



## **MAT FOR EVERYBODY WORKOUT**

**Presented by Jamie Isaac**  
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### **1. The Powerhouse – The Core but More!**

#### Key Muscles:

- Abdominals: Rectus Abdominis, Obliques, Transverse Abdominis
- Multifidus
- Diaphragm
- Pelvic Floor
- Adductors
- Gluteals

### **2. Pilates Principles**

- Concentration
- Centering
- Control
- Precision
- Breathing
- Flowing Movement

### **3. Alignment Tools**

- Pilates Stance
- Box / Frame
- Centerline
- Abs in and up
- Breathing
- Length and Opposition
- Shoulders down the back
- Pilates Point

### **4. The Mat for Everybody Workout**

- Warm Up:
  - Fundamentals: Imprinting, Breathing, ISO–Abs, Head Nods Neck Curl
- Workout
  - Dynamic Mat: Level I workout with building blocks and preparatory exercises.
- Cool Down
  - Balance challenge

**Thank You For Your Time and Energy!**

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**