

PILATES EVOLUTION

Straptastic (Soft Pilates Ball, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Lowers/Lifts	8	1 medium & 1 green		Feet in short straps,
Dolphin Tail	6			
Circles	6 each way			
Table Top Ball Squeezes	10		Ball	Ball between knees
Tucks	10			
Short Spine (Ball)	5			
High Frog (Ball)	8			
100's Breathing - Tucks	Full set			Hands in long straps, ball between knees
Leg Lowers/Hip Lifts	10			Hands on pegs
Jackknife	6			Ball between ankles
Side Sit-up/Reaches	10 each	1 light	Box & ball	Bar down, box upright in front of bar, ball underneath R hip, L leg extended
1 Arm Riser Pulls	8			L hand on riser, elbow narrow, L leg lifted
Side Lying Arm Press	8			L hand in long strap, R forearm on headrest, knees stacked
Twisting Double Leg Stretch (Strap)	8			Face side/roll onto back, ball between knees, strap in both hands, arms straight
Side - Toe Taps (1 Strap)	30 seconds			Short strap above R knee, hands behind head, hands behind head
Bicycle (1 Strap)	10 seconds			
Combo - Stand Up/Flat Back/Sit Down/2 Toe Taps	30 seconds			
Standing Inner Thigh Pulls	10			

PILATES EVOLUTION

Exercise	Reps	Springs	Props	Direction
Hold Squeeze	10 seconds			
Grande Plies	10			Knees/toes turned out
Standing 1 Arm Serving/Tricep Press	8	1/2 spring (lightest spring)		L hand in long strap, facing bar, R leg steps forward
Grande Plie/Twist	8			Face reformer, L hand in short strap/connect hands
Grande Plie/Reach Over	6			L hand in long strap, palm away
Standing Open the Door/Close the Door	6			R hand in long strap, R elbow stays next to waist
Grande Plie Hold - Open the Door/W Press	6			Stay low in grande plie
Box Plank - Pikes	6	1 light	Box	Short box on/between bar and carriage, hands on box, feet on carriage
Walking Planks	30 seconds			Start with R arm each time
Box Lunges	10			L foot on box, R foot on carriage
Hold Lunge - Presses	10			
Tucks/1 Arm Serving (Strap)	6			R foot against shoulder rest, hands on carriage, L foot on carriage, L hand in long strap, palm facing up
Tucks/1 Arm Wide Press (Strap)	6			Wide elbow
Side Facing Box Lunge/Hinge Forward	10			L foot on box, R foot on carriage, L foot turned out
Hold Lunge - Pulses	10			
Tandem Box Plank - Pikes	8			Hands on box, feet tandem/toes & hips facing R side
Tandem Box Plank - Slides	6			
1 Arm Side Plank - Tucks/1 Arm Curl (Strap)	5			L hand centered on box, R hand in long strap
1 Arm Side Plank - Tucks/1 Arm Reach Front (Strap)	5			

PILATES EVOLUTION

Exercise	Reps	Springs	Props	Direction
Back Facing Lunges	10			Face risers, R foot on carriage, L foot on box/centered
Hold Lunge - Flat Backs	10			Hands behind head
Lunge/Reach (Strap)	5			L hand in long strap
Grande Plie/Circle Sweep (Strap)	5			Face the L side, hold strap with both hands, turn toes out
Lunge - Bicep Curl/Reach	5			Strap in L hand, R foot forward, L foot near headrest, L hand in long strap
<i>Start with Side Sit-up/Reaches on Side 2 & continue flow</i>		Start with 1 light spring		
Front Split Stretch	3	1 medium		Bar at middle shelf, R foot on bar, L knee on carriage, L foot against shoulder rest, hands on bar
Front Split Stretch (Side 2)	3			