

ReSistance is NOT Futile!! Pilates Matwork w/ Stretchy Band: @ copyright Get ReFormed Pilates (02/2021)

1) Footwork:

- a) Toes on Band-Pilates "V" 10 presses Out/In / Head UP
- b) Arches on Band-Legs Together & arms on outside...10 presses/Head down
- c) Heels on Band -Legs Together...10 presses/Head UP
- d) Achilles Tendon Stretch...5xs Tendon stretch/Legs to Ceiling

2) The Hundred:

- a) Lower Legs to 45 degree or higher
- b) Breathing/Pumping: 100 Beats w/ Arms in a "V" w/stretchy band; Head Up

3) The Roll -Up:(lower legs to floor – feet flexed)

- a) Pull band to nose to Roll-Up
- b) Open arms to side to stretch over knees
- c) Pull band back to nose to Resist and Roll down
- d) REPEAT 5xs

4) One Leg Circles:

- a) R. Leg in Band; L. Leg straight on floor; arms bent & elbows anchored on mat
- b) Do 5 Leg Circles Inside & 5 Leg Circles Outside
- c) Stretch: "Open Door "& "Cross-Over Stretch"
- d) Repeat on Left Leg

5) Rolling Like a Ball:

- a) Double up stretchy Band & wrap around ankles
- b) Roll like a Ball for 5xs. Keeping feet close to seat

6) Abdominal 5 Series:

- a) Single Leg Stretch: Arms w/ Band overhead, stretch sideways (20 xs)
- b) Double Leg Stretch- (Jump Rope) (5xs)
- c) Single Leg Straight Scissors: Tap/Tap Band (5xs each leg)
- d) Double Leg Lower-Lift: Band behind head (5xs)
- e) Criss-Cross: Band behind head (20xs)

7) Spine Stretch Forward:

- a) Place Band behind upper back-hold with elbows close to ribs
- b) Stretch Spine Forward and Band is extended; pressing into upper back

8) Saw

- a) Keep Band behind back
- b) Twist for Saw and Reach with Band to Diagonal