

# PILATES EVOLUTION

## DPTV Modern Box Twist (Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
Roll Up/Circle Arms	4	2 medium	Box	Long box on carriage, shins press up/against bar
Climb a Tree Front/Crossed	3 front 1 crossed			R leg extended
Climb a Tree Front/Crossed (Side 2)	3 front 1 crossed			L leg extended
Feet in Straps (on box) -Dolphin Tail	5			Feet in long straps, hands hold front of box
Circle	4 each way			
Short Spine	3			
Long Spine	3			
100's Preps	4			Hands in long straps
Leg Lowers/Lifts	6			Keep arms straight/tension
Hip Lift/Leg Lower Combo.	4			Arms/hands down on box
Semi-Circle (on box)	3 each way	1 medium		Scoot forward toward bar, hold box near ears, balls of feet on bar/legs together
Pelvis Press	8			Hips stay lifted

### Flow - Part I

Exercise	Reps	Springs	Props	Direction
Side Splits	30 seconds	1 light & 1 medium	Box	Short box in front of shoulder rests, bar down, L foot on platform, R foot on carriage, legs slightly turned out
Speed Skater Slides	30 seconds			Legs parallel, R leg stays bent, weight in R leg
Pulses	10			
Skater Pushes	30 seconds			R foot at edge of carriage, weight in L leg, L leg bent

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Side Splits	30 seconds	1 light		L foot on platform, R foot on carriage, legs turned out
Grande Plies/Hold	10 plies 10 sec. hold			Legs stay turned out
Box Plank - Slides	5	1 medium		Bar up, hands on box, feet on bar/platform
Box Plank - Flamingo Kick	5			L leg in flamingo/kick
Box Plank - Flamingo Pikes	5			
Riser Pull/Lift Combo.	30 seconds			Hands on top of risers, elbows narrow, legs in frog
Twisted Plank - Slides	5			Feet on platform/toes and hips face R side
Twisted Plank - Pikes	5			
Side Sit-up	10			L foot hooks under bar, hands behind head, sitting on R side
Mermaid - Side Bend	5			L shin on carriage, R hand in long strap
Side Sit-up/Mermaid Reach Combo.	30 seconds			
Mermaid - Twist/Cross Combo.	10			Make fists with hands, elbows stay wide, L knee tucks as you twist to L
Captain Morgan Twist/Halo	30 seconds			R foot on headrest
Tendon Stretch/Control Back Combo.	6			Hands on box/fingers face front, toes on bar, R leg kicks
Tendon Stretch/Tricep Dip Combo.	6			
<b><i>Start with Side Splits on Side 2 &amp; continue flow</i></b>		1 light & 1 medium		Bar down, L foot on carriage, R foot on platform

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## Flow - Part II

Exercise	Reps	Springs	Props	Direction
<b>Kneeling Leg Sweeps</b>	10	1 medium	Box	Long box on carriage/ R knee in back/L corner of box, R foot in long strap
<b>Kneeling Side Donkey Kicks</b>	10			R forearm on box, L knee parallel to ground
<b>Mad Crunches - Backstroke</b>	10			Short straps above knees
<b>Mad Crunches - Leg Lowerers</b>	10			Hands behind head
<b>Low Box Pulls/Pulses</b>	10 each			Straddle frame, hands hold middle of box, elbows stay narrow
<b>Breastroke - Overhead Press</b>	8			Hold long straps, stomach on box/chest at edge
<b>1 Arm Lift Tricep Press</b>	5			R hand in long strap, L hand on box/elbow narrow
<b>1 Arm Lift/Circle Around</b>	3	1 light		R arm stays straight/circles
<b>1 Arm Jumps</b>	8			R hand on bar, elbow narrow
<b><i>Start with Kneeling Leg Sweeps on Side 2 &amp; continue</i></b>		1 medium		
<b>Front Split/Lunge Stretch</b>	3			R foot on platform, L foot on box, hands on bar
<b>Front Split/Lunge Stretch (Side 2)</b>	3			L foot on platform