

PILATES EVOLUTION

Modern Twist 2.0 (Magic Circle)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch	1 each way		Magic circle	L foot in R short strap
1 Leg Lowers/Lifts	6			Hold pegs
1 Leg Circles	3 each way			Hold pegs
<i>Complete Side 2</i>				
Abdominal Leg Lowers/Lifts	10			Feet in long straps, circle between ankles, hands behind head
100's Breathing	3 sets			Squeeze on exhale
100's - Tucks				Tuck on exhale
Tucks/Hips Lifts	8 tucks 10 hip lifts			Hands behind head
Modern Corkscrew	6 each way			Hold pegs
Jumps (Circle) - Pilates V	10			Circle behind base of neck, pilates v feet, c-curve
Side Lying Leg Sweep/Circle Press	10			L foot in long strap, R forearm on headrest, circle on carriage/L hand pressing
Side Lying Leg Lifts	10			
Side Lying Leg Tuck/Circle Press	10			
Side Kneeling Donkey Press	10			R forearm on headrest, L knee on carriage
Squat/Arabesque Press	8			Hands on shoulder rests, R foot on carriage
(Circle) Riser Pulls/Hold	8 pulls 8 sec. hold			Loop circle around riser, L hand on circle/elbow narrow, knees against shoddier rests
Double Leg Stretch	8			Short straps above knees, lying on back, circle in hands
Table Top Squeezes	8			Hands behind head

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Tucks	8			
<i>Work Backwards - Start with (Circle) Riser Pulls on Side 2 & continue flow</i>				R hand holds circle/circle around riser, knees against shoulder rests

Opening - Part II

Exercise	Reps	Springs	Props	Direction
Bridges/Presses/Squeezes	10 each	1 medium & 1 light	Magic circle	Headrest down, bar on top shelf, circle between knees
1 Leg Presses (Circle)	10			R foot in circle, hold circle while you move, L foot on bar
Bridge/Thread the Leg Through	8			Both hands on carriage
<i>1 Leg Presses (Circle) & Thread the Leg Through on Side 2</i>				L foot in circle, hold with L hand during presses, R foot on bar

Flow

Exercise	Reps	Springs	Props	Direction
Seated T Arm Press	8	1 light	Magic circle	Sit facing the risers, legs long on headrest, hands in long straps, arms in a T position
Seated Diagonal Arms	30 seconds			Hold shorts straps
Seated C-Curve Press Back	6			Feet on headrest, hold higher on straps, low V arms, c-curve in spine
1 Leg C-curve Press Back/Tuck	5 each leg			
Rowing Variation - Reach Back/ Criss Cross/Reach/Press Back	30 seconds			Hands in short straps, clasp hands together, legs long on headrest
Halo Arms	5			R hand holds strap, elbows are wide the whole time
Flashdance Presses/Reaches	5 presses 3 reaches			L hand on carriage, R foot on headrest, L knee bend, R hand in short strap

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Exercise	Reps	Springs	Props	Direction
Elevated Reaches	5			Both feet on headrest, R hand in short strap, L hand behind you on carriage
Mermaid Press/Reaches	5 presses 6 reaches			R shin against shoulder rests, R hand in short strap, elbow wide entire time
Pocketbook/Reaches	5 pocketbook 3 reaches			R knee against shoulder rest, L hand in long strap, sit hips on feet
Tricep Presses/Leg Extensions	6			Scoot away from shoulder rests, L hand in short strap, R hand hold shoulder rest
Hug a Tree - Hinge/Flexion	30 seconds			Feet against shoulder rests, hands in short straps
Hip Lift/Diamond Press	30 seconds			
Serving Arms (1/2 Kneeling/ Hovering/Full Lunge)	3 each			R foot on headrest, L foot on carriage, hands in long straps
1/2 Kneeling 1 Arm Checkmark	5			R hand in long strap
1/2 Kneeling 1 Arm Punch/ Lateral Reach	5			
1/2 Kneeling Ab Roller/Push-up	6			Hands on bark R knee on carriage, L leg behind you
Tandem Plank - Pikes	6			Feet/hips tandem to L side, hands on bar
Tandem Plank - Thread the Needle Pikes	5			R hand center, L arm to ceiling
<i>Start with Seated T Arm Press & continue flow on Side 2</i>				
Front Split Progression (Splits/ Lunges/Traveling Split)	3 each variation 3 full combo	1 medium & 1 light		R foot on bar, L foot against shoulder rest, hands on bar, R leg kicks back
<i>Complete Side 2 of Front Split Progression</i>				L foot on bar