

# PILATES EVOLUTION

## Heat Wave (Light & Heavy Dumbbells, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Opposite Strap to Foot Stretch</b>	1 each way	1 medium		L strap over arch of R foot, L leg extends over the bar
<b>1 Leg Lowers/Lifts</b>	5			Hold pegs, hover bottom leg above bar
<b>1 Leg Circles</b>	3 each way			
<b><i>Complete Side 2</i></b>				R strap over arch of L foot, R leg extends over the bar
<b>Abdominal Leg Lowers/Lifts</b>	8			Feet in long straps, hands behind head, c-curve
<b>100's - Lowers/Lifts</b>	5 sets each			Inhale - down, exhale - lift
<b>Tucks/Hip Lifts</b>	10 each			Hands behind head
<b>Box Plank - Slides</b>	8		Box, 1 heavy dumbbell	Long box on carriage, 1 heavy dumbbell on headrest, feet on platform or bar, hands on box
<b>Box Plank - Pikes</b>	5			
<b>Box Tandem Side Plank - Slides</b>	5			Hips/toes facing R side
<b>Box Tandem Side Plank - Pikes</b>	5			
<b>Kneeling Lat Pull</b>	8			L hand in long strap, knees and hands on box
<b>Kneeling Tricep Press</b>	6			
<b>Renegade Row</b>	10			Dumbbell in L hand, R hand on box, L foot on carriage
<b>Kneeling Arabesque Sweep</b>	10			L foot in long strap, hands and knees on box
<b>Kneeling Side Donkey Kick</b>	10			R forearm on box
<b>Kneeling Dumbbell Donkey Kick/Pulses</b>	10 each			Dumbbell behind L knee, hands on box
<b><i>Start with Box Plank - Slides/ Pikes &amp; Tandem Side Plank Series on Side 2 &amp; continue</i></b>				

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## Flow

Exercise	Reps	Springs	Props	Direction
<b>Standing Rainbow Curls</b>	30 seconds	1 light	Box, 2 heavy dumbbells	Box on R side/on ground/ against carriage/in line with platform, dumbbells in hands
<b>Lunge/Curtsy/Step-up - Hammer Curl/Overhead Press</b>	1 minute			R foot on box, L foot against shoulder rest
<b>Deadlift/Flamingo - Overhead Press</b>	1 minute			L leg comes to a flamingo
<b>Narrow Overhead Press/Plank Slide/Tricep Push-up</b>	1 minute			Face carriage
<b>Low Standing Arm Jumps</b>	8			Bar to top shelf, L foot on headrest/knee lifted, R foot on carriage/bent knee, hands on bar, stay low
<b>Full Standing 1 Arm Serving</b>	6			R leg stays in front, L hand in long strap
<b>1/2 Kneeling 1 Arm Jump/Circle</b>	6			L hand on bar, L knee down on carriage
<b>Twisted Plank - Tucks</b>	6			Both hands on bar, toes/hips to R side
<b><i>Start with Standing Rainbow Curls on Side 2 &amp; continue flow</i></b>				
<b>Lying Pull Across</b>	8	1 light	1 light dumbbell	Short box/in front of shoulder rests, R hand holds straps, dumbbell in L hand, frog legs
<b>Lying Pull Out</b>	8			L hand holds strap, dumbbell in R hand
<b>1/2 Teaser - Draw a Sword</b>	6			L hand in long strap, legs in table top, c-curve
<b>Teaser Extension - Draw a Sword/Dumbbell Pull Combo.</b>	6			Dumbbell in R hand
<b>Lying Side to Side Abs</b>	30 seconds			Short strap above R knee, lying on back, dumbbell in both hands/by chest
<b>Double Leg Stretch</b>	10			Dumbbell in both hands
<b><i>Start with Lying Pull Across on Side 2 &amp; continue flow</i></b>				
<b>Front Split Stretch (Both Sides)</b>	2 each	1 medium		Start with R foot on bar

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