

## Opening Flow

Exercise	Reps	Springs	Props	Direction
Stretch	X 8	1 Light	Short Box	Footbar down, Facing the back of the machine, standing in the gap, feet parallel hip width apart, hands onto the box, push the carriage away, pressing chest over. Bring chin to the chest and roll up and down through the spine.
Moving Stretch	X 8	1 Light	Short Box	From this position, extend R leg long towards platform, bring R knee into the chest, rounding through spine and bring carriage in, elbows to waist.
Hold, into pulses	X8			
Plank	X 10	1 Light	Shorts Box	Step onto platform and bring the carriage in, hands on box under shoulders, hover knees off the carriage and start to push the box out and back in.
Hold	X8			Option to add challenge - pushing box fwd. & back
Short box series	X 10	1 Light 1 Medium	Short Box 2 x Light Dumbbells	Footbar comes up. Sitting on box facing forward, feet under strap, weights into chest, elbows wide. Scoop out through core and sit back to C- shape curve in spine. Return to neutral.

Exercise	Reps	Springs	Props	Direction
Russian Twists	X 10	1 Light 1 Medium	Short Box 2 x Light Dumbbells	Hold in C- shape curve; start to add twist right, then left, adding a jab with dumbbell.
Hold	X 10	1 Light 1 Medium	Short Box 2 x Light Dumbbells	Hold back and lengthen through spine, weights into chest, and float one leg off, maybe the other and hold.
Knee Tucks	X10	1 Light 1 Medium	Short Box 2 x Light Dumbbells	Hands come to footbar, heels against the box hip width apart, and tailbone lifts off, start to push box out and in, keeping shoulders in line with wrists.
Hold	X10			Hold knees under hips; small pushes in and out with the box.

## Flow 1

Exercise	Reps	Springs	Props	Direction
Barre Series – Glute Burn	X 10 X10	0 Springs	Short box 1 x Dumbbell	Footbar down. Push the carriage to the end of the machine and stand into the space, facing the back. Dumbbell behind the right knee, bring hands down to the box and soften into supporting leg. Start to lift R leg up and down.
Pulses	X10			Tiny pulses with R leg (lift and lower)

Exercise	Reps	Springs	Props	Direction
Side Series	X10	0 Springs	Short box 1 x Dumbbell	Turning to Right side of machine, just L had on box, R hand to hip, keep bend in supporting leg. Lift & Lower R leg.
Toe Taps (back)	X 10			Tapping toe fwd. and back, keeping knee lifted.
Leg lowers	X10			Take weight into R hand and lengthen arm long towards box, overhead. Lengthen R leg long, lower leg down towards platform and lift back up.
Leg in and out	X10			Bend Right leg in and R elbow behind the knee.
Squats with weights	X10	0 Springs	2 x light dumbbells	Facing footbar, on floor, feet parallel, hip width apart, hands by side, bend into knees, hinge at hips and reach arms forwards. Return to standing.
Tricep extension	X10	0 Springs	2 x light dumbbells	Hold down into squat, reaching arms forward. Pull elbows into waist, extend arms behind body, bring hands back in, and reach forward.

Exercise	Reps	Springs	Props	Direction
Plank – knee tucks	X 8	No Springs	No props	Hands to platform underneath shoulders, feet to carriage, against edge of box. Push carriage away and then bring knees under hips.
Barre Series and Side Series – side 2		No springs	1 x box 1 x light dumbbell	Repeat all on second side.

## Flow 2

Exercise	Reps	Springs	Props	Direction
Lateral lunges		1 Medium spring	No props – box stays on carriage.	Footbar high. Standing sideways on carriage, R foot on platform, L foot on carriage, hands on hips. Bend into R knee, extend left leg and carriage away. Repeat 2 <sup>nd</sup> side, start to add arms and rotation.
Number 11 Plank	X10	1 medium spring (or 1 light)	1 short box	Facing back of machine, bring elbows down onto the box underneath shoulders, toes on platform, pushing box out and in.
Number 11 Pike	X 8			Option to take feet to footbar, keep legs straight and lift tailbone to sky into pike.
Lateral lunges (side 2)				Repeat second side.

## Flow 3

Exercise	Reps	Springs	Props	Direction
Pliés	X 8	Mix of springs – 1 heavy, 1 medium, 1 light	Box – vertical on carriage or floor	Standing to side of carriage, hands on box, Pilates V with feet, bend the knees and stretch.
Pliés with heel lift	X8			Adding a lift of the heels after bending into the knees, straighten legs, maintaining the rise, then lower heels back down.
Plié with a rise	X8			Hold on rise and draw heels together, keeping the turnout.
Pulses	X8			Hold plié down and pulse towards the floor.
Pelvic Tucks	X8			Staying in plié, hands to hips, tuck pelvis under and come back to neutral.
Hip Circles	Right X8 Left X8			Add slow circle round with the hips to right. Then to the left.

Exercise	Reps	Springs	Props	Direction
Stretch Extension.	X 8	Mix of springs – 1 heavy, 1 medium, 1 light (or 2 heavy and a medium)	Short Box	Sitting on box facing fwd, left foot under strap, right knee into chest. Extend R leg up and bring back to chest.
Climb a tree	X 4			Keep right leg extended, walk hands higher along leg, scoop out through core and roll back. Or adding “climb a tree” walk hands down the leg and release back over box.
Repeat second side.				
Roll down	X1	N/A	No props	Stepping off the carriage onto the floor, hands my side, feet parallel, hip width apart, roll slowly down over legs, roll back up slowly stacking each vertebrae on top of the last. Finish with a little rise to check balance and alignment.