

Classical Fusion (Soft Pilates Ball & Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps	4-5	1 Medium & 1 Heavy		Feet in short loops
Ball Squeezes	10		Soft pilates ball	Ball between legs
Lowers/Lifts (With Ball)	6			
Dolphin Tail (Ball)	6			
Knee Tucks (Ball)	8			
Presses/Squeezes	10 of each			
Short Spine Variation (Ball)	6			Lower the headrest
Leg Circles	5 each way		No ball	Headrest up or down
Knee Sways	8-10 total		Ball	Ball between legs
100's/Squeeze/Knee Tucks	10			Hands in short or long loops, lower the headrest
Jackknife/Coordination	5 of each			Hold pegs or hands in loops
Side Sleeper Footwork/Pulses -Parallel	10 full 10 pulses			R. forearm on headrest, L. foot flat on the bar
Side Sleeper Footwork/Pulses -Externally Rotated	10 full 10 pulses			L. heel of foot on bar
Pelvis Press -Squeeze/Lift/Press Out	10 of each		Ball	Ball between knees, balls of feet on bar, headrest down
Single Leg Pelvis Press -Lift/Press Out/Foot Taps	6 of each			Ball behind R. knee, L. ball of foot on bar
Single Leg Pelvis Press - Side 2 -Lift/Press Out/Foot Taps	6 of each			Ball behind L. knee, R. ball of foot on bar
Side Sleeper Footwork Series -Side 2	10 full 10 pulses			L. forearm on headrest, R. foot on bar

Classical Fusion Flow

Exercise	Reps	Springs	Props	Direction
Riser Pulls/Frog Lifts	10 of each	1 Medium	Box	Long box on carriage, lay on box, legs in frog, hold risers
Pulling Straps (With Frog)	10 full 10 frog lifts 6 - T arms 10 frog lifts			Hold taped part of straps, hold lower on the straps for the T arms
Swan Lift/Tricep Push-up	3 swan 10 triceps			Scoot back on box, feet on platform, hands on box
Lying Side Arm Press/Triceps	8 side press 8 tricep			R. hand on headrest, hips stacked, L. hand in long loop
Mermaid Twist/Cross Pull	10			L. hand holds long loop, R. hand covers L. hand, sit on R. hip
Teaser Combo. -Prep/Alternating Leg Lifts -Double Leg Tucks -Full Teaser Combo.	8 alt. legs 8 double leg 6 teaser combo			Hands in long loops
Breaststroke	5 each way			Hands in long loops
Swan	5	No springs		Hands on bar, legs long
Single Arm Swan/Dancer	2 each side			1 hand on bar, 1 hand holding opposite foot
Lying Side Arm Press/Triceps -Side 2	8 side press 8 tricep	1 Medium		L. hand on headrest, R. hand in long loop
Mermaid Twist/Cross Pull -Side 2	10			R. hand holds long loop, L. hand covers R. hand

Long Stretch Series

Exercise	Reps	Springs	Props	Direction
Side Long Stretch	4	1 Light & 1 Medium		Hands on bar, tandem feet, hips face R. side
Side Up Stretch/Single Arm Pike	4 of each			L. hand on bar
Front Up Stretch	4			
Front Splits -Stretch, bend & stretch, split, full front split choreography	3 of each			R. foot on bar, L. foot against shoulder rest
<i>Reverse Order - start with Front Splits on side 2 & continue through Side Long Stretch</i>				
Knee Stretch	8			Bar on bottom shelf, hands on bar, R. foot stays on carriage, L. leg lifted
Platform Speed Skater/Pulses	10 of each			L. foot on platform, R. foot against edge of reformer
Carriage Speed Skater/Pulses	10 of each			R. foot in center of carriage, weight to R. leg
Back Splits -Front leg slides, lunge pulses, Split stretch	10 slides 10 pulses 3 splits			Hands on shoulder rests, R. foot center of carriage, L. foot on bar
Control Front	8			Hands on shoulder rests, feet on bar
<i>Reverse Order - start with Back Splits on side 2 & continue through Knee Stretch</i>				
Side Split Stretch/Reach	2			L. foot on floor, R. foot against shoulder rest, hands on carriage
Contemporary Snake (Double & Single Arm)	3 of each			R. foot in center of carriage, L. foot crossed over, hands on bar

Exercise	Reps	Springs	Props	Direction
<i>Complete Snake and Side Split Stretch/Reach on side 2</i>				