
Mat

The Hundred
Roll up
Roll over
Single leg circle
Roll like a ball
Single leg pull
Double leg pull
Single straight leg pull (Scissors)
Double straight leg pull (Lower lift)
Criss cross
Spine stretch forward
Open leg rocker/Closed leg rocker
Corkscrew
Saw
Swan/Dive
Single leg kick
Double leg kick
Thigh stretch
Neck pull
High scissors
High bicycle
Shoulder bridge
Full bridge
Spine twist
Jackknife
Side kick series
- Front/Back
- Up/Down
- Small/Big Circles
Teaser Series
Hip Circles
Swimming
Leg pull front
Leg pull back

Kneeling side kick series
- Front/Back
- Bicycle
- Circles
Side bend
Boomerang
Seal
Crab
Rocking
Control balance
Push up series
- Two Legs
- Single Leg
- Claps
- Rocking on the head

Reformer

Footwork

The Hundred

Overhead

Coordination

Rowing Series

- Into the chest
- 90 degrees
- From the chest
- From the hip
- Shave
- Hugs

Long Box 1

- Swan
- Pull Straps
- T Straps
- Backstroke
- Teaser
- Breaststroke
- Hamstring curls
- Horseback
- Reverse Horseback

Long Stretch

Down Stretch

Up Stretch/Combo

Elephant/1 Leg

Long Back Stretch

Stomach Massage

- Round
- Arms Back
- Reach
- Twist

Tendon Stretch

- Front
 - Side
 - Back
 - Side Back
 - Back Side
- Short Box Series
- Round
 - Tall
 - Side to Side
 - Twist & Reach/Around the World
 - Tree

Short Spine Massage/High Frogs

Semi Circle

Headstand Front

Headstand Back

Headstand with Straps

>>> Side Arm Series

Chest Expansion

Thigh Stretch

Backbend

Arm Circles

Snake/Twist

Corkscrew

Tick Tock

Balance Control Off

Long Box 2

- Grasshopper
- Rocking
- Swimming

Long Spine Massage

Frogs and Circles

Mermaid

High Bridge

Knee Stretches

Running

Pelvic Lift

Control Push Up Front

Control Push Up Back

Star

Side Splits

Front Splits

Russian Splits

Big Splits

Russian Squats

Cadillac/Wall Unit

Roll Back Bar exercises

- Roll Back/One Arm
- Chest Expansion
- Thigh Stretch
- Rolling in and out
- Rolling Stomach Massage
- Long Back Stretch
- Breathing
- Short Box Series
 - Round
 - Reach
 - Side to Side
 - Twist/& Reach
- Side Curl/Mermaid

Push Through Bar exercises

- Push Thru
- Reverse Push Thru
- Swan
- Shoulder Roll Down
- Reverse Monkey
- Press Down Side
- Teaser
- Tower
- Monkey
- Standing Push Thru
- Chin Press/Neck Stretch
- Chin Squat
- Seated Pull Downs Front/Side/Single Arm
- Seated Push Ups Front/Side/Single Arm

Arm spring Series

- Press Down
- Circles
- Side/Snow Angel
- Tricep

Single Leg Spring Series

- Press Out
- Press Out/Lower Lift

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- Circles

Side Leg Spring Series

- Front/Back
- Up/Down
- Small Circles
- Big Circles
- Bicycle

Leg Spring Series

- Circles
- Small Circles
- Walking
- Beats
- Bicycle
- Big Frog

Leg Springs in the air

- Circles
- Walking
- Beats
- Bicycle

Airplane

Leg Springs standing

- Back
- Side
- Cross Over

Standing Roll Down Bar exercises

- Squats
- Chest Expansion
- Shaving
- Side Arm
- Zip Up
- Curl
- Lunges
- Rolling in and out

Arm springs standing

- Squats
- Boxing
- Shaving
- Hugs
- Butterfly
- Side Arm
- Fencing
- Lunges
- Rowing Out
- Rowing In
- Chest Expansion
- Reverse Chest Expansion

Pull Ups

- Facing Out
- Facing In
- Twist

Flying Eagle

Spread Eagle

Half Hanging

Full Hanging

Leg Stretches

Supine Arm Springs w Trapeze and Arc

Standard Master Exercise Lists

Wunda Chair

Footwork
Standing Pumps
- Front
- Side
- Crossover
Push Down (Washer woman)
- Front/Single Arm
- Side/with Twists
- From the back
- Kneeling
Backward Arm Pumping
Spine Stretch
Flying Eagle
Teaser on the Floor
Teaser on Top
Teaser Twist
Swan/One Arm
Horseback
Arm Frog
Mermaid
- Kneeling on floor
- Seated on top
Tendon Stretch & Variations
Table Top
Pull Up
- Front
- Side
Star
Frog in and out
Leg Press Down
- Front
- Side
- Back
Step/Going Up
- Front
- Side

High Chair & 2x4

Pumping/One Leg
Tendon Stretch One Knee
Standing Pumps
- Front
- Side
- Crossover
Going Up
- Front
- Side
Press Up
Reverse Press Up
Stretches facing in and out

Tendon stretch
Running
Combo

Arm Chair

- Seated/Kneeling back/front
- Boxing/Variations
 - Arm Circles
 - Breaststroke
 - From the chest
 - From the hip (not in kneeling)
 - Shave
 - Hugs
 - Butterfly
 - Teaser (not in kneeling)
- Kneeling forward/back
- Side Arms
 - Chest Expansion
 - Back fly/Crossover back fly
 - Palms forward
 - Palms back

Pedi-pole

- Press Down Side
Centring/Single Leg
Arm Circles
Roll Down
Butterfly
Boxing
Chest Expansion

Spine Corrector

- Stretch with the bar
- Arm Series
- Circles
 - Up/Down
 - Hugs
- Leg Series
- Circles
 - Small Circles
 - Walking
 - Beats
 - Bicycle
 - Jay's exercise
 - Helicopter
 - Shoulder Bridge
 - Hip Twist
 - Rolling in and out
 - Leg circles onto the head
- Teaser over/away
- Hip Circles
- Swan
- Swimming
- Rocking
- Grasshopper
- Side Stretch (Side Curls)

Ladder Barrel

- Short Box-
- Round
 - Reach
 - Side to Side
 - Twist & Reach/Around the World
 - Tree
- Swan down/up
- Side Curls down/up
- Back Bends & Leg circles
- Horseback
- Side Stretch
- Jumps Off the Belly
- Grasshopper/Scorpion
- Handstand
- Leg Stretches
- Ladder Stretches