

CARRIE PAGÈS

..... *Pilates*

Sample First Session

Tower/Caddy

Roll Back

Mat (do it on the Tower/Caddy)

Breathing

Pelvic Tilts

Define Neutral Spine

100 Beats

Tower/Caddy

Leg Springs

Triceps Presses

Mat (do it on the Tower/Caddy)

Single leg stretch

Double leg stretch

Criss Cross

Swan

Reformer

Footwork

Long Box

 Pulling Straps (no straps)

 Pulling Straps (with straps)

 T (no straps)

 T (with straps)

Short Box

 Curl

 Flat

 Side to side

 Twist without curl

 Twist and Curl

 Climb a tree (intro only)

Running

Bottom Lift

Finish with a standing stretch