

PILATES EVOLUTION

Get Ready to Jump

(Jump Board, Light & Medium Dumbbells, Soft Pilates Ball, Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Seated Curls/Pulses	8 full 10 pulses	1 light	Ball, jump board, light dumbbells	Dumbbells on carriage, ball behind lower back, balls of feet on spring bar
Seated Curls (Dumbbell Reach)	8			Dumbbells in hands, arms reach straight in front of you
Hold Curl - Dumbbell Reach	8			Hold c-curve
Jumps (Pilates V)	10			Shoulder blades on ball, feet on board, hands behind head
Jumps (Overhead Press)	10			
Ankle Pops	8			Arms stay straight to ceiling
1 Leg Cross Jump/Punch	8			R foot on board, L leg table top, dumbbell in R hand
1 Leg Cross Jump/Punch (Side 2)	8			L foot on board, R leg table top, dumbbell in L hand
Mermaid Press/Rainbow Reach	6		1 light dumbbell	Mermaid - sit on L hip, L hand on board, dumbbell in R hand
Mermaid Arm Jumps/Reach Up	10			Sit as close to board as possible, R elbow wide
Side Sit-up (High Arms)/Pulses	10 each			R hip on ball, L leg long, dumbbell/arms above head
Side Lying Lat Press Down	6			R forearm on headrest, L hand & dumbbell in long strap, legs bent/stacked
Side Lying Tricep Press	6			L hand/dumbbell on taped part of strap
Side Lying Jumps/Reach Up	10	1 light & 1 medium		L foot on board, R leg tucked underneath, R leg bent
Side Lying Jumps (No Reach)	10			No arm movement
Side Lying Jumps/Reach Up	10			Repeat with reach up

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Exercise	Reps	Springs	Props	Direction
Back Kneeling Jumps	10			Dumbbell on headrest, R knee on carriage, L foot on board, hands on shoulder rests, no ball
Back Standing Jumps	10			R foot on carriage, R leg slightly bent
Mad Crunches/Squeezes	8 each		2 light dumbbells	2 dumbbells on headrest, short straps above knees, ball between knees
Double Leg Stretch (Dumbbells)	8			
<i>Work Backwards - Start with Back Kneeling/Standing Jumps on Side 2 & continue flow</i>		1 light to start		1 dumbbell on headrest
Front Kneeling Arm Jumps (Dumbbell Row)	6	1 light		Dumbbells in hands/on board
Front Kneeling Arm Jumps (Dumbbell/Hip Lift Up)	6			
Low Arm Jumps (Dumbbell Row/Extend Back)	6		1 light dumbbell	L foot at front of carriage, R foot at edge of headrest, R hand on board, dumbbell in L hand
Low Arm Jumps (Dumbbell Row/Extend Back) on Side 2				Switch arms and legs

Flow

Exercise	Reps	Springs	Props	Direction
Box - Curtsy/Step-up/Lunge (Hammer Curl) Combo.	30 seconds	1 light	Box, heavy or light dumbbells	Box in line with spring bar/ long box on ground, stand behind box, dumbbells in hands, R foot on box
Lunge (Overhead Press)	10			
Deadlift/Flamingo (Dumbbell Reach) Combo.	30 seconds			L leg goes to flamingo, elbows stay narrow
Squat (Dumbbell Reach)	10			Face the back/risers
Squat/Plank/Push-up/Slide In (Dumbbell Reach) Combo.	30 seconds			Hands go to carriage on plank, elbows stay narrow

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Exercise	Reps	Springs	Props	Direction
Lunge/1 Arm Serving	5			R foot on carriage, L foot on headrest, L hand in long strap, palm to ceiling
1/2 Kneeling Arm Jump/Circle	6			Back knee down, L hand on board, circle to the back
Side Plank - Tucks	8			Toes/hips face R side, hands on bar
Center Plank - Tucks	8			
Center Plank/Walk Up/Push-up/Walk Down/Tuck Combo.	30 seconds			Elbows narrow,
<i>Start with Curtsy/Step-up/Lunge (Hammer Curl) Combo. on Side 2 & continue flow</i>	30 seconds			Box on L side, L foot on box
Jumps (Parallel Legs)	10	1 medium & 1 heavy		
Jumps (Pilates V)	10			
Frog Jumps	10			
Alt. Leg Jumps	30 seconds			Switch legs mid-air
1 Leg Jumps	8			
1 Leg Jumps (Side 2)	8			
Feet in Straps - Dolphin Tail	6			Feet in short straps
Circles	4 each way			
Frogs/Pulses	10 each			
Short Spine	5			