

# PILATES EVOLUTION

## Jumping Outside the Box (Magic Circle, Box, Jump Board)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Leg Lowers/Lifts</b>	10	1 medium	Magic circle	Feet in long straps, circle between ankles
<b>Squeeze Progression</b>	10 each			
<b>100's Breathing</b>	5 sets			
<b>Tucks/Hip Lifts/Hip Pulses</b>	10 each			
<b>Forearm Jumps</b>	10			Circle between knees, forearms on carriage
<b>Tuck Jumps</b>	10			
<b>C-curve Jumps</b>	10			Circle between ankles
<b>Rollover Jump Combo.</b>	1 minute			Headrest down
<b>Pilates V Jumps</b>	10			Circle at base of skull, hold circle above
<b>Single Leg Circle Jumps</b>	10			Circle on R. foot, L. foot on board
<b>Kicks/Tucks/Combo.</b>	10 each			
<b>Side Lying Single Leg Jumps/ Side Kick/Front Kicks</b>	10 each			Lying on R. side, R. forearm on headrest, L. hand pushes circle down on carriage
<b>Seated Squeezes/Reaches/ Hinge &amp; Reach</b>	6 each			Hold long straps & circle, facing the back of reformer
<b>Mad Crunches - Squeezes/ Tucks</b>	10 each			Short straps above knees, circle between knees
<b><i>Reverse Order - Start on side 2 with Side Lying Single Leg Jumps &amp; continue flow</i></b>				
<b>Seated Jumps</b>	10			Circle between knees, hands down behind you on carriage

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## Flow - Part I

Exercise	Reps	Springs	Props	Direction
<b>Box Plank - Slides/Pikes/Tucks</b>	6 each	Lightest spring possible	Box	Box on top of reformer - above springs, hands on box, feet in center of carriage
<b>Push-up/Tucks Combo.</b>	1 minute			Hands on board for push-ups
<b>Box Snake</b>	6			Hips facing R. side, R. foot on carriage, L. foot threaded
<b>Thread the Needle</b>	6			L. hand on box
<b>Standing Box Skaters</b>	10			L. foot on box, R. foot on carriage, weight in L. leg
<b>Side Box Lunge</b>	8			
<b>Side Step-ups/Lunge Combo.</b>	30 seconds			
<b>Front Facing Box Lunges</b>	8			
<b>Front Step-ups/Lunge Combo.</b>	30 seconds			
<i><b>Work Backwards - Start with Front Step-ups/Lunge Combo. On side 2 and continue flow</b></i>				

## Flow - Part II

Exercise	Reps	Springs	Props	Direction
<b>Seated Box Jumps</b>	10	1 medium	Box & circle	Long box on carriage, circle between inner thighs, hands holding box, feet on board
<b>Seated Single Leg Jumps</b>	10			R. foot in circle
<b>Side Lying Single Leg Jumps</b>	10			Circle behind reformer, R. Forearm down, L. leg jumps
<b>Side Strap Leg Tucks/Lifts</b>	8			Long strap over arch of L. foot, R. forearm down
<b>Arabesque Sweeps</b>	8			Hands & knees on box, L. knee to R. side
<b>Back Facing Single Leg Jumps</b>	10			L. foot on board
<b>Kneeling Circle Donkey Kick</b>				Circle between L. ankle & glutes

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Exercise	Reps	Springs	Props	Direction
<b><i>Work Backwards - Start with Kneeling Circle Donkey Kick on side 2 and continue flow</i></b>				Circle between R. ankle & glutes

## Flow - Part III

Exercise	Reps	Springs	Props	Direction
<b>Teaser Extensions</b>	6	1 medium	Box	Hands in long straps, legs in table top, seated on box
<b>Teaser/Hug a Tree</b>	6			
<b>Breaststroke</b>	6			
<b>Superman Jumps</b>	10			Hands on board
<b>Feet in Straps - Lowers/Lifts</b>	5	1 medium & 1 heavy	No box	Feet in short straps
<b>Dolphin Tail</b>	5			
<b>Circles</b>	5 each way			
<b>Short Spine</b>	5			
<b>Ending Stretches</b>				