### APPENDIX 2 - Mat Based-Exercises

| Basic       | Intermediate          | Advanced                  |
|-------------|-----------------------|---------------------------|
| **Bridge**  | **Bridge Variant**    | **Bridge Variant**        |
| ![Bridge](image1.png) | ![Bridge Variant](image2.png) | ![Bridge Variant](image3.png) |
| Objective: mobilize pelvis and spine and strengthen gluteus and hamstring muscles. | Objective: mobilize pelvis and spine, and strengthen gluteus, hamstring and gastrocnemius muscles. | Objective: mobilize pelvis and spine and strengthen gluteus, quadriceps femoris and hamstring muscles. |

| Rolling Back Down/Up (knees flexed and rolling forward) | Rolling Back Down/Up (knees extended and rolling forward.) | Roll Up (rolling back and forward) |
|--------------------------------------------------------|----------------------------------------------------------|-----------------------------------|
| ![Rolling Back Down/Up](image4.png) | ![Rolling Back Down/Up](image5.png) | ![Roll Up](image6.png) |
| Objective: mobilize the spine and contract the abdominis muscles associated with the power house. | Objective: mobilize the spine and contract the abdominis muscles associated with the power house. | Objective: mobilize the spine and strengthen the rectus abdominis and external external oblique muscles. |

| Hamstring Stretch Variant | Hamstring Stretch Variant (crossed legs) | Hamstring Stretch (ball) |
|---------------------------|----------------------------------------|--------------------------|
| ![Hamstring Stretch Variant](image7.png) | ![Hamstring Stretch Variant (crossed legs)](image8.png) | ![Hamstring Stretch (ball)](image9.png) |
| Objective: mobilize the spine and stretch the muscles of the posterior chain. | Objective: mobilize the spine and stretch the muscles of the posterior chain. | Objective: mobilize the spine and stretch the muscles of the posterior chain. |
| Exercise                                      | Objective                                                                 |
|----------------------------------------------|---------------------------------------------------------------------------|
| Stretches Front Variant (standing with the ball) | mobilize the spine and stretch the muscles of the posterior chain.         |
| Hamstring Stretch Variant (sitting on the floor with one leg extended and the other one flexed) | mobilize the spine and stretch the muscles of the posterior chain.         |
| Spine Stretch (sitting on the floor with both legs extended) | mobilize the spine and stretch the muscles of the posterior chain.         |
| Swan Front | mobilize spine, stretching the muscles of the anterior chain, and strengthen pectoralis major, triceps brachii and anterior deltoid muscles. |
| Swan (taking off the arms) | mobilize the spine, control the scapular elevation movement and strengthen posterior chain muscles. |
| Swan (taking off arms and legs alternate) | mobilize the spine, control the scapular elevation movement and strengthen posterior chain muscles. |
| Tower (in "V" position with the elastic forward and upward) | stretch the posterior chain muscles and strengthen the abdominis, quadriceps femoris and iliopsoas muscles. |
| Long Spine (in "V" position with the elastic forward and downwards) | stretch the posterior chain muscles and strengthen the abdominis, quadriceps femoris and iliopsoas muscles. |
| Jackknife | mobilize the spine and strengthen the abdominis, quadriceps femoris and iliopsoas muscles. |
| Mermaid (both hands on the ball) | Mermaid (one hand on the ball) | Side Arm Sit Variant |
|---------------------------------|-------------------------------|---------------------|
| Objective: stretch lateral chain muscles and control scapular elevation movement. | Objective: stretch lateral chain muscles and control scapular elevation movement. | Objective: stretch lateral chain muscles and control scapular elevation movement. |

- **Mermaid (both hands on the ball)**: This exercise aims to stretch the lateral chain muscles and control scapular elevation movement.
- **Mermaid (one hand on the ball)**: Similar to the previous exercise, this also focuses on stretching the lateral chain muscles and controlling scapular elevation.
- **Side Arm Sit Variant**: Another variant that targets the same objectives as the Mermaid exercises.
| Basic | Intermediate | Advanced |
|-------|--------------|----------|
| Tower (with the elastic on one leg) | Tower (with the elastic on both legs) | Tower (with the elastic on one leg) |
| **Objective:** stretch the posterior chain muscles and strengthen the quadriceps femoris and gluteus maximus muscles. | **Objective:** stretch the posterior chain muscles and strengthen the quadriceps femoris and gluteus maximus muscles. | **Objective:** stretch the posterior chain muscles and strengthen the quadriceps femoris, hamstrings and gluteus maximus muscles. |
| Footwork (taking the foot support) | One Leg Up and Down (with the ball) | Tower |
| **Objective:** stretch the gluteus maximus and piriformis muscles and strengthen the quadriceps femoris muscle. | **Objective:** stretch the gluteus maximus and piriformis muscles and strengthen the abdominis, iliopsoas and quadriceps femoris muscles. | **Objective:** stretch the gluteus maximus and piriformis muscles and strengthen the quadriceps femoris muscle. |
| Leg Circles (small) | Leg Circle (medium) | Leg Circles (big) |
| **Objective:** strengthen gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracillis muscles. | **Objective:** strengthen gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracillis muscles. | **Objective:** strengthen gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracillis muscles. |
| Exercise                                    | Objective                                                                 |
|--------------------------------------------|---------------------------------------------------------------------------|
| Bicycle (with mild elastic)                | Objective: strengthen the gluteus maximus, quadriceps femoris, abdominis and hamstring muscles. |
| Bicycle (with heavy elastic)               | Objective: strengthen the gluteus maximus, quadriceps femoris, abdominis and hamstring muscles. |
| Bicycle (both legs on the air)             | Objective: strengthen the gluteus maximus, hamstring, sartorius, gracillis and gastrocnemius muscles. |
| Footwork Hells V Position (with the elastic band) | Objective: strengthen the quadriceps femoris, abdominis, adductor magnus, adductor longus, pectineus and gracillis muscles. |
| Leg Series Supine Frog (with the elastic band) | Objective: strengthen the quadriceps femoris, abdominis, adductor magnus, adductor longus, pectineus and gracillis muscles. |
| Knee Extension V Position (with the elastic band) | Objective: strengthen the quadriceps femoris, abdominis, adductor magnus, adductor longus, pectineus and gracillis muscles. |
| Footwork Double Legato (four supports rising one leg) | Objective: strengthen the quadriceps femoris, triceps surae, iliopsoas and sartorius muscles. |
| Footwork Double Legato (four supports with mild elastic band) | Objective: strengthen the quadriceps femoris, triceps surae, iliopsoas and sartorius muscles. |
| Footwork Double Legato (four supports with heavy elastic band) | Objective: strengthen the quadriceps femoris, triceps surae, iliopsoas and sartorius muscles. |
| Exercise                                      | Weight          | Objective                                                                 |
|----------------------------------------------|-----------------|---------------------------------------------------------------------------|
| Side Kicks Up and Down                       |                 | Strengthen the gluteus medius and tensor fascia lata muscles              |
| Side Kicks Up and Down (mild weight)         |                 | Strengthen the gluteus medius and tensor fascia lata muscles              |
| Side Kicks Up and Down (heavy weight)        |                 | Strengthen the gluteus medius and tensor fascia lata muscles              |
| Side Kicks Inner-Thigh Lifts                 |                 | Strengthen the gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracillis muscles |
| Side Kicks Inner-Thigh Lifts (mild weight)   |                 | Strengthen the gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracillis muscles |
| Side Kicks Inner-Thigh Lifts (heavy weight)  |                 | Strengthen the gluteus maximus, hamstrings, adductor magnus, adductor longus, pectineus and gracillis muscles |
| One Leg Up-Down                              |                 | Strengthen the iliopsoas, rectus femoris and rectus abdominis muscles.    |
| One Leg Up-Down (mild weight)                |                 | Strengthen the iliopsoas, rectus femoris and rectus abdominis muscles.    |
| One Leg Up-Down (heavy weight)               |                 | Strengthen the iliopsoas, rectus femoris and rectus abdominis muscles.    |
| Fire Hydrant                                 |                 | Strengthen the quadriceps femoris and gluteus muscles.                    |
| Fire Hydrant (mild elastic)                  |                 | Strengthen the quadriceps femoris and gluteus muscles.                    |
| Fire Hydrant (heavy elastic)                 |                 | Strengthen the quadriceps femoris and gluteus muscles.                    |
| squatting with the ball on the wall | one-legged squat with ball on wall | air squat |
|-------------------------------------|----------------------------------|-----------|
| Objective: strengthen the quadriceps femoris and gluteus muscles. | Objective: strengthen the quadriceps femoris and gluteus muscles. | Objective: strengthen the quadriceps femoris and gluteus muscles. |

| leg series diagonal | leg series diagonal with circle | leg series diagonal with the ball |
|---------------------|---------------------------------|----------------------------------|
| Objective: strengthen the gluteus medius and minimum, tensor fascia lata and sartorius muscles. | Objective: strengthen the gluteus medius and minimum, tensor fascia lata and sartorius muscles. | Objective: strengthen the gluteus medius and minimum, tensor fascia lata and sartorius muscles. |

| horse | horse (mild elastic) | horse (heavy elastic) |
|-------|---------------------|-----------------------|
| Objective: strengthen the abductor muscles of the hip. | Objective: strengthen the abductor muscles of the hip. | Objective: strengthen the abductor muscles of the hip. |
| Upper Limbs Exercises | Basic | Intermediate | Advanced |
|-----------------------|-------|--------------|----------|
| Arms Biceps (with the elastic) | **Objective:** strengthen the biceps brachii, brachialis and rectus abdominis muscles. | **Objective:** strengthen the biceps brachii, brachialis and rectus abdominis muscles. | **Objective:** strengthen the biceps brachii, brachialis and rectus abdominis muscles. |
| Arms Biceps (flexed legs with the elastic) | **Objective:** strengthen the biceps brachii, brachialis and rectus abdominis muscles. | **Objective:** strengthen the biceps brachii, brachialis and rectus abdominis muscles. | **Objective:** strengthen the biceps brachii, brachialis and rectus abdominis muscles. |
| Arms Pull Up and Down | **Objective:** strengthen deltoid and trapezius muscles. | **Objective:** strengthen rhomboid, posterior deltoid, teres minor, infraspinatus, supraspinatus and medial and lower trapezius fibers muscles. | **Objective:** strengthen rhomboid, posterior deltoid, teres minor, infraspinatus, supraspinatus and medial and lower trapezius fibers muscles. |
| Arms Pulling (mild elastic) | **Objective:** strengthen deltoid and trapezius muscles. | **Objective:** strengthen rhomboid, posterior deltoid, teres minor, infraspinatus, supraspinatus and medial and lower trapezius fibers muscles. | **Objective:** strengthen rhomboid, posterior deltoid, teres minor, infraspinatus, supraspinatus and medial and lower trapezius fibers muscles. |
| Arms Pull Up and Down Variant (mild elastic) | **Objective:** strengthen the deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. | **Objective:** strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. | **Objective:** strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. |
| Arms Pull Up and Down Variant (flexed knees and mild elastic) | **Objective:** strengthen the deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. | **Objective:** strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. | **Objective:** strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. |
| Arms Pull Up and Down Variant (flexed knees and heavy elastic) | **Objective:** strengthen the deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. | **Objective:** strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. | **Objective:** strengthen the abdominis, deltoid, latissimus dorsi, teres major, pectoralis major and coracobrachialis muscles. |
| Equipment                          | Objective                                           |
|-----------------------------------|-----------------------------------------------------|
| Arms Triceps (mild elastic)       | Strengthen the triceps brachii muscle.              |
| Arm Triceps (mild elastic without feet support) | Strengthen the triceps brachii and abdominis muscles. |
| Arm Triceps (heavy elastic without feet support) | Strengthen the triceps brachii and abdominis muscles. |
| Abdominal Exercises                  | Basic                  | Intermediate                                      | Advanced               |
|--------------------------------------|------------------------|---------------------------------------------------|------------------------|
| Teaser                              | Objective: stretch the adductor magnus, adductor longus, adductor minimum, pectineus and gracillis muscles and strengthen the rectus abdominis and external oblique muscles. | The Hundred Variant (with feet on the air) Objective: work coordination, stretch adductor, pectineus and gracillis muscles and strengthen the rectus abdominis, external oblique, latissimus dorsi and teres major muscles. | Exercise On the Ball Objective: work coordination, stretch adductor, pectineus and gracillis muscles and strengthen the rectus abdominis, external oblique, latissimus dorsi and teres major muscles. |
| The Hundred (pumping arms and stretching legs) | Objective: work coordination and strengthen the rectus abdominis and external oblique muscles. | The Hundred (raising the ball) Objective: work coordination and strengthen the rectus abdominis and external oblique muscles. | The Hundred Variant (side) Objective: work coordination and strengthen the rectus abdominis and external oblique muscles. |
| Bridge with knees and feet supported | Bridge with knees supported | Bridge |
|-------------------------------------|-----------------------------|--------|
| **Objective:** strengthen the abdominis rectus, internal oblique, external oblique, iliopsoas, pectoral and triceps brachii muscles. | **Objective:** strengthen the abdominis rectus, internal oblique, external oblique, iliopsoas, pectoral and triceps brachii muscles. | **Objective:** strengthen the abdominis rectus, internal oblique, external oblique, iliopsoas, pectoral and triceps brachii muscles. |