



MAT ON THE CHAIR

Presented by Cathy Terrazas

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OBJECTIVES

Take your Mat work off the floor and on to the Chair! Challenge your strength, flexibility, and balance through fun adaptations of the Mat work on the Chair. Learn how the Chair's height and spring tension can take your Mat work to new heights.

CHOREOGRAPHY

100

Washer Woman

Pull Ups

1 leg circle

Ab Series

SSF

Horseback

Saw

Swan - prep and dive

Single Leg Kicks

Double leg Kicks

Bridge

Spine Twist

SKS (on top)

Side sit ups

Glute activator (B on B)

Teaser 1,2,3



Swimming
Leg Pull Front/Back
Kneeling SKS
Side Pull Up
Seated Mermaid
Push Up Sideways 1/2
Basic Tree
Hamstring Stretch

Thank you for attending PES!