

Breathe Education

Exercise Manual – Pilates Certification

Unit 1

Mat Supine 1



Mat Supine 1 Cluster Plan

Category	Start position		Basic movement	Repetitions
Knees to chest	Lie on back Knees bent Feet flat Arms by your side	Layer 1	Pull knees to chest Face to knees	20 seconds
One Leg Stretch	Chin to chest Pull one knee to chest Float other leg	Layer 1	Switch legs	10 each side
Double Leg Stretch	Chin to chest Pull both knees to chest (tuck)	Layer 1	Stretch both legs long, press arms by sides Return to the tuck	10 (OK to return/stay at One Leg Stretch)
		Layer 2	option to take arms long overhead as legs extend Return to the tuck	10 (OK to return/stay at One Leg Stretch)
Shoulder Bridge	Lie on your back Knees bent Feet flat	Layer 1	Hips up Hips down	10
Criss Cross	Lie on back Hands behind head, chin to chest Float both legs	Layer 1	Keep the elbows wide Elbow to opposite knee Switch	10 each side OK to return to Single Leg Stretch
Single Leg Tuck Up	Lie on back Arms overhead Legs long	Layer 1	Roll up and grab one bent leg to chest other leg stays down switch and repeat	5 each side OK to return to Single Leg Stretch
One Leg Circle	Lie on back One leg vertical Other leg long on mat Arms wide to a T	Layer 1	Leg crosses body Circle down around and back Change direction Shoulders pinned to mat	5 each direction on each side (total 20 movements)



Knees to chest

Start position

- Lie on back
- Legs long
- Arms by your side

Basic movement

- Pull knees to chest
- Face to knees and hold





One Leg Stretch

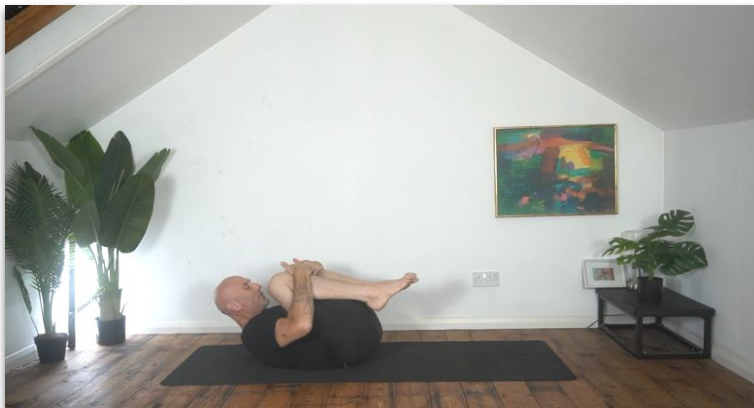
Start position

- Chin to chest
- Pull one knee to chest
- Float other leg

Basic movement

- Switch legs





Double Leg Stretch

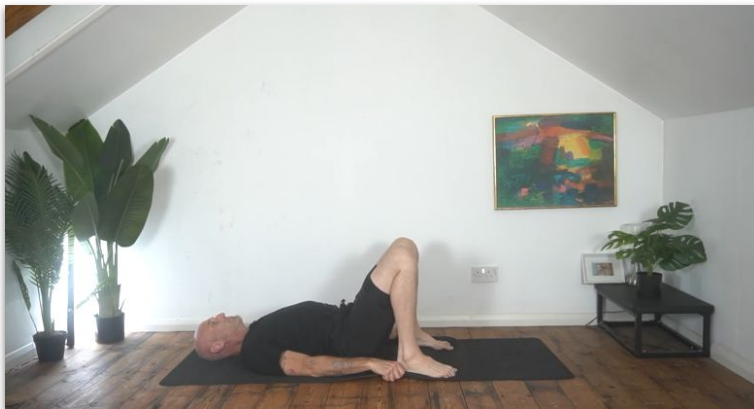
Start position

- Chin to chest
- Pull both knees to chest (tuck)

Basic movement

- Stretch both legs long, press arms by sides/extend arms overhead
- Return to the tuck





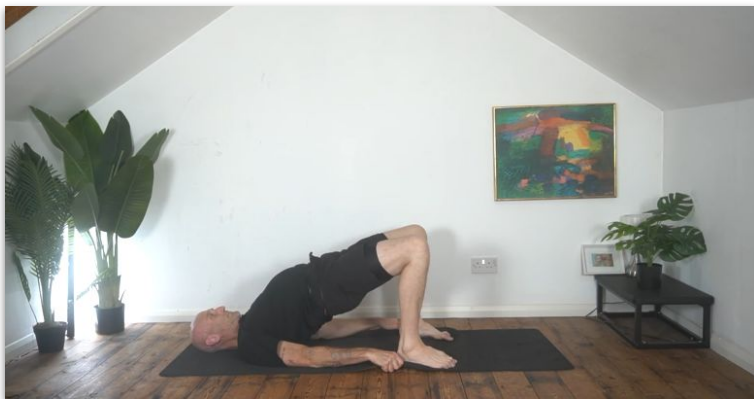
Shoulder Bridge

Start position

- Lie on your back
- Knees bent
- Feet flat

Basic movement

- Hips up
- Hips down

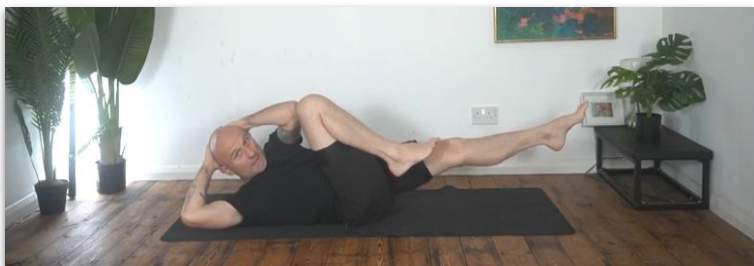




Criss Cross

Start position

- Lie on back
- Hands behind head, chin to chest
- Both knees to chest (tuck)



Basic movement

- Keep the elbows wide
- Elbow to opposite knee
- Switch





Single Leg Tuck Up

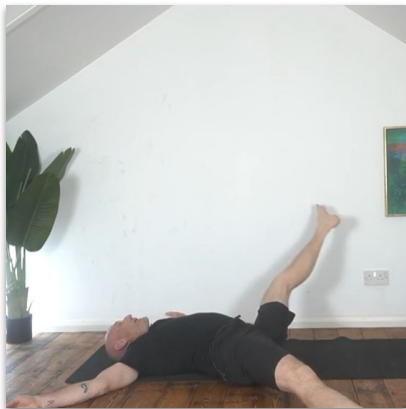
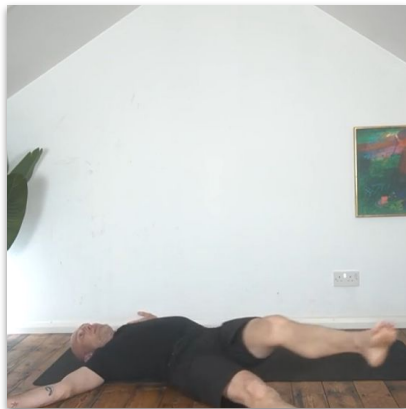
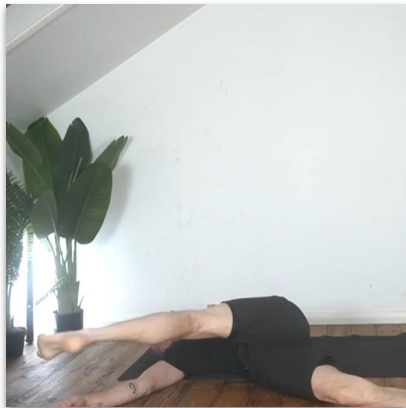
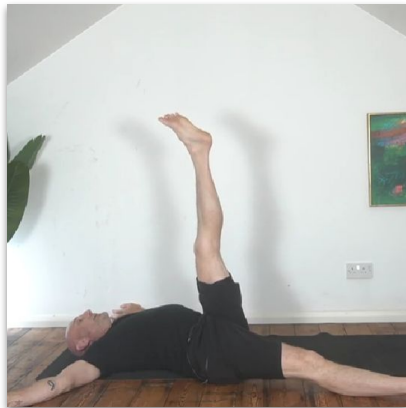
Start position

- Lie on back
- Arms overhead
- Legs long

Basic movement

- Roll up and grab one bent leg to chest
- Other leg stays down
- Switch and repeat





One Leg Circle

Start position

- Lie on back
- One leg vertical
- Other leg long on mat
- Arms wide to a T

Basic movement

- Leg crosses body
- Circle down around and back
- Change direction
- Shoulders pinned to mat