

Lovely Lady Lumps (Soft Pilates Ball, Heavy Dumbbells, Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch	2 each way	1 Medium		Long R. strap on L. foot
Single Leg Lowers/Lifts	5			Hold pegs, hover R. leg
Single Leg Circles/Pretzel	3 each way			
<i>Complete other side</i>				Long L. strap on R. foot
Double Leg Lowers/Lifts	10		Ball	Both straps on feet, ball between calves, c-curve
100's Breathing/Tucks/Hip Lifts	10			
Full Tucks/Hip Lifts	8			
Jumps/Ankle Pops	10 each			Ball between shoulder blades, pilates V legs
Side Sit-up/Reaches	10 each			L. leg extended, ball underneath R. hip
Side Lying Leg Sweeps	8			R. forearm on headrest, long strap on L. foot
Side Reach/Tuck	8			
<i>Complete Side Sit-up/Reaches, Leg Sweeps, & Side Reach/Tuck on other side</i>				

Lovely Flow - Part I

Exercise	Reps	Springs	Props	Direction
Front Leg Press/Alt. Arm Curls	30 seconds	1 light & 1 medium	Heavy dumbbells, box	Bar down, box on L. side - in front, R. foot against front edge of carriage
Low Side Leg Press/Overhead Press	8			
Back Leg Press/Alt. Arm Curls	30 seconds			

Exercise	Reps	Springs	Props	Direction
Front Lunge	10	1 light only		L. foot against edge of carriage, R. foot on floor
Deadlift/Lunge Combo.	30 seconds			
Center Box Pikes	8			Hands on box, feet against edge of carriage
Pilates Burpee	30 seconds			L. foot starts on floor
Flying Lunge	10			
<i>Start with Front Leg Press/Alt. Arm Curls & continue on side 2</i>		1 medium & 1 light to start		Slide box to R. side, L. foot against edge of carriage

Lovely Flow - Part II

Exercise	Reps	Springs	Props	Direction
Flying Lunge/Flamingo	30 seconds	1 light	Dumbbells, box	Short box on carriage, R. hand on center of box, L. foot on ground, R. foot on platform
Arabesque Flamingo Combo.	5			
Plank - Arm Slides/Pikes	5 each			Hands on center of box, feet on platform or bar
Side Plank - Arm Slides	5 each			Feet/hips facing L. side
Side Plank Reach	5			Dumbbell in L. hand, L. arm reaches up
Thread the Needle	5			
High Front Lunge	10			R. foot on carriage, L. foot on platform
Carriage Slides/Alt. Arm Curls	10			
Arabesque Strap Leg Press/ Opposite Arm Reach	10			R. foot in long strap, dumbbell in L. hand
Donkey Kick	10			Hands down on box
Standing Pulling Strap	8			R. foot on headrest, R. hand holds taped part of strap
Side Standing Rotation/Reach	8			Turn legs out, R. hand in long loop

Exercise	Reps	Springs	Props	Direction
<i>Start with Flying Lunge/ Flamingo & continue on side 2</i>				R. foot on ground, L. foot on platform

Lovely Ending Stretches

Exercise	Reps	Springs	Props	Direction
Eve's Lunge/Reach	2	1 medium		L. lunge
High Carriage Lunge/Split	3			L. foot on bar, R. knee down
<i>Complete other side</i>				R. lunge