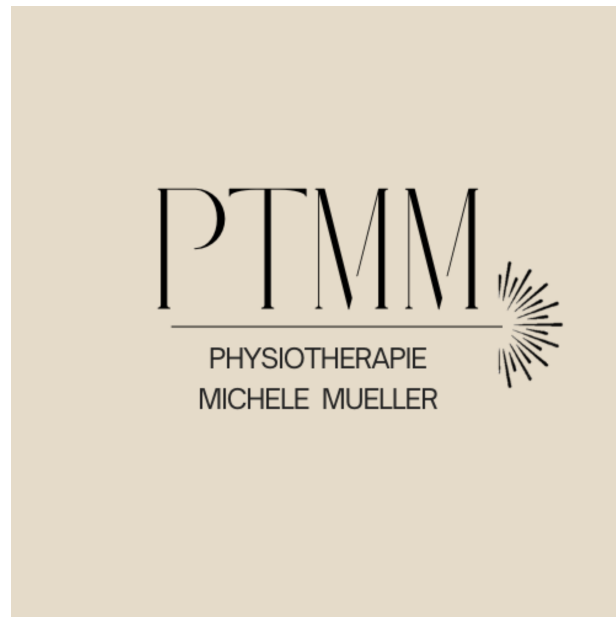




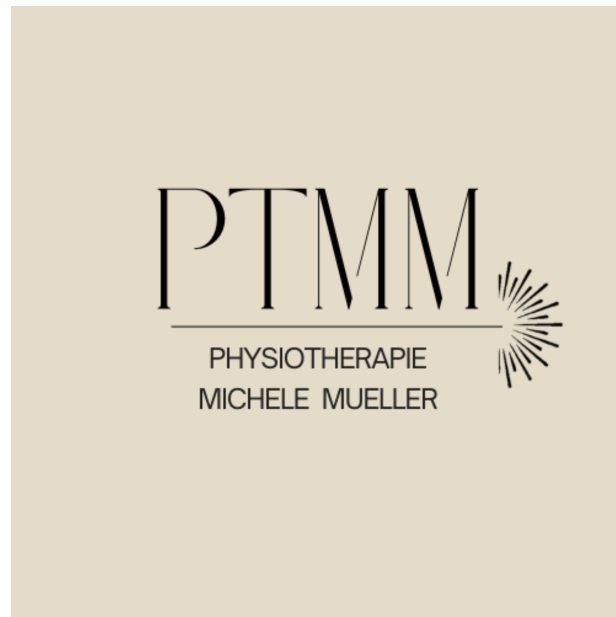
Pilates 4 Week Challenge

Classical Mat Work

This 4-week Classical Pilates Mat Challenge is designed to honor the original order, intent, and preparatory logic of the Pilates method. Each class builds progressively, respecting the principle that exercises are not isolated movements but part of a continuous system where one prepares the body for the next.

Students are encouraged to focus on precision, breath, control, and flow rather than repetition or intensity. The goal is not exhaustion, but integration: strength with length, mobility with stability, and effort with ease.

Practice consistently, move thoughtfully, and allow the work to reveal itself over time.



Pilates 4-Wochen-Challenge

Klassische Pilates-Mattenarbeit

Diese 4-wöchige klassische Pilates-Matten-Challenge wurde entwickelt, um die ursprüngliche Reihenfolge, Intention und vorbereitende Logik der Pilates-Methode zu respektieren. Jede Einheit baut progressiv auf und folgt dem Prinzip, dass Übungen keine isolierten Bewegungen sind, sondern Teil eines zusammenhängenden Systems, in dem eine Übung den Körper gezielt auf die nächste vorbereitet.

Die Teilnehmenden werden ermutigt, den Fokus auf Präzision, Atmung, Kontrolle und Fluss zu legen – nicht auf Wiederholungszahl oder Intensität. Das Ziel ist nicht Erschöpfung, sondern Integration: Kraft mit Länge, Beweglichkeit mit Stabilität und Anstrengung mit Leichtigkeit.

Üben Sie regelmässig, bewegen Sie sich bewusst und lassen Sie die Arbeit sich über die Zeit entfalten.

Week 1

Day 1

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 6 Single Leg Stretch
- 8 Single Straight Leg Stretch
- 11 Spine Stretch Forward
- 21 Shoulder Bridge
- 34 Push Ups

Day 2

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 7 Double Leg Stretch
- 9 Double Straight Leg Stretch
- 12 Open Leg Rocker
- 14 Saw
- 18 Neck Pull

Day 3

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 10 Criss Cross
- 13 Corkscrew
- 24 Leg Series
- 25 Teaser
- 31 Mermaid

Day 4

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 11 Spine Stretch Forward
- 15 Swan
- 16 Single Leg Kicks
- 17 Double Leg Kicks
- 27 Swimming
- 31 Mermaid

Day 5

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 6 Single Leg Stretch
- 8 Single Straight Leg Stretch
- 19 Scissors/Bicycle
- 23 Jackknife
- 34 Push Ups

Day 6

- 1 Hundred
- 2 Roll Up
- 3 Roll Over
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 12 Open Leg Rocker
- 18.1 Neck Pull Twist
- 28 Leg Pull Down
- 32 Boomerang

Day 7

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 21 Shoulder Bridge
- 14 Saw
- 22 Twist
- 28 Leg Pull Down
- 31 Mermaid

Week 2

Day 1

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 6 Single Leg Stretch
- 7 Double Leg Stretch
- 11 Spine Stretch Forward
- 21 Shoulder Bridge
- 34 Push Ups

Day 2

- 1 Hundred
- 2 Roll Up
- 4 Single Leg Circles
- 5 Rolling Like a Ball
- 8 Single Straight Leg Stretch
- 9 Double Straight Leg Stretch
- 12 Open Leg Rocker
- 18 Neck Pull
- 14 Saw

Day 3

- 1 Hundred
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- 10 Criss Cross
- 13 Corkscrew
- 24 Leg Series
- 25 Teaser
- 31 Mermaid

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- 2 Roll Up
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- 15 Swan
- 16 Single Leg Kicks
- 17 Double Leg Kicks
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- 31 Mermaid

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- 34 Push Ups

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- 34 Push Ups

Day 6

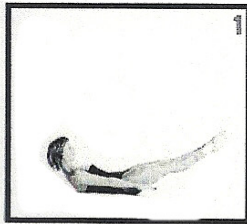
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Day 7

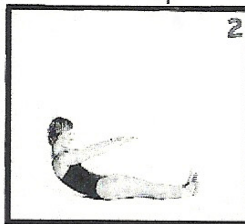
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Classical Pilates Mat – Exercise Guide

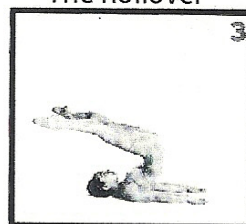
The Hundred



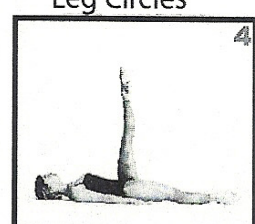
The Roll-up



The Rollover



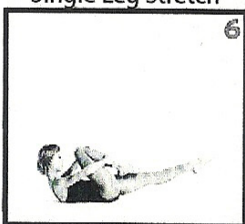
Leg Circles



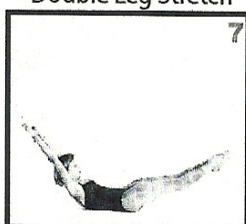
The Ball



Single Leg Stretch



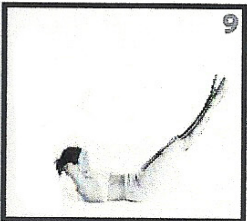
Double Leg Stretch



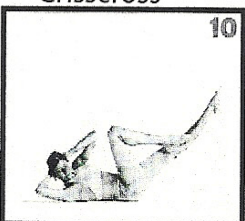
Single Straight Stretch



Double Straight Stretch



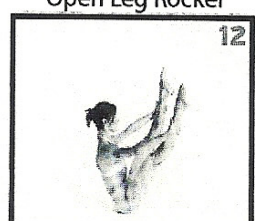
Crisscross



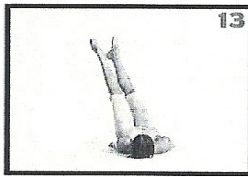
Spine Stretch



Open Leg Rocker



The Corkscrew



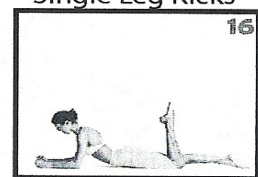
The Saw



The Swan



Single Leg Kicks



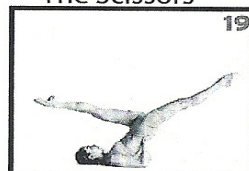
Double Leg Kicks



The Neck Pull



The Scissors



The Bicycle



The Bridge



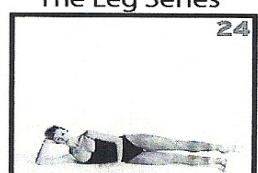
The Twist



The Jackknife



The Leg Series



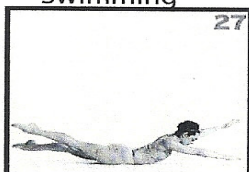
The Teaser



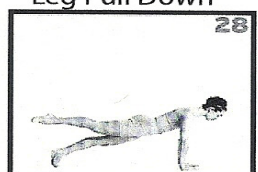
Hip Circles



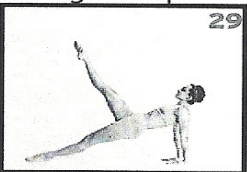
Swimming



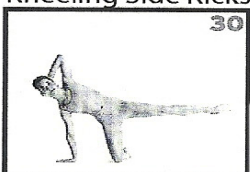
Leg Pull Down



Leg Pull Up



Kneeling Side Kicks



The Mermaid



Boomerang



The Seal



Push-ups

