

New Year Restoration Glow Flow (Box, Soft Pilates Ball)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Pikes	10	1 light	Long Box	Footbar down
Flamingo Pike and Pigeon Stretch	6 each side			Circle the same arm as your knee that is down
Swan	8			
Circles	5			L. Strap comes over L. Arch of your foot
Standing Oblique Crunch	5			L. Foot comes to the ground, R. Foot extends behind you
Single Leg Sweep	5			R. Elbow comes down onto the headrest
Single Leg Lowers	10			
Single Arm Lowers	45 seconds			L. Hand comes into the strap
<i>Repeat on the other side</i>				

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Extended Cat Cow	10	1 medium	Long Box	Footbar up, R. Leg extends back and tucks in
Clam with Leg Extension	10			
Repeat on the other side				
Swan	5			
Jump and Swan	30 seconds			
Downward Dog and Tricep Pull	30 seconds			Straddle your reformer, hands grab the front edge of the box

Exercise	Reps	Springs	Props	Direction
Side Bend and Circle	5		None	Footbar comes down, strap comes over your R. Elbow
Overhead Press	8			L. Foot comes to the ground, strap comes into the R. hand
Lunge	10			R. Foot on the carriage, L. Foot on the platform
Skater	10			
<i>Repeat on the other side working backwards</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Arm Lowers with Single Leg Extension	1 minute	1 heavy, 1 medium, 1 light	Ball	Ball comes under your tailbone
Scissors	45 seconds			
Leg Lowers	10			Ball comes between your calves
Frog	10			
Short Spine	5			
Circles	5 each way		None	
Stretch				
Bridge	4			Feet come onto the platform