**Pilates class for National Development Day**

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| **Standing** | Pilates 5 Key Elements |
|  | Toy Solider (arm reaches) with sustained heel rise |
|  | Upper back stretch |
|  | Foot Series with holds and pulses |
|  | Squat holds |
|  | Squat with leg slides |
|  | Squat with w/t and leg lift hold |
|  | Arabesque with knee bend |
|  | Roll down to push up with x 4 push up |
| **4-point** | Swimming L4 (superman) |
|  | LPP Prep with arm lift |
|  | LPP Prep L2/ LPP (plank) |
|  | Thread needle in plank |
| **High Sitting** | Side Bend L2 (side plank) |
|  | Mermaid (upper back stretch) |
| **Side Lying** | Side Kick L3 |
| **Both Sides** | Leg lift and lower |
|  | Leg circles |
|  | Leg lifts central, front/back |
| **Supine** | Hip twist L4 |
|  | Scissors L3 |
|  | One leg stretch L4 |
|  | Double leg stretch L4 |
|  | Hundreds L4/5 |
|  | Bridge L2 |
|  | Bridge 1 with arm lifts for TX mobility |
|  | Teaser L1 |
|  | Teaser L2 |
|  | Roll back with oblique |
|  | V sit |
|  | V sit with oblique |
| **Stretch** | Hamstring, Lx/Tx mobility |
| **Relaxation** | Breathing |