

PILATES EVOLUTION

Wellness Reformer

(Small Soft Pilates Ball, Large Box, Small Moon Box, Platform Pad)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Lowers/Lifts	30 seconds	1 medium & 1 heavy		Feet in short straps
Dolphin Tail	6			
Circles	30 seconds each way			
Frogs/Pulses	10			
Zipppers	6			
Baby Circles	8 each way			
Short Spine Progression	6			
100's/Jackknife Combo.	4-5 sets			Hands in long straps
Knee Sways	30 seconds			Table top legs, hold pegs
Box Bridges/Squeezes/Presses	10 each	1 green	Small ball & box	Bar down, short box between bar and carriage, feet on box, box between knees
1 Leg Box Bridge/Toe Taps/Press	6 each			Ball behind R knee
1 Leg Box Bridge/Toe Taps/Press (Side 2)	6 each			Ball behind L knee

Flow

Exercise	Reps	Springs	Props	Direction
Kneeling Lat Pulls	10	1 light	Moon box in the well, platform pad, box	Knees against shoulder rests, thumbs on top/hold frame
1 Arm Riser Pulls	8			L hand on riser/R hand off
Frame Plank - Tucks	8			Balls of feet on carriage
1/2 Kneeling 1 Arm Lat Pull	8			R foot on headrest, L knee on carriage, L hand around both straps

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Exercise	Reps	Springs	Props	Direction
1/2 Kneeling 1 Arm Press Up	5			L hand in short strap
1/2 Kneeling 1 Arm Reach	5			
Kneeling Hinge/Pull	6		Platform pad	Kneel on the pad in the well, hands on shoulder rests
Kneeling 1 Arm Hinge/Pull/Twist	6			L hand on shoulder rest, R hand behind head
Traveling Tricep Dips	8			Feet on ground/flat, hands on shoulder rests
Standing Twist/Warrior Lunge	8			R foot on floor/L foot on carriage, R hand holds strap, elbow stays bent
Front Lunge Hold/Tricep Press	8			Hinge forward/hold
Front Lunge/Hug a Tree	8			Elbow wide
Squat Hold - 1 Arm Shoulder Rest Pull	8			L hand around shoulder rest
Down Dog/Roll Through/Cobra	3		Moon box in back/on floor	Feet on frame or box, hands on shoulder rests
Plank - Flamingo/Arabesque	6			R leg lifts to ceiling, stand on L foot
Lunge Stretch	5 seconds			R foot on headrest, hands above you for stretch
Box Lunges	10			L foot on box, R foot on carriage
Hold - Back Leg Press	10			
Side Lunge	10			Face the R side, prayer arms
Side Lunge/Slide	10			
Snake	8			R foot turned out, L foot crossed over, hands on box
1 Arm Snake	5			L hand down, R hand up
<i>Start with Kneeling Lat Pulls & complete flow on Side 2</i>				
Side Split Stretch	3	1 medium	No props	Bar up, R foot by shoulder rest
Side Split Stretch (Side 2)	3			L foot by shoulder rest

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