

PILATES EVOLUTION

Ball Burn (Small Soft Pilates Ball)

Flow - Part I

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch	2 each way	1 medium	Ball	R foot in L long strap, bottom leg extended over bar
1 Leg Lifts/Lowers	5			Hold pegs, hover bottom leg above bar
1 Leg Circles	3 each way			
<i>Complete Side 2</i>				L foot in R long strap
Abdominal Leg Lowers/Lifts	6-8			Feet in long straps, ball between calves, hands behind head/c-curve
100's Breathing	3 sets			
100's Breathing - Tucks	5 sets			Tuck on exhale
Tucks/Hip Lifts	8 each			Hands behind head
Abdominal Jumps/Ankle Pops	10 each			Hands behind head, feet parallel
Abdominal Tuck Jumps	8			
Pilates V Jumps (Forearms)	8		No ball	Ball between shoulder blades, forearms on carriage, feet in pilates v position
Pilates V Jumps (Hands Behind Head)	8			
Pilates V Ankle Pops	8			
Side Lying Leg Sweep	10			R forearm on headrest, ball underneath R side, L foot in long strap
Side Lying Leg Circle	5 each way		Ball	
Side Donkey Kick	10			R forearm on carriage/hold shoulder rest, L hand on carriage, hips opened to L
Reverse Abdominal Lat Pulls	6			Feet on headrest, ball between knees, holding taped part of straps

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Exercise	Reps	Springs	Props	Direction
Reverse Ab Lat Pulls (Lifted Legs)	6			
1/2 Standing Inner Thigh Carriage Pull	10	1 light		L foot on floor/ball underneath foot, R knee on carriage
Windmill Lunges (Ball Under Bottom Foot)	10			L foot on floor/ball underneath foot, R foot against shoulder rest/R knee hovering
Hold Lunge - Flat Back Hinges	8			Hands behind head, flat spine entire time
Twisted Plank - Tucks	6			Hands on bar, L foot on carriage, ball between knees
Twisted Plank - 1 Arm Pikes	6			Ball in R hand, L hand in center of bar
Reverse Lunge/Deadlifts	8			L foot on floor, R foot behind shoulder rest, ball underneath L foot, hands on hips, facing risers
Reverse 1/2 Standing Inner Thigh Carriage Pull	10			R knee on carriage, L foot on floor/ball underneath foot
<i>Start with Side Lying Leg Sweeps on Side 2 & continue</i>		1 medium		Ball underneath L side, L forearm on headrest, R foot in long strap
Side 2 - Mad Crunches (Straps Above Knees)	10			Short straps above knees
Mad Crunches (Hands in Straps)	6			
Leg Lifts	10			Hands behind head/holding straps
<i>Continue with flow - Starting with 1/2 Standing Inner Thigh Carriage Pull</i>		1 light		

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Double Leg Stretch (Hands in Straps)	5	1 medium	Box & Ball	Long box on carriage, hands in long steps, ball between knees, palms start to ceiling

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Exercise	Reps	Springs	Props	Direction
Teaser Prep	5			
Hold Table Top Teaser - W Arms	5			
Side Reach	5			Lying on L hip, R hand in long strap, elbow narrow, add leg movement
Front Teaser Hold - Serving Arms/Tucks	5 each			Hands in long straps, hold table top legs
Side Sit-up	10			Lying on L side, R foot underneath bar, hands behind head
Side Lying Reach	8			L hand on headrest, R hand in long strap
Seated 1 Arm Narrow Row	8			Feet on headrest, R hand holding strap
Mad Crunches - Just Tucks/Squeezes	10 each			Both straps above knees, ball between knees, hands behind head/hold c-curve
<i>Work Backwards - Start with Side Lying Reach & continue</i>				
Feet in Straps - Lowers/Lifts	8	1 medium & 1 heavy	No box	Feet in short straps, ball between knees
Tucks	8			
Short Spine	4			
High Frog	8			