

PILATES EVOLUTION

The Sexy Back Class 3.0 (Soft Pilates Ball, Light & Heavy Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Lying Ball Squeeze	10	All springs	Ball	Heels on bar, ball between knees
Footwork (Heels) Pulses/Squeezes	10 each		Light dumbbells	Heels on bar/parallel
Footwork (Heels - Chest Fly)	10			Dumbbells in hands
Footwork (Arches - Narrow Reaches)	10			Elbows stay narrow, arches on bar/parallel
Skull Crusher	10			Carriage stays closed
Footwork (Balls of Feet) -Calf Raises	10 each			
Side Sit-up/Reaches	10 each	1 medium		Ball underneath R hip, L leg extended, hands behind head
Pulling Straps 2 (Ball)	10			Ball underneath chest, legs in frog, hands on taped part of straps/arms in a T
Pulling Straps 1 (Ball)	10			Arms by sides
Side Sit-up/Reaches (Side 2)	10 each			Ball underneath L hip, R leg extended
Abdominal Jumps (Forearms)	10			Ball between shoulder blades, pilates v on bar, forearms on carriage
Abdominal Jumps (Hands Behind Head)	10			

Flow - Part I

Exercise	Reps	Springs	Props	Direction
Lunge - Hammer Curl	10	1 light	Dumbbells	Foot bar at top shelf, R foot on floor, L foot against shoulder rest, dumbbells in hands
Pulses	10			Hold high/wide elbows

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Exercise	Reps	Springs	Props	Direction
Deadlift/Reach Up	10			
Low Leg Press Back/Row	10	1 light & 1 medium	1 heavy dumbbell	R leg stays bent, dumbbell in R hand, elbow narrow
Quad Hinges/Reach Up	10			Dumbbell in both hands/at chest
Twisted Plank - Pikes	8	1 light		Hands on bar, feet/toes facing R side
Center Plank - Pikes	8			Toes face forward
Twisted Plank - Pikes (Side 2)	8			Feet/toes face L side
<i>Start with Lunge - Hammer Curl on Side 2 & continue flow</i>				R foot against shoulder rest

Flow - Part II

Exercise	Reps	Springs	Props	Direction
3 Narrow Push-ups/Kneeling Reverse Fly Combo.	1 minute	1 light & 1/2 spring (lightest spring)	Light dumbbells	Foot bar down, hands on carriage, feet on ground, knees come to carriage
1 Pt. Kneeling 1 Arm Lateral Lift	8	(lightest spring) 1/2 spring		Hands and knees on carriage, long strap in L hand, R leg lifted
Kneeling Lateral Arm Lift/ Dumbbell Lateral Lift	8			Dumbbell in R hand, L hand in long strap, knees down
Kneeling W Arms	8			Palms facing ceiling
Kneeling Reach/Open & Close	8			Dumbbell in L hand, long strap in L hand
Kneeling Side 1 Arm Riser Pull	8			Hold riser with R hand, sit back on feet, elbow narrow
1 Pt. Kneeling Side 1 Arm Riser Pull	8			Hand on top of riser, L leg lifted
Kneeling Side 1 Arm Riser Pull (Across)	8			R hand on headrest, L hand holding riser
1 Pt. Kneeling Side 1 Arm Riser Pull (Across)	8			R leg lifted
<i>Start with 3 Narrow Push-ups/ Kneeling Reverse Fly Combo. on Side 2 & continue flow</i>		1/2 spring & 1 blue to start		

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Flow - Part III

Exercise	Reps	Springs	Props	Direction
Kneeling Rainbow Curls	30 seconds	1 medium & 1 heavy	Heavy dumbbells	Knees on carriage, feet against shoulder rests
Ab Roller	6	1 medium & 1 light		Hands on bar, knees on carriage
Feet in Straps - Dolphins	6	1 medium & 1 heavy		Feet in short straps
Leg Lowers/Lifts	6			
Circles	5 each way			
Frogs/Pusles	10 each			
Short Spine Progression	4 total			Arms off carriage for last 2