

INNOVATIVE & INTELLIGENT ONLINE PILATES

# Long Lean Extra Mean (Box, Pole, Ball)

## Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Kneeling Down Stretch	10	1 heavy, 1 light		
Kneeling Long Stretch	10			
Up Stretch	15			
Tucks	10			
Lunge	10		Pole	L. Foot comes on top of the footbar, R. Foot against shoulder block
Split	8			
Lunge side 2	10			
Split side 2	8			
V Sit-up	5			
V Sit-up with Leg Split	5			
Hundreds	10			Pole comes behind the knees

### Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Side Split with Hinge	12	1 medium or 1 light		L. Foot on platform, R. Foot on the carriage
Side Skater	12			R. Hand reaches down, L. Hand reaches up
Back Splits	8			L. Foot comes onto the footbar
Back Lunge	8			

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Exercise	Reps	Springs	Props	Direction
Leg Lowers	10	1 medium	Pole	Pole comes through straps, feet come in top of the pole
Modified Short Spine	10			No scoop
Leg Lowers with Curl-up	10			
Slow Hundreds	10			
Short Spine	10			
Scoop Roll-ups	30 seconds			
Repeat lunges on the other side				

### Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Single Leg Lowers with Double Heel Beat	15	1 light	Ball	Ball as headrest, R. Foot in the strap, laying on your side
Scissor	60 seconds			
Flying Lunge (side to side)	60 seconds			Footbar comes up
Repeat side laying work on the other side				
Swan Dive	2 minutes	1 medium	Box	Short box, hands on footbar, laying on box
Standing Cat Cow	1 minute			Feet in the well

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