | Double Leg Stretch |
| | | Flexion | Scissors |
| | | Flexion | Double Leg Lower/Lift |
| | Ends in Rotation | Rotation | Elbow to Knee |
| Seated | | Flexion | Spine Stretch |
| | Closed Connection | Flexion | Open Leg Rocker |
| | | Rotation | Corkscrew |
| | Ends in Rotation | Rotation | Saw |
| Prone | | Extension | Swan Dive |
| | | Extension | One Leg Kick |
| Extension | | Double Leg Kick | |
| | | Extension | Neck Pull |
| | | Extension | Scissors |
| Bridging | | Extension | Bicycle |
| | | Extension | Shoulder Bridge |
| | Ends in Rotation | Rotation | Spine Twist |
| | | Flexion | Jackknife |
| Side Bending | | Side Kick | |
| Flexion | | Teaser | |
| Flexion | | Hip Circle | |
| Extension | | Swimming | |
| Bridging | | Flexion | Leg Pull Front |
| | | Extension | Leg Pull |
| | | Side Bending | Side Kick Kneeling |
| | | Side Bending | Mermaid |
| | | Side Bending | Side Bend |
| | | Rotation | Twist I |
| Bridging | Ends in Rotation | Rotation | Twist II: Arm Out/Arm In |
| | | Flexion | Boomerang |
| | Closed Connection | Flexion | Seal |
| | Closed Connection | Flexion | Crab |
| | Closed Connection | Extension | Rocking |
| | Closed Connection | Flexion | Control Balance |
| Bridging | | Flexion | Push-Ups: One Leg/On Toes |