

PILATES EVOLUTION

The Big Sculpt (Box, Light & Heavy Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Lowers/Lifts	10	1 medium & 1 heavy		Feet in short straps
Circles	5 each way			
Frogs/Pulses	10 each			
Zippers/Baby Circles	6 zippers 10 circles			
Short Spine	3			

Sculpt Flow

Exercise	Reps	Springs	Props	Direction
Seated Overhead Tricep Press	10	1 light	Box, light & heavy dumbbells	Bar at highest shelf, long box on carriage, light dumbbells on headrest, heavy dumbbells in hands, sit facing risers/feet on carriage
Rollback/Reach Back	8			
High Plank - Slides	5			1 heavy dumbbell on box, hands on box, feet on bar
High Plank - Renegade Row/ Twist	5			Hips/toes turn to L side, dumbbell in L hand for reach
High Side Plank - Sldies	5			Keep hips/toes facing L side
Kneeling Tricep Kickback	10			L foot on carriage, R knee on box, R hand on box, dumbbell in L hand
Lunge/Wide Row/Deadlift	10			R foot on bar, both dumbbells in hands
Low Leg Press/Hammer Curl	10			
Arabesque Leg Sweeps	10			L foot in short strap, R knee on L back corner of box

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Exercise	Reps	Springs	Props	Direction
Side Donkey Kicks	10			R forearm on box
1/2 Kneeling Alt. Arm Reaches	6			R hand in long strap, dumbbell in L hand
1/2 Kneeling Lat Press/ Hammer Curl Combo.	10			R arm stays straight/strap
Marching Bridge/Alt. T Arms	30 seconds	1 medium		Light dumbbells and straps in hands, scoot forward on box/tailbone off of front edge, arches of feet on bar, opposite arm as leg moves
Double Leg Stretch/T Arms	10			Light dumbbells and straps in hands/arms in T, table top legs to start
Horseback/Open & Close Arms	5	1 light		Legs straddle box/feet behind you, weight forward
1 Arm Down Stretch/Lateral Raise	6			Knees on box, dumbbell in R hand, L hand on bar
Kneeling Pull	6			Light dumbbell on headrest, box on ground/in line with peg, lower the R riser, wrap the rope around the peg to tighten it, hands and knees on box, R hand holds strap
1/2 Kneeling Tricep Kickbacks	8			L leg extended, R hand in long strap
1/2 Kneeling Diagonal Pull	8			L hand in long strap, R knee on box, L leg to the side/foot on the ground
Hamstring Lifts	20			Short strap above R knee, R hand on riser, L foot on box
Deadlift/Press Up Combo.	10	1/2 spring (lightest spring)	Heavy dumbbells	Move box towards risers, L foot on box, R foot behind shoulder rest
Side Plank - Tucks	8			Hands on box, feet on carriage, hips/toes face R
Seated Shoulder Press/Seated Close Grip Shoulder Press	10 each	1 light	Heavy dumbbells	Bring riser to top setting, set strap to original length, place box on carriage
<i>Start with Roll Back/Reaches on Side 2 & continue flow</i>				

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Ending Stretch

Exercise	Reps	Springs	Props	Direction
Front Split Stretch	3	1 medium		Bar up, L foot on bar, R knee on carriage, hands on bar
Front Split Stretch (Side 2)	3			R foot on bar