

PILATES EVOLUTION

Re-Entry Reformer Restore (Booty Band, Box, Soft Pilates Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
1 Strap Scissor Kicks	30 seconds	1 extra light & 1 medium		R foot in R long strap, L leg hovering above bar
Criss Cross Hip Lifts	30 seconds			L leg crossed over R leg
Repeat 1 Strap Scissor Kicks	30 seconds			Same leg
Repeat Criss Cross Hip Lifts	30 seconds			Same leg
Complete everything on Side 2				L foot in L long strap
Side Sit-up	10	1 medium	Band & ball	Ball underneath R hip, hands behind head, L leg extended
Side Lying Lat Press	10			Band above knees, knees stacked, L hand in long strap, R forearm on headrest
Side Lying Tricep Press/Clam	10			
Side Lying Press Hold/Leg Press Back	8			Hold L arm strong
Mermaid Side Bend	8			R shin against shoulder rests, arms above head, hold long strap
Mermaid Twist	8			Elbows wide, holding L strap
Snake (2 Arm)	3			Hands on bar, R leg turned out, L leg crossed over
Snake (1 Arm)	4			
Snake Plank - Slides	6			
Start with Side Sit-up on Side 2 & continue flow				

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Flow - Part I

Exercise	Reps	Springs	Props	Direction
Box - Double Leg Crunch Across	8	1 extra light	Box, band	Band above knees, box on floor/next to frame, sit on box, hold strap above head
Leg Lowers/Lifts	8			Hands behind head, legs straight
1 Leg Glute Bridge/Pull Down	10			L foot on floor, R leg crossed
Hold Bridge - Pull Downs	5			
Hold Pull - Small Bridges	5			
Side Plank - Press/Leg Lifts	8			R hand on box, L foot on floor, R hand in strap
Center Plank - Leg Lifts	8			Hands on box, L leg lifts
Combo - Flamingo Pike/Arabesque/Push-up	30 seconds			
Lunge/Deadlift	10			Box behind risers, lower risers all the way down, strap around shoulder rests, L foot on box, R foot holding strap
Low Lunge Hold - Tucks	10			
Standing Tricep Press	8	1 extra light & 1 medium		Hold both straps, L foot on box, R foot behind you
Curtsy Step-up	10			R leg lifts to flamingo
1 Leg Deadlift Hinge	10			R foot resting on frame
Repeat Standing Tricep Press	8			
Repeat Curtsy Step-up	10			
Repeat 1 Leg Deadlift Hinge	10			
Work Backwards - Start with Lunge/Deadlift on Side 2 & continue flow		1 extra light		Bring risers to highest level

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Flow - Part II

Exercise	Reps	Springs	Props	Direction
Pulling Straps (T Arms)	10	1 light	Box	Long box on carriage, frog legs, hold where straps come together
Pulling Straps - Small Circles	5			
1 Arm Scissor Scissor/Check Mark	3			R hand on box, L hand on strap
1 Arm Tricep Press	8			
1 Arm Giant Circle	5			R hand on headrest
Plank - Slide/Push-up	30 seconds			Hands on box, feet on bar or platform
<i>Complete Entire Pulling Straps Sequence on Side 2</i>				
Ballet Stretch Sequence	Both sides			