

PILATES EVOLUTION

Elastigirl Sculpt (Box, Theraband, Heavy Dumbbells)

Part 1

Exercise	Reps	Springs	Props	Direction
Seated Narrow Box Press/ Pulses	10 each	2 medium	Box, dumbbells, theraband	Long box on carriage, band threaded through the strap on the box, heavy dumbbells on top of the box, bar down, start sitting on platform, hands on front of box
Narrow Overhead Press/Tricep Press Combo.	10			
1 Arm Narrow Box Press/Twist	8			R hand on box
1 Arm Wide Overhead Press	10			Dumbbell in R hand
1 Arm Narrow Box Press/Twist (Side 2)	8			L hand on box
1 Arm Wide Overhead Press (Side 2)	10			Dumbbell in L hand
Seated Reverse Footwork/ Pulses	10	2 medium & 1 light		Feet in Pilates V on box, hands hold underneath platform
Seated Reverse Footwork/ Pulses - Wide Row (Band)	10			Hold theraband
Hold Legs Straight - Just Rows	10			
1 Leg Footwork/1 Arm Row/ Twist	10			Theraband in R hand, L foot on box/parallel leg
1 Leg Footwork/1 Arm Row/ Twist	10			Theraband in L hand, R foot on box/parallel leg
Box Plank - Slides	8	1 medium		Dumbbells on headrest, feet on platform, hands on box
1 Arm Plank - 1 Arm Tricep Kick Back (Band)	6			L hand holds theraband
Box Tandem Plank - Slides	6			Hips/toes face L side
1 Arm Side Plank - 1 Arm Renegade Row (Band)	6			R hand center of box, L hand holds theraband
1/2 Kneeling Renegade Row	10			L foot on carriage, R knee on box, L hand dumbbell

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Exercise	Reps	Springs	Props	Direction
Kneeling Lat Pull	10			L hand in long strap
Kneeling Tricep Kick Back	6			
Kneeling Rainbow Hammer Curl	30 seconds			Hips lifted, dumbbells in hands, knees on box
Kneeling Lat Press (Band)	10			
Kneeling W Press (Band)	10			
Side Lying 1 Arm Shave the Face (Band)	8			Bar up, strap in L hand, lying on R side, R hand on bar
Side Lying 1 Arm Bar Press	8			Elbow facing floor
Combo - Shave the Face/Bar Press	6			Press bar with R hand hile you shave the face on L hand
Reverse Snow Angel	10			Strap on the box in a V position, lying on box, hold band in both hands
Superman Jumps (Band)	10			
Kneeling Plank - Tucks	4	1 light		Hands on bar, knees on box
Plank - Tucks	8			
1 Arm Side Plank - Tucks/Bicep Curl (Band)	8			Toes/hips face L side, L hand holds theraband/bar
<i>Start with Box Plank - Slides & complete Side 2 of flow</i>				

Part II

Exercise	Reps	Springs	Props	Direction
Step-up/Flamingo	10	1 medium	Same set-up/ props	L foot on platform, R hand holds theraband
Warrior Lunge - Opposite Arm Draw a Sword (Band)	10			L foot on platform, R foot on box/leg turned out, band in L hand
Hold Lunge/Arm - Box Leg Press	10			
Reverse Lunges - T Arms (Band)				Face the box, R foot on box/ leg parallel, L foot on platform, arms in a T (band)

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Exercise	Reps	Springs	Props	Direction
Hold Lunge/Arms - Box Leg Press	10			
Kneeling Donkey Kicks/Pulses	10 each			Dumbbell behind R knee, hands on box
Kneeling Circle Leg Sweeps	10			R foot in long strap, hands on box, L knee on R back corner of box
Side Lying Leg Sweep/Tricep Press (Band)	10			Lying on L side, R hand holds theraband, L forearm on box
<i>Start with Step-ups/Flamingo on Side 2 & continue flow</i>				
Box Stretch Sequence - Hamstrings, Pigeon, Side Stretch, Quads/Flexors (Both Sides)				