

PILATES EVOLUTION

Holy Hot Box

(Medium & Heavy Dumbbells, Soft Pilates Ball, Box)

Flow - Part I

Exercise	Reps	Springs	Props	Direction
Roll-up (Dumbbells)	3	All springs	Ball, box, heavy dumbbells	Reformer on 1st gear, short box in front of reformer, legs over bar, dumbbells on platform, arms reach forward
Roll-up/Tricep Combo.	30 seconds			
Seated Tricep Press	8			Elbows narrow
Footwork (Heels Parallel) -Overhead Press/Pulse/ Squeeze	10 each		Ball	Dumbbells next to hips, ball between knees, heels on bar
Footwork (Arches) -Chest Fly/Pulse/Squeeze	10 each			Hold arms in T on pulses
Footwork (Balls of Feet) -90 Degree Press/Pulse/ Squeeze	10 each			Elbows stay narrow
Sleeper Footwork -Reach/Kick/Pulse	10 ach	2 medium	Ball, 1 light dumbbell	Ball underneath R side, R forearm on headrest, L foot on bar, R leg tucked/carriage, dumbbell in L hand
Side Sit-up/Reaches (O Arms)	10	1 light		Ball underneath R hip, dumbbell above head, L leg extended, R leg bent
Side Lying Lat Press/Kick	10			L hand/dumbbell in long strap, L leg tucks/stretches
Side Kneeling - Puppet Arms	10			R knee against shoulder rest, R hand in long strap, L hand holds dumbbell
Side Kneeling - Rotations	10			Both hands hold dumbbell/ long strap, elbows wide/lifted
Side Kneeling - Side Bend R/L	10			Dumbbell/strap above head
Front Kneeling - Alt. Punches	5			R hand in long strap, L hand in dumbbell, L foot forward
Front Lunge - Alt. Punches	5			R foot on headrest
Platform Lunge - Rainbow Arm	10		2 dumbbells	L foot on carriage, R foot on platform, dumbbells in hands

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Exercise	Reps	Springs	Props	Direction
L Tandem Pikes	5		1 dumbbell	Dumbbell in L hand, R hand on bar/centered, feet/hips tandem to L side
1 Arm Tandem Pikes/Thread the Needle	5			
<i>Start with Sleeper Footwork on Side 2 & continue flow</i>		2 medium		R foot on bar, L forearm on headrest, ball under L side, dumbbell in R hand to start

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Side Splits (No Arms)	30 seconds	1 light	Heavy dumbbells, box	Box in front of reformer/6 inches away, bar down, turn legs out slightly, L foot on platform, R foot on carriage
Curtsy/Speed Skater (Hammer Curl/Prayer Arms) Combo.	30 seconds			Weight in L/platform leg the entire time
Skater Lunge (Row)	30 seconds			Weight in R/carriage leg
Forward Skater Lunge (Wide Row)	30 seconds			R leg on carriage, L foot on platform, elbows wide
Curtsy/Lunge (Hammer Curl) Combo.	30 seconds			L ball of foot on platform/L heel against bar
Squat/Reach/Plank Slide/ Push-up Combo.	1 minute			Feet on box
<i>Start with Side Splits on Side 2 & continue flow</i>				
Feet in Straps - Lowers/Lifts	3	2 medium		Bar up, feet in short straps
Dolphin Tail	5			
Circles	5 each way			
Frogs	10			
Short Spine Progression	2 each way			Arms down, fingertips off, arms fully straight
Side Mermaid Stretch	3			R shin against shoulder rest, L hand on bar
Side Mermaid Stretch (Side 2)	3			L shin against shoulder rest

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