

# PILATES EVOLUTION

## Stars and Stripes Jump Board (Soft Pilates Ball, Jump Board, Light & Heavy Dumbbells)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Abdominal Jumps</b>	10	1 medium	Ball & light dumbbells	Hands resting on top of dumbbells, Pilates V feet, ball underneath shoulder blades
<b>Jumps - Overhead Press</b>	10			
<b>Ankle Pops</b>	10			Hold dumbbells beside face
<b>Criss Cross Jump - Punch</b>	10			R leg extended, L foot on board, dumbbell in L hand, R hand on carriage
<b>Criss Cross Jump - Punch (Side 2)</b>	10			L leg extended, R foot on board, dumbbell in R hand, L hand on carriage
<b>Repeat Jumps - Overhead Press/Ankle Pops/Criss Cross</b>	10 each			
<b>Side Lying Jumps</b>	10	1 light & 1 medium		Ball under R side, R forearm on headrest, L foot on board, lying on R side
<b>Side Lying Tuck Jumps</b>	10			Tuck L leg
<b>Side Sit-up (Dumbbell)</b>	10	1 light		1 light dumbbell above head, L leg extended, ball underneath R hip
<b>Side Lying Rainbow Arms</b>	10			Dumbbell in L hand
<b>Side Lying Deltoid External Rotations</b>	10			
<b>Side Lying Lat Press Down</b>	10			L hand in long strap
<b>Side Lying Lat Press Back</b>	10			
<b>Side Lying 1 Arm Riser Pull</b>	10			Hold riser with hand, L leg stays extended/lifted
<b>Mad Crunches - Squeezes</b>	10	1 light & 1 medium		Short strap above L knee, hands behind head, ball between knees
<b>Mad Crunches - Tucks</b>	10			

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Exercise	Reps	Springs	Props	Direction
<i>Start with Side Lying Jumps on Side 2 &amp; continue flow</i>				Ball underneath L hip

## Flow

Exercise	Reps	Springs	Props	Direction
<b>Standing Hammer Curl/Tricep Kick Back</b>	30 seconds	Lightest spring (1/2 spring)	Box & heavy dumbbells	Box on floor/in line with pegs/touching reformer, heavy dumbbells in hands
<b>Standing Alt. Narrow Rows</b>	30 seconds			Elbows stay narrow
<b>Standing Rainbow Arms</b>	30 seconds			Hammer curl out and back in
<b>Plank - Push-ups</b>	5	Lightest spring (1/2 spring)		1 dumbbell on box, 1 dumbbell on floor, long strap in L hand, hands on box
<b>Hold Plank - 1 Arm Serving</b>	5			
<b>Side Plank - Dumbbell Reaches</b>	5			
<b>Combo - 3 Push-ups/3 Serving/3 Dumbbell Reaches</b>	1 minute			
<b>Standing Alt. Arm Strap Bicep Curl &amp; Dumbbell Hammer Curl/ Kick Back</b>	10			Box in line with carriage pad, R foot on box, dumbbell in R hand, L hand in long strap
<b>Combo - Strap Reach/Step-up with Dumbbell Reach</b>	30 seconds			
<b>Box Lunges</b>	10			Dumbbells in hands, R foot on box, L foot against shoulder rest
<b>Combo - Curtsy/Hammer Curl/ Step-Up to Carriage/Lunge/ Reach Up</b>	1 minute			
<b>Squat Down/Carriage Slide Out/Push-up/Slide In/Stand Up</b>	1 minute			Face risers/stand on box
<b>Plank - Pikes</b>	10			Hands on carriage, feet on box
<b>1/2 Kneeling 1 Arm Jump/ Narrow Row (Dumbbell)</b>	5	1 light		R foot on carriage/in front, L foot on headrest, dumbbell in L hand, dumbbell against board, elbow narrow

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Exercise	Reps	Springs	Props	Direction
1/2 Kneeling 1 Arm Jump/ Reach Up (Dumbbell)	5			
1/2 Kneeling 1 Arm Jump/Circle (No dumbbell)	5			
Kneeling Arm Jump/Wide Rows (Dumbbells)	5	1 medium		Dumbbells in hands, kneeling on carriage, elbows wide
Kneeling Arm Jumps/Wide Rows (Dumbbells) - Hips Lift	5			
Kneeling Arm Jumps/Wide Rows (Dumbbells) - Hips Lift with Reach Up	5			
<i>Start with Standing Hammer Curl/Tricep Kick Back on Side 2 &amp; continue flow</i>				Box on L side/on floor
Power Jumps - Parallel	10	1 medium & 1 green		
Power Jumps - Pilates V	10			
Power Jumps - Frogs	10			
<i>Repeat All Power Jumps</i>	10 each			
Feet in Straps - Lowers/Lifts	5		1 medium & 1 heavy	
Dolphin Tail	6			
Frogs	10			
Circles	30 seconds each way			
Short Spine Progression	5			Headrest down