# Additional file 2. Pilates method exercise sequences

## Session A

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| **BASIC****Session 1-7** | **INTERMEDIATE** **Session 8-21** | **ADVANCED** **Session 22-36** |
| **Exercises (15 repetitions)** | **Exercises(12 repetitions)** | **Exercises(10 repetitions)** |
| Preparation 1 to The HundredRoll Up modifiedPreparation to Single Leg CirclesSingle leg stretchDouble leg stretchmodifiedObliquesSpine stretch forwardSawSide leg lift/ lateral flexionSidekicks/small circlesSidekicks/up downPreparation to Shoulder BridgePreparation to TeaserPreparation to SwimmingObliques Roll BackPreparation to Side BendPreparation Push-ups | Preparation 3 to The HundredRoll UpRoll overSingle Leg CirclesSingle leg StretchDouble leg stretchCrisscrossOpen leg RockerSaw modifiedNeck PullPreparation to Jack knifeShoulder BridgeSidekicks/small circlesSidekicks/inner-thigh liftsTeaser IPreparation to Hip CirclesSwimmingPreparation to Leg Pull FrontPreparation to The leg pull-upKneelingPreparation to Side BendPreparation to Push-ups | The HundredSingle straight leg stretch modifiedDouble straight leg stretch modifiedCorkscrew modifiedScissorsShoulder Bridge modifiedSpine TwistThe JackknifeSidekicks/up down modifiedSidekicks/front back modifiedinner-thigh lifts modifiedSidekicks/BicycleTeaser IIHip CircleLeg Pull FrontThe leg pull-upSide BendThe BoomerangRockingRowing 1 |
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## Session B

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| **BASIC****Session 1-7** | **INTERMEDIATE****Session 8-21** | **ADVANCED** **Session 22-36** |
| **Exercises (15 repetitions)** | **Exercises (12 repetitions)** | **Exercises (10 repetitions)** |
| Preparation 2 to The HundredRoll UpPreparation to Single Leg CirclesSingle leg stretch modifiedDouble leg stretchObliquesSpine stretch forwardSawObliques Roll BackPreparation toShoulder BridgeSidekicks/small circlesSidekicks/up downSide leg lift/ lateral flexionPreparation to TeaserPreparation to SwimmingPreparation to Side BendPreparationtoPush-ups | Preparation 3 to The HundredRoll upRoll overSingle straight leg stretchDouble straight leg stretchDouble leg stretchSpine Stretch forwardCorkscrewSawNeck PullShoulder BridgePreparation to Jack knifeSidekicks/small circlesSidekicks/inner-thigh liftTeaser IPreparation to Hip CirclesSwimmingPreparation to Leg Pull FrontPreparation to The leg pull-upKeelingPreparation to Side Bend | The HundredSingle straight leg stretch modifiedDouble straight leg stretch modifiedCorkscrewmodifiedThe BicycleShoulder Bridge modifiedSpine TwistJack knifeSidekicks/small circles modifiedSidekicks/inner-thigh lifts modifiedTeaser IIIHip circlesLeg Pull FrontThe leg pull-upSide BendRowing 1The BoomerangPush-upsRocking SwingTwist I |
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## Session C

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| **BASIC****Session1-7** | **INTERMEDIATE** **Session 8-21** | **ADVANCED** **Session 22-36** |
| **Exercises (15 repetitions)** | **Exercises (12 repetitions)** | **Exercises (10 repetitions)** |
| Preparation 1 to The HundredRoll Up modifiedPreparation to Single Leg CirclesSingle leg stretchDouble leg stretch modifiedObliquesSpine stretch forward modifiedSawObliques Roll BackPreparation toShoulder BridgeSidekicks/up downSidekicks/small circlesSide leg lift/ lateral flexionPreparation to TeaserPreparation to SwimmingPreparation to Side BendPreparationtoPush-ups | Preparation 3 to The HundredRoll UpRoll OverSingle Leg CirclesSingle leg StretchDouble leg stretchCrisscrossSpine StretchOpen Leg RockerSaw modifiedNeck PullShoulder BridgePreparation to Jack knifeSidekicks/front backSidekicks/up down modifiedSidekicks/inner-thigh liftsTeaser IPreparation to Hip CirclePreparation to Leg Pull FrontPreparation to The leg pull-up | The HundredSingle straight leg stretch modifiedDouble straight leg stretch modifiedCorkscrew modifiedScissorsShoulder Bridge modifiedSpine TwistJack knifeSidekicks/front back modifiedSidekicks/up down modifiedSidekick/Grand Rond de JambeTeaser IIHip circlesLeg Pull FrontThe leg pull-upPush-ups TheRowing 1BoomerangRockingSide Bend |
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