

PILATES EVOLUTION

Monday Slow Sizzler (Platform Pad, Box)

Opening Flow - Part I

Exercise	Reps	Springs	Props	Direction
Standing Cat/Cow	3	1 light	Box, platform pad	Short box in front of shoulder rests, stand facing bar, palms of hands on front edge of carriage, bar down
Kneeling Plank - Slides	8			Knees on platform, hands on carriage
Kneeling Plank - Tricep Push-up/Slide	5			
Forearm Plank - Slides	8			Forearms on box, feet on platform
Forearm Plank - Pikes	8			
Side Tandem Plank - Slides	8			R forearm center, L hand on box, feet/hips tandem to L
Side Tandem Plank - Pikes	8			
Standing Lat Press	8			L foot on box, R foot on carriage, R hand in long strap, flat back/hinge
Arabesque/Tricep Press	8			L leg in arabesque
Arabesque/Arm Circles	3			
Banana/Side Reach/Teaser	6			R hand in long strap, lying on L side, legs straight, L hand on carriage
Side Lying Arm Reach	6			
Hold Grande Plie/Twists	6			Straddle box, R foot on headrest, L foot on carriage, R hand in front long strap/L clasps on top, elbows wide, body lifted in grande plie
Grande Plie/Twist & Reach	6			R hand in long strap only
<i>Start with Standing Cat/Cow and complete Side 2 of flow</i>				

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Opening Flow - Part II

Exercise	Reps	Springs	Props	Direction
Side Sit-up/Pulses	10 each	1 medium & 1 light	Box	Bar down, short box in front of shoulder rests, sit on R side, L foot in safety strap, L leg straight, hands behind head
Pulling Straps - T Arms/Frog Lifts	8 pulls 10 frog lifts	1 light		Stomach on box, hold taped part of straps, legs in frog position, palms backwards
Riser Pull/Swan	5			Hold tops of risers
Side Sit-up/Pulses (Side 2)	10 each			R foot in safety strap, on L side, hands behind head, R leg extended
Climb a Tree (Front)	3			L foot in safety strap, R leg in air
Climb a Tree (Side)	2			
Climb a Tree (Crossed)	2			
Climb a Tree (Side 2)				R foot in safety strap

Flow

Exercise	Reps	Springs	Props	Direction
Mad Crunches - Center	10	1 medium	Box	Long box on carriage, short straps above knees, hands behind head
Mad Crunches - Elbow to Knee	5			R elbow to L knee
Mad Crunches - Elbow to Knee (Side 2)	5			L elbow to R knee
Reach/Teaser Combo.	5			Hands in long straps, legs start in table top
High V Reaches	5			Hold c-curve
Kneeling Arabesque Sweep	10			L foot in long strap, R knee to the L back corner
Kneeling Side Donkey Press	8			R forearm on box, hips to L
Standing Inner Thigh Pulls	10			Strap around L ankle

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Exercise	Reps	Springs	Props	Direction
Curtsy Lunge	10	1 light		Bar up, L foot on floor, R foot on carriage
Bend & Stretch	8			
Flat Backs	8			
Curtsy Lunge/Flamingo Pike	30 seconds			L/bottom leg flamingo
Side Kneeling Pike/Thread the Needle/Kick	8			Hands on bar or L hand on bar only, knees on box/facing R side
Side Kneeling Pike/Thread the Needle/Kick (Side 2)	8			
Flamingo Plank - Switches	30 seconds			Move box to R side slightly, L foot on carriage, hands on bar, R leg in the air
<i>Start with Kneeling Arabesque Sweeps on Side 2 & continue</i>		1 medium (1 light for Curtsy Lunge section)		R foot in long strap
Side Split Stretch	2	1 medium		L foot on ground, R foot against shoulder rest, hands on carriage
Front Split Stretch	3			L knee on carriage, R foot on bar, hands on bar
<i>Complete Stretches on Side 2</i>				