

# PILATES EVOLUTION

## Sexy Summer Arms (Short Box, Light & Heavy Dumbbells)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
Side Lying Leg Sweeps/Reach	8	1 light	Box	Light dumbbells on headrest, short box in front of shoulder rests, R hand on headrest, L foot in short strap, on R hip, L leg straight
Side Lying Kicks/Reach	8			
Side Lying Lat Press/Tuck	8			L hand in short strap, L leg lifted/tucks
Side Lying Rainbow Arm	3			Keep carriage stays in place, L foot underneath bar
Climb a Tree	3			R foot underneath front strap, hold behind L knee
Center Roll Ups	8			Both feet in front strap, arms wrapped around waist
Seated Side Reaches	10		1 light dumbbell	Dumbbell in L hand, sit on R side, arms in a T
Side Sit-ups (Overhead Arms)	6			Hold dumbbell with both hands above head
Mermaid Side Bend/Reach	8			L knee bent/on carriage, R hand in long strap
Side Sit-up/Side Bend/Reach Combo.	6			Dumbbell in L hand
Reverse Fly/Hold	5 full 10 sec. hold			Feet underneath bar, stomach on box, dumbbells in hands
<i>Start with Side Lying Leg Sweeps/Reach on Side 2 &amp; continue warm-up flow</i>				R foot in short strap, L hand on headrest, lying on L side

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## Flow

Exercise	Reps	Springs	Props	Direction
<b>Reverse Lunge/Wide Row</b>	10	1 medium	Box and dumbbells	Light dumbbells on box, R foot on bar, L foot on carriage, dumbbells in hands
<b>Lunge Slides/Hammer Curls</b>	10			Alt. arms
<b>Standing Donkey Kick</b>	8			L foot in long strap, hands on box, rope on inside of L arm, R foot on carriage, dumbbell on box
<b>Donkey Kick/Tricep Press Combo.</b>	8			Dumbbell in R hand
<b>Forearm Plank - Slides</b>	8			Feet on bar, forearms on box
<b>Side Plank - Slides</b>	8			Hips/toes facing R side, L forearm on box, R hand flat
<b>Side Plank - 1 Arm Press</b>	6			Dumbbell in R hand
<b>1/2 Kneeling Row/Twist</b>	8	1 light		Dumbbell in R hand, L knee on box, R foot on carriage
<b>3 Point Kneeling Side Arm Press (Strap)</b>	8			Both knees on box, R hand in long strap, L leg extended
<b>Kneeling Bicep Curl/Side Press</b>	30 seconds			Facing risers
<b>Kneeling Alt. Overhead Reach</b>	30 seconds			Facing risers, elbows wide
<b>Kneeling W Arms (Straps)</b>	30 seconds			Dumbbells on headrest, cross straps, palms facing ceiling, hands hold around both straps
<b>Clamshell</b>	10	1 light & 1 medium		L short strap above L knee, R forearm/hip on box
<b>Side Lying Leg Sweep/Reach</b>	10			Dumbbell in L hand, L leg stays straight
<b>Side Lying Leg Circles</b>	10			
<b>Side Lying Reach Down/Up</b>	10			L leg stays lifted
<b>Kneeling Rainbow Leg</b>	10	1 medium		R knee on box, hands on box, L leg extended
<b>Tricep Push-up</b>				Elbows narrow, leg stays lifted the entire time

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Exercise	Reps	Springs	Props	Direction
<b>Prone Snow Angel Arms (Straps)</b>	8			Scoot box forward, hold both long straps in hands, thighs on shoulder rests, stomach on box, elbows wide, frog legs/heels together, palms face the ground
<b>1 Arm Swimming</b>	6			L hand on carriage, R hand in long strap
<b>1 Arm Swan Lift/Reach Through Combo.</b>	6		1 light dumbbell	Dumbbell in R hand, L hand on bar/arm straight
<i><b>Start with Reverse Lunge/Wide Row on Side 2 &amp; continue flow</b></i>		1 medium		L foot on bar, R foot on carriage
<b>2 Arm Swan Lifts</b>	3			Both hands on bar
<b>Side Split Stretch</b>	3	1 medium		R foot against shoulder rest, hands on carriage
<b>Front Split Stretch</b>	3			L knee on carriage, R foot on bar, hands on bar
<i><b>Complete Stretches on Side 2</b></i>				