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~~Stott Pilates Matwork~~
~~exercises PART 1~~ 20
Minute STOTT
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with 8 Minute Lower

Body Yoga Stretch

Stott Pilates Mat

Series 1 BASI Pilates

Mat Workout with

Rael Isacowitz

Intermediate Pilates

Mat Workout 1 - 15

Minutes Beginner

Pilates Mat Workout -

15 Minute Stott

~~Pilates 5 Basic~~

~~Principles // Patti~~

~~Grandidge Matwork~~

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~~Pilates - Stott~~ ~~Matwork~~

essential and

Intermediate Joseph

Pilates original

matwork repertoire -

Stott Pilates modified

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~~PLUS Mat Pilates~~

~~Basics with Kristi~~

~~Cooper~~ Exercise of

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on the Reformer

Exercise of the Month

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Rehab: Multifidus

Targeter Exercise

Intermediate Pilates

Mat Workout with

Fitness Circle - 15

Minutes Rhythm

Pilates® LIVE

CLASS in Tuscany

Pilates Mat Workout -

No Equipment

Needed Intermediate

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Pilates Mat - Glutes,
Thighs and Core
Intermediate Pilates
Mat Workout with
Resistance Band 2 -
15 Minute

~~CONTROLGY // The
original 34 classical
Pilates Mat exercises~~
Flow Mat - Pilates
Matwork Level 2 -
40mins - Full body
workout, tone and
shape the legs, butt.

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abs Level 3 Pilates

Matwork

qualification info...

~~Beginner Pilates~~

~~Reformer Workout 1-~~

~~15 minutes Exercise~~

of the Month | STOTT

PILATES® Matwork:

Bicycle on the Spine

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Sans matériel #5

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matériel #6 STOTT

PILATES Matwork

sans matériel #1

What is STOTT

Pilates? ~~20 Minute~~

~~STOTT PILATES Mat~~

~~Workout with Fitness~~

~~Circle Stott Pilates~~

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Matwork exercises,
ranging from the
beginner or Essential
level through the
Intermediate and
Advanced repertoire.
Each exercise
contains a clear,
concise description
including breath and
movement pattern.

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Moira ...

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, other

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Exercise guide:
Matwork (EN/FR)
Synopsis: STOTT

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Each exercise
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included to make the

exercise more

accessible for all

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fitness ...

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Advanced levels and

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Step-by-step instructions using anatomical terminology are provided for each exercise, including information on the focus of each exercise, specific muscles used and possible variations and modifications.

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introduces you to the biomechanical principles of STOTT PILATES and how they apply to modified Matwork exercises. Light equipment including balls, bands and rollers are used to emphasize lumbo-pelvic and shoulder girdle stabilization and the role they play

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for those with some movement training and exposure to pilates but who lack experience with teaching movement or fitness and have little knowledge of functional anatomy.

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