



## Pilates DNA Teacher Certification Entrance Exercises

Complete full repetitions for each exercise, choosing the correct version for your body. We are looking for an understanding of control, flow, and connection to oneself and the apparatus.

### Reformer

Foot Work  
 The Hundred  
 Frogs/Circles  
 Coordination  
 Long Box  
     Pulling Straps  
     T  
     Back Stroke  
     Teaser  
 Long Stretches  
     Long Stretch  
     Down Stretch  
     Up Stretch  
     Elephant  
     Elephant One Leg  
 Stomach Massage Series  
     Round  
     Arms Back  
     Reaching  
     Twist  
 Short Box Series  
     Round  
     Tall/Flat  
     Side to Side  
     Twist and Reach  
     Tree  
 Short Spine  
 Knee Stretches  
     Round  
     Arched  
     Knees Off  
 Running  
 Pelvic Lift  
 Front Splits – Thigh Stretch only

### Mat

The Hundred  
 Roll Up  
 Roll Over  
 Leg Circles  
 Rolling Like a Ball  
 Series of 5/Ab Series  
     Single Leg Pull  
     Double Leg Pull  
     Single Straight Leg Pull/Scissors  
     Double Legs Lower/Lift  
     Criss Cross  
 Spine Stretch Forward  
 Open Leg Rocker  
 Corkscrew  
 Saw  
 Swan  
 Single Leg Kick  
 Double Leg Kick  
 Neck Pull  
 Side Kick Series  
 Teaser  
 Swimming  
 Seal  
 Push Ups