



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