

Matwork

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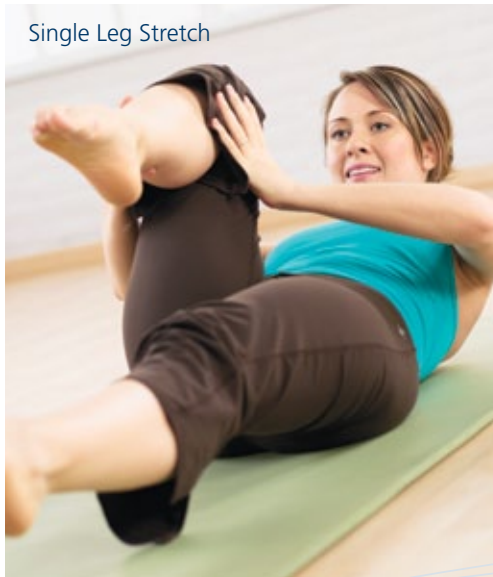
As for all Pilates exercise, the STOTT PILATES® Matwork provides a complete full-body workout. Exercises are performed in a variety of positions to strengthen back, shoulders and arms, legs and the all-important core. No additional equipment is required to realize the benefits of working out against gravity and body weight alone. Even an experienced exerciser can bring their fitness level to new heights with this series of simple yet highly effective moves

EXERCISES CAN BE PERFORMED
ON ANY STOTT PILATES MAT.
FOR FULL COLLECTION VISIT
WWW.MERRITHEW.COM/MATS/

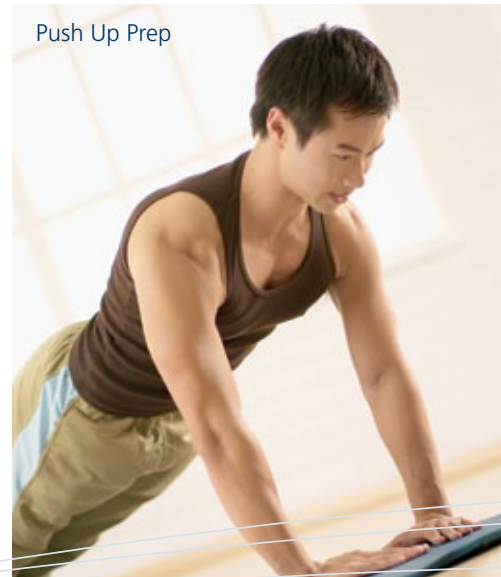
Swimming Prep



Single Leg Stretch



Push Up Prep



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SWIMMING PREP *Complete 5 repetitions on each side*

STARTING POSITION on hands and knees, pelvis and spine neutral, knees hip distance apart, hands under shoulders

INHALE to prepare

EXHALE extend hip to reach one leg back

INHALE lower leg to mat



SPINE TWIST *Complete 3-5 repetitions on each side, alternating*

STARTING POSITION Seated on mat with legs crossed, arms bent with forearms crossed at shoulder height, pelvis and spine neutral

INHALE to prepare

EXHALE rotate spine to one side for 3 counts, releasing slightly on each count

INHALE return to center

SIDE LYING ROTATION *Complete 3 repetitions on each side*



STARTING POSITION Side lying, pelvis and spine neutral, knees and hips flexed, head resting on bottom arm, top arm bent in front of torso

INHALE lift top arm up toward ceiling

EXHALE rotate torso to one side INHALE stay
EXHALE rotate torso back to starting position



SINGLE LEG STRETCH *Complete 8-10 repetitions on each leg*

STARTING POSITION Lying on back on mat, imprinted position, upper torso flexed; legs in tabletop position (knees bent in air), hands resting outside of knees; **INHALE** to prepare **EXHALE** keep upper torso lifted and reach one leg out on diagonal, moving outside hand to ankle, inside hand to knee of bent leg **INHALE** begin to switch legs and hands **EXHALE** extend other leg out on a diagonal, changing hands to flexed leg



OBLIQUES ROLL BACK

Complete 3-5 repetitions on each side, alternating

STARTING POSITION Seated on mat, spine and pelvis neutral, knees flexed hip distance apart, arms reaching forward **INHALE** to prepare **EXHALE** flex lower spine to roll back and rotate torso to one side, reaching that arm back **INHALE** return to front reaching arm forward

AB PREP

Complete 5-10 repetitions



STARTING POSITION lying on back on mat, neutral pelvis and spine, legs bent feet hip distance apart, arms long by sides **INHALE** prepare and nod head slightly



EXHALE flex upper torso off mat without pressing lower back into mat **INHALE** stay



EXHALE lower torso to mat



ROLLING LIKE A BALL *Complete 8 repetitions*

STARTING POSITION Seated on mat, just back of sit-bones, spine rounded, knees flexed with feet off the mat, hands resting against outside of knees
INHALE increase curve in lower spine and roll back onto shoulders
EXHALE roll forward to balance in starting position



SIDE BEND PREP

Complete 3-5 repetitions on each side

STARTING POSITION seated on one hip, facing side, pelvis and spine neutral, both knees flexed together, bottom hand on mat

INHALE to prepare

EXHALE lift bottom hip off mat, side bending torso and reach top arm overhead

INHALE lower hip to mat and return to starting position

BREAST STROKE PREP *Complete 3-5 repetitions on each side*



STARTING POSITION lying on stomach on mat, pelvis and spine neutral, legs together or slightly apart, arms bent, hands by shoulders **INHALE** prepare



EXHALE lengthen and lift upper torso and head off mat
INHALE stay



EXHALE lengthen upper torso down to mat

HIP ROLLS

Complete 3-5 repetitions



STARTING POSITION lying on back on mat, neutral pelvis and spine, knees bent hip-distance apart, arms long by sides

INHALE to prepare



EXHALE roll spine off mat from tail to upper torso

INHALE stay



EXHALE roll back onto mat from upper torso to tail



SCISSORS

Complete 5-8 repetitions on each leg

STARTING POSITION lying on back on mat, imprinted position, upper torso flexed, legs long reaching up to ceiling, hands reaching toward legs

INHALE to prepare

EXHALE scissor legs, reaching one leg toward torso with hands behind thigh, other leg away

INHALE switch legs

EXHALE scissor other leg toward torso, opposite leg away



SWAN DIVE PREP

Complete 5-8 repetitions

STARTING POSITION lying on stomach on mat, pelvis and spine neutral, legs turned out and shoulder distance apart, hands by shoulders INHALE prepare EXHALE lift torso and hips off the mat INHALE stay EXHALE lengthen down to mat

MERMAID Complete 3-5 repetitions on each side

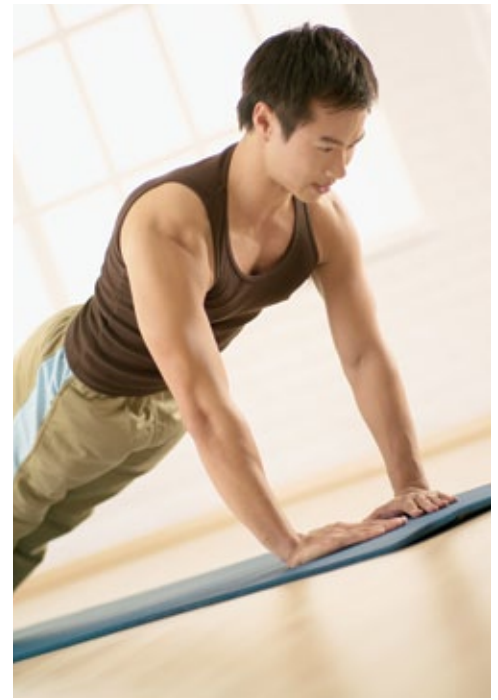
STARTING POSITION Seated on mat, legs in mermaid position (legs bent to one side, front foot against back knee), pelvis and spine neutral, arms down by sides

INHALE reach outside arm overhead

EXHALE side bend torso, bending other arm

INHALE lengthen torso toward vertical, reaching arm overhead

EXHALE lower arm by side



PUSH UP Complete 5-8 repetitions

STARTING POSITION Plank position, legs straight and together toes tucked under hands under shoulders, pelvis and spine neutral, one line from feet to head

INHALE flex elbows for 3 counts

EXHALE extend elbows to push up

MODIFICATIONS can be done with knees on mat

CAT STRETCH Complete 3-5 repetitions



STARTING POSITION on hands and knees, hands under shoulders, knees under hips, pelvis and spine neutral, knees hip distance apart INHALE prepare



EXHALE curve the whole spine from tail to head
INHALE stay



EXHALE lengthen spine to neutral from tail to head

Warranty, Care & Usage for Mats

All STOTT PILATES® mats are designed to facilitate every exercise in the full Matwork repertoire. The Professional Raised Mats are ideal for a studio or home gym setting and feature a durable padded vinyl surface. Deluxe Pilates Mats offer club-quality with closed-cell foam construction that provides comfort and withstands repeated use while Pilates Express Mats are 3/8" thick and made of closed cell foam to provide supreme comfort in a variety of colors. Integrated Velcro straps make them easy to store. Eco-friendly mats are made from 100% recyclable and decomposable TPE (Thermal Plastic Elastomer) foam, and Pilates and Yoga Mats are designed using durable PVC construction and are adorned with a selection of inspiring themes and phrases.

WARRANTY

This product is sold without any warranties or guarantees of any kind. The manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CARE & CLEANING

If necessary, clean your the mat with a combination of tea tree oil* and water. A mixture of mild soap and water can be used to remove more persistent dirt. Ensure cleaner used does not make surfaces slippery. Do not use corrosive cleaning products on the mats.

*Tea tree oil is a natural disinfectant available at most pharmacies or health food stores; mix according to directions on package.

SAFETY & USAGE

Improper use of exercise equipment may cause serious injury. To reduce risk, please read the following information carefully.

- Before starting any exercise program, consult a physician.
- Stop exercising if you experience chest pain, feel faint, have difficulty breathing, or experience muscular or skeletal discomfort.
- Do not allow children to use or be around equipment without adult supervision.
- Perform exercises in a slow and controlled manner, avoid excessive tension in neck and shoulders.

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