

PILATES EVOLUTION

Just Flow (Box, Soft Pilates Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Long Box - Warm-up Curls/ Small Curls	10 each	1 medium	Ball & box	Bar at top shelf, long box on carriage, hands behind head, legs heavy over bar, feet on platform, ball underneath shoulder blades
Jumps/Ankle Pops (Pilates V)	10 each			Hands stay behind head
<i>Repeat</i> Curls/Small Curls & Jumps/Ankle Pops	10 each			
Side Sit-up	10			Ball underneath R hip, R leg bent/foot under bar, L leg extended/pressing against bar, hands behind head
Side Lying Lat Press	8			R hand on headrest, L hand in long strap, knees stacked
Side Lying Tricep Press	8			Stay low
Pulling Straps 1 (Ball)/Triceps	8 each			Chest on ball, frog legs, hands hold taped part of straps, arms straight
Pulling Straps 2 (Ball)	8			Palms face the ground
<i>Reverse Order - Start with Side Lying Lat Press on Side 2 & continue flow</i>				Ball underneath L hip, R hand in long strap
Side Lying Leg Sweep	8	1 light		Bar to middle shelf, R hand on headrest, L foot in short strap, leg extended
Kneeling Arabesque Circles	6 each way			R knee on back L corner of box, hands on box
Kneeling Lat Press/Triceps	8 each			Knees centered on box, L hand holds middle of strap
Gliding Lunges	10			Scout box to R side slightly, L foot on carriage, R foot on bar, hands in prayer
Hold Lunge - Flat Backs	10			Hands behind head
Hold Lunge - Press Front Leg	10			

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Exercise	Reps	Springs	Props	Direction
1/2 Forearm Plank - Slides	6			R forearm on box, L hand on carriage, feet on platform or the bar
Center Forearm Plank - Slides	6			Feet & arms centered
<i>Work Backwards - Start with 1/2 Forearm Plank - Slides on Side 2 & continue flow</i>				Scoot box to L side, R hand on carriage, L forearm on box, feet on bar

Part II

Exercise	Reps	Springs	Props	Direction
Mad Crunches	10	1 medium	Box & ball	Keep box & bar in place, short straps above knees, ball between knees, hands behind head
Double Leg Stretch (Straps)	10			Ball between ankles, hold long straps
Leg Lowers	8			Hands behind head with straps, legs straight
Teaser/W Arms	3 teasers 5 W presses			Hold long straps
Lunge Stretch (in the well)	10 seconds	1 light		R foot on floor, L leg on box, hands on risers
Quad Stretch	10 seconds			
<i>Lunge/Quad Stretch on Side 2</i>	10 seconds each			L foot on floor, R leg on box, hands on risers
Down Dog/Running	10 seconds			Hands on frame, feet on box
Cobra Stretch/Down Dog/Running	10 seconds			
Seated Twist	8			Sit on box/face R side, hold straps with both hands, arms slightly bent
Side Lying 1 Arm Overhead Press	5			R hand in long strap, lying on L side, L forearm on box, L leg bent, R leg extended/lifted
Side Lying Banana 1 Arm Overhead Press/Circle/Reverse	5			Legs stacked/extended

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Exercise	Reps	Springs	Props	Direction
2 Pt. Kneeling 1 Arm Serving	3			Knees on box, R hand in long strap, palm facing ceiling, L leg lifted behind you
2 Pt. Kneeling 1 Arm Wide Press	3			Elbow wide
Narrow Push-ups	8			Hands on box, L leg lifted/straight/flexed foot
Kneeling 1 Arm Tricep Press	8			R arm
Kneeling Plank - Narrow Push-up/Slide Combo.	5			Knees on box/centered, hands on bar
Side Lying 1 Arm Press/Glide	5	No springs		Lying on R side, R hand on bar, L hand behind head, L leg extended/lifted
Side Lying 1 Arm Push/Pull	5			Bend R arm narrow
Seated 1 Arm Shoulder External Rotation	8			R hand in long strap
Seated 1 Arm W Press				Elbow into R side
<i>Start with Seated Twist on Side 2 & continue flow</i>				

Finale

Exercise	Reps	Springs	Props	Direction
Twisted Box Plank - Pikes	6	1 light		Short box - in front of shoulder rests, bar high, hands on bar, toes/hips facing L side, feet on box
Twisted Box Plank - Tucks	6			
1 Arm Twisted Box Plank - Tuck/Pike				L hand center on bar, R arm to ceiling
<i>Twisted Box Plank Sequence (Side 2)</i>				
Climb a Tree - Front/Crossed Over/Side	3 each	2 medium & 1 light		Box behind shoulder rests, sit on box, L foot in safety strap, R leg extended
<i>Climb a Tree (Side 2)</i>	3 each			L leg extended

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