

## Power Booty 2.0 (Box, Soft Pilates Ball, Heavy Dumbbells)

### Warm-up

Exercise	Reps	Springs	Props	Direction
<b>Seated Curls/Pulses</b>	8 full 10 pulses	1 Medium	Soft pilates ball	Ball behind lower back
<b>Jumps (Forearms Down &amp; Hands behind Head) -Ankle Pops</b>	10 each			Ball between shoulder blades, forearms down, feet in pilates v on bar
<b>Leg Lowers &amp; Lifts</b>	8			Long loops on arches of feet, ball between calves
<b>100's</b>	5			Arms reaching forward
<b>Knee Tucks/Hip Lifts</b>	10 tucks 10 hip lifts			Hands behind head
<b>Single Leg Lowers/Circles</b>	3 lowers 3 circles each way			L. long loop on R. foot
<b>Single Leg Lowers/Circles -Side 2</b>	3 lowers 3 circles each way			R. long loop on L. foot

### Flow - Part I \*\*\*Lower the risers halfway\*\*\*

Exercise	Reps	Springs	Props	Direction
<b>Seated Footwork Pilates V -Pulses/Calf Raises</b>	10 each	All springs	Box & 2 heavy dumbbells	Short box - in front of shoulder rests, forearms down on box, pilates V legs
<b>Seated Footwork Pilates V (Overhead Press) -Pulses/Calf Raises</b>	10 each			Dumbbells in hands pilates V
<b>Seated Footwork Parallel Balls of Feet (Reach) -Pulses/Calf Raises</b>	10 each			

Exercise	Reps	Springs	Props	Direction
<b>Kneeling Side Leg Press/Pulses</b>	10 no arm 10 with arm 10 leg pulse	2 Medium & 1 Light	1 dumbbell	Dumbbell sits on carriage, dumbbell will be in L. hand, L. foot on bar, R. knee down on carriage
<b>Back Leg Press/Pulses</b>	10 each			Dumbbell in center of box, L. heel of foot on bar, R. knee against box, forearms down
<b>Donkey Lift/Pulses</b>	10 each			Dumbbell behind L. knee
<b>High Dead Lift/Pulses</b>	10 each			Hold taped part of ropes, L. foot on headrest, R. foot behind box on carriage
<b>Floor Front Leg Press/Row</b>	10 just leg 10 arm & leg	1 Medium & 1 Light	1 dumbbell	L. foot against box, R. foot on ground, dumbbell in R. hand, L. hand on bar
<b>Side Leg Press Side/Row -Pulses</b>	10 just leg 10 arm & leg			L. foot against carriage/box, dumbbell & hand hold bar
<b>Box Clam</b>	10			Short loop over L. thigh, lying on R. side
<b>Side Seated Leg Sweep/Circles</b>	10 sweep 5 circles each way			Flexed foot, L. leg extended long
<b>Seated Clam</b>	10			L. foot on carriage, non-strap leg is extended long, pilates scoop, hands behind you
<b>Lying Clam</b>	10			Lying down on back, fingers hold edge of box
<b>High Knee Sways</b>	8			Long loop on R. thigh, pilates scoop, hands behind you, table top legs
<b>Low Knee Sways</b>	8			Lying down on back
<b>Side Sit-up</b>		1 Light		L. foot in front strap
<b>Twisted Tandem Pike</b>	6 full			L. foot in front, feet tandem on carriage, hands on bar
<b>Twisted Tandem Pike -Push-ups</b>	5			Elbows wide
<b>Twisted Tandem Pike -Single Arm Thread the Needle</b>	5			L. hand center, R. hand reaches to ceiling

Exercise	Reps	Springs	Props	Direction
<b><i>Start with Kneeling Side Leg Press/Pulses on side 2 &amp; continue through Twisted Tandem Pike - Single Arm</i></b>		1 Medium & 1 Light ***Don't forget to change springs***		Start with R. foot on bar

## Flow - Part II

Exercise	Reps	Springs	Props	Direction
<b>Lat Pull Extensions</b>	8	1 Light	Short box - same position as before	Frog legs, lying on stomach, hands on sides of reformer
<b>Riser Lat Pull Extensions</b>	8			Hold risers
<b>Riser Pulls -Frog Lifts</b>	8 pulls 10 frog lifts			Bend & stretch the arms, elbows are narrow
<b>Climb a Tree - Side 1</b>	3			L. foot in front strap, on ankle
<b>Climb a Tree - Side 2</b>	3			R. foot in front strap, on ankle