

PILATES EVOLUTION

Make Monday Magical (Magic Circle & Box)

Opening & Flow - Part I

Exercise	Reps	Springs	Props	Direction
Circle - Leg Stretch/In & Out	5 each	1 medium	Magic circle	L foot on bar, R foot in circle, both hands on circle
Circle - Cross Over/Open to Side Stretch	2 each way			Opposite hand to circle on cross/side stretches
Leg Stretches on Side 2				R foot on bar, L foot in circle
Abdominal Leg Lowers/Lifts	8			Feet in long straps, circle between ankles, hands behind head/c-curve
Squeeze Progressions	10 each level			
Tucks/Hip Lifts	10 each			
100's with Leg Lowers/Lifts	5 sets			Inhale - lower, exhale - lift
Leg Lowers/Lifts	6			Hands behind head
Abdominal Jumps/Ankle Pops	10 each			Circle at base of neck, Pilates V feet on bar
Inner Thigh Circle Squeezes	10			Feet on bar, circle between knees, lying down on carriage, arms by sides
Glute Bridges	8			
Stay Lifted - Open/Close	6			
Side Lying Lat Press	8			R forearm on headrest, stack legs, L hand in long strap
Side Lying Tricep Press	8			
Side Lying Leg Press/Circle Press	8		Magic circle	Press circle down with L hand, L foot in long strap
Side Lying Leg Lift/Circle Press	10			
Side Lying Leg Circles	5 each way			L hand on hip
Standing Inner Thigh Pulls/Pulses	10 each 2 sets			

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Standing Rainbow Legs	10	No springs		Circle around riser to hold carriage open, hands on bar, R foot in well, L leg lifted
Standing Side Leg Lifts	10			Face L side, R hand on bar
Side Step Ups	10			L foot on carriage, hands in prayer position, R foot in well
Arabesque Push-up/Kick Through Side Plank Combo.	30 seconds			R foot on floor, L leg lifted, hands on carriage
<i>Work Backwards - Start with Arabesque Push-up/Kick Through Combo. on Side 2 & continue flow</i>	30 seconds			L foot on floor, R leg lifted, hands on carriage

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Kneeling Arabesque Sweeps	8	1 medium	Box & circle	Long box on carriage, circle on ground, L foot in long strap, hands and R knee on box
Kneeling Side Donkey Kick	6			R forearm on box
1/2 Kneeling Hovering Arm Press Back	8			L foot on headrest, hold taped part of ropes, R foot on box with R knee lifted
Lunges - Arms in a T	10			Hold long straps/arms in a T position
<i>Work Backwards - Start with 1/2 Kneeling Hovering Arm Press Back & Lunges on Side 2 & continue flow</i>				R foot on headrest, L foot on box & L knee lifted, holding straps/arms straight
Box Plank - Slides	6			Feet on platform or bar
Box Plank (Circle) - Push-ups	6			Circle under chest/on box
Kneeling Arm Press Back	8			Kneeling on box, L hand in long strap
Kneeling Tricep Press Back	8			
<i>Repeat Box Plank - Slides/ Push-ups with Circle</i>				

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<i>Kneeling Arm Press Back/ Tricep Press Back on Side 2</i>	8 each			R hand in long strap
Seated Circle Squeeze	10			Sit on box/feet on headrest, hold circle and long straps
Roll Back	2			Hold circle and long straps
1 Leg Roll Back	5			L leg lifted/straight
1 Leg Roll Back (Side 2)	5			
Double Leg Stretch (Straps)	3			Circle between knees, hands in long straps, palms face the ceiling, legs in table top
Teaser Prep (Straps)	3			
Mad Crunch Combo (Right, Left, Center)	2 sets			Short straps above knees, hold circle
Mad Crunches	10			Hands behind head

Finale Flow

Exercise	Reps	Springs	Props	Direction
Side Kneeling Push Across	6	1 light	Box & circle	Same box set up, R foot on headrest, L knee on box, circle pressing into box with L hand, R hand in long strap, palm facing in
Side Kneeling Circle Squeeze	10			Hold strap and circle, elbows wide
Side Kneeling Twist/Reach	6			
Front Kneeling Tricep Extensions	10			Hold circle above head
<i>Work Backwards - Strat with Side Kneeling Twist/Reach on Side 2 & continue flow</i>				R knee on box, L foot on headrest
Side Kneeling Pikes (Kick)	6			Knees on box/face L side, hands on bar, L leg extended
Center Plank - Pikes/Cobra	6			Hands on bar, feet on box

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Side Kneeling Pikes (Kick) (Side 2)	6			Face R side, hands on bar, knees on box, R leg extended
Climb a Tree (Circle)	3 each leg	2 medium & 1 light		Short box position/behind shoulder rests, R foot tin safety strap, L foot in circle