



PEAK PILATES®

Footwork	1T 1B or as high as possible	10 reps each Toes, Arches, Heels, 1Leg Toes, 1Leg Heels
Push Down	1M	3, 3, 3 sets
Swan Dive	1M	3, 3, 3 sets
Pumping One Arm	1M	5
Teaser I	1M	3, 3, 3 sets
Mermaid (seated)	1M	3 sets (down, 1 pump, up)
Backward Arms	1M	3, 3
Standing Frog Front (Piano)	1M	5
Mermaid Kneeling	1M	3
Horseback	1M	3, 3 circles, 3 sets
Push Up Sideways 1	1M	3
Twist 1	1M	3
Push Up Sideways 2	1M	5
Tendon Stretch	1T 1B	3-5 (hold up 5 counts)
Tendon Stretch One Leg	1T 1B	3-5 (hold up 5 counts)
Mountain Climb	1T 1B	4 x 8
Pull Up	1T 1B 1M	5 (hold up 5 counts)
Table	1T 1B	10-20 pumps
Pull Up One Arm (sa)	1T 1B	3-5 (hold up 5 counts)
Front Balance Control	1T 1B	3
Side Balance Control	1T 1B	3, 3
Corkscrew	1T 1B or 1M for flow	4 sets
Flying Eagle	1M	2 sets each cheek
Push Down One Arm	1M	3-5
Frog Facing In Feet on Pedal	2B or 1 M for flow	5, 5
Spine Stretch	1M	5
Seated Teaser Stretch	1M	3 / 3 bent, 3 straight, 3 feet off
Frog Facing Out	2B or 1 M for flow	5, 5
Kneeling Push Down (Cat)	1M	Down-3 pumps, 5 sets
Push Down Standing Behind	1M	Down-3 pumps, 5 sets
Leg Push Down Series	1M	3, 3
Push Up Series (sa)	1M	3-5
Star (sa)	1T 1B	5

PES 2026 Sample Chair Class based on Romana's Order