

# PILATES EVOLUTION

## Side Car Shizzle (Soft Pilates Ball, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps - Lowers/Lifts</b>	8	1 medium & 1 heavy	Ball nearby	Feet in short straps
<b>Dolphin Tail</b>	4			
<b>Circles</b>	5 each way			
<b>Frogs/Pulses</b>	10 each			
<b>Zipppers</b>	10			
<b>Small Circlces</b>	10			
<b>Short Spine</b>	5			
<b>100's Breathing - Leg Lowers</b>	5 sets			Hands in long straps, table top legs, inhale on leg lowers
<b>Knee Sways</b>	10			Hold pegs, table top legs
<b>Jackknife</b>	4			
<b>Hip Bridges/Squeezes</b>	10 squeezes (hips low) 10 bridges 10 squeezes (hips high)		Ball	Arches of feet on bar, ball between knees
<b>Pelvis Press</b>	8			Hips stay lifted
<b>1 Leg Bridge/Toe Taps/Presses</b>	8 each			Ball behind R knee, R leg in table top, L foot on bar
<b>1 Leg Bridge/Toe Taps/Presses (Side 2)</b>	8 each			Ball behind L knee, L leg in table top, R foot on bar

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## Flow

Exercise	Reps	Springs	Props	Direction
<b>Seated Twist/Knee Cross/Pulls</b>	8 twists 6 pulls	1/2 spring (lightest spring)	Box	Long box on ground/lined up with pegs/against reformer, sit on box, R leg extended, R hand in long strap, L hand clasped on top
<b>Seated Halo Side Bend</b>	10			R leg extended/on frame, hands above head
<b>Side Plank/Presses/Hip Dips</b>	8 reaches 6 hip dips			Tandem feet on floor, L hand on box, R hand in long strap, palm faces outward
<b>Back Facing Tricep Push-ups</b>	5			Both hands on box
<b>Side Plank/Presses</b>	5			Open to R side/R arm press
<b>Push-up/Side Press Combo.</b>	5			
<b>Back Kneeling Tricep Press</b>	5			Knees and hands on box
<b>1/2 Kneeling Press Back</b>	6			L foot in front of box/on floor, hold higher on strap
<b>Front Facing Tricep Push-ups</b>	5			L hand in long strap, face foot bar, hands on box
<b>Side Plank/Presses</b>	5			Open to L side/L arm presses
<b>Push-up/Side Press Combo.</b>	5			
<b>Standing 1 Arm Serving</b>	5			R foot on box, hinge forward, L hand in long strap/palm to ceiling
<b>Standing 1 Arm Tricep Press</b>	5			Stay in slight hinge forward
<b>Mad Crunches on Box</b>	10			Hands behind head, short strap above R knee
<b>Toe Taps</b>	6			L leg moves
<b>Bicycle</b>	6			L elbow to R knee
<b>Side Lying Oblique Crunch/Pulses</b>	10 each			L hand on floor, R hand behind head, L leg extended, R knee to chest
<b>Front Kneeling 1 Leg Knee Tuck</b>	10			Hands on floor, R knee tucks, round spine on the tuck

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Exercise	Reps	Springs	Props	Direction
<b>Box Lunges</b>	10	Lightest spring or 1 light		Scoot box forward/in line with spring bar, R foot on box, L foot against shoulder rest, hinge forward slightly
<b>Hold Lunge - Flat Backs</b>	10			Stay low in R leg, hands behind head
<b>1 Leg Side Squat/Pulses</b>	10 each			Face L side, R foot on box, L foot on carriage/close to shoulder rest, weight stays on R leg for squat
<b>Side Splits (Carriage &amp; Box)</b>	10			Keep footing, legs straight
<b>Warrior Lunge/Presses</b>	10 each			L leg bends on slide
<b>Twisted Plank - Pikes</b>	6			Both feet on box/R foot touches frame/L foot slightly behind R, hands on carriage/fingertips facing shoulder rests
<b>Twisted Plank - Pikes</b>	6			
<b>1 Arm Side Plank - Tucks</b>	6			L hand on carriage
<b>Center Plank - Tucks</b>	8			Feet close to front edge of carriage, hands on bar
<b>Center Plank - Pikes</b>	8			
<b>Twisted Plank - Pikes</b>	6			Toes/hips face R side
<b>Twisted Plank - Thread the Needle Pikes</b>	5			L hand centered on bar
<b><i>Start with Seated Twist/Knee Cross/Pulls on Side 2 &amp; continue flow</i></b>		1/2 spring (lightest spring)		Box on other side of reformer/in line with pegs
<b>Front Split Stretch</b>	3	1 medium		L foot on platform or bar, R knee down on carriage, hands on bar
<b>Front Split Stretch (Side 2)</b>	3			R foot on bar, L knee down