

PILATES EVOLUTION

New Year Hustle Sculpt

(Soft Pilates Ball, Box, Light & Heavy Dumbbells, Booty Band)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Lowers/Lifts	8	1 medium & 1 heavy		Feet in short straps
Circles	30 sec. each way			
Frogs/Pulses	10 each way			
Zipppers	6			
Small Circles	10 each way			
Short Spine	5			Arms off carriage
Knee Sways	6			Hold pegs, table top legs
Rollover/Jackknife	5			
Assisted Roll Down/Up	8	No springs	Box & ball	Short box on frame in the back/against risers, straps on top of box, ball between knees, sit facing box, feet on top of box, hold straps in a V, thumbs facing in
Glute Bridge - Slides	10			Feet on top of box, hold shoulder rests
Kneeling Lat Pull Through (Straight Arms)	3	1 light		Push box as close to risers as possible, hands on top of box, knees against shoulder rests
Kneeling Lat Pull Through (Bent Arms)	3			
Combo - Bent/Straight Arms	30 seconds			
Side Kneeing Tucks	8			L forearm on box, knees together/facing R side, R hand on box
Mermaid Side Stretch	3			L shin abasing shoulder rests, hands on bar
Tandem Plank - Pikes	5			Face L side, hands on bar, feet tandem/toes and hips face L side

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Exercise	Reps	Springs	Props	Direction
Tandem Plank - Thread the Needle	5			L hand on bar, R arm to ceiling
<i>Complete Side 2 - Side Kneeling Tucks/Mermaid Stretch/Tandem Plank - Pikes/Thread the Needle</i>				Start with R forearm on box, knees against shoulder rests

Flow - Part I

Exercise	Reps	Springs	Props	Direction
Standing Inner Thigh Carriage Pulls	8	1/2 spring & 1 light	Booty band, box	Band around shoulder rests, R foot on carriage, L foot on box, L leg bent, finger tips on box
Deadlift	8			Face risers, hands on box, foot against booty band
Box Plank - Walk Up/Down	30 seconds			Same elbow each time
Deadlift (Side 2)	8			R foot on box, L foot on carriage
Standing Inner Thigh Carriage Pulls (Side 2)	8			R leg on box, L foot on carriage
Box Plank - Walk Up/Down (Side 2)	30 seconds			Other elbow
Seated Arms - Overhead Press	8	1 medium	Heavy dumbbells, box	Dumbbells on top of box, box back as far as possible, sit on box
Seated Arms - Wide Bicep Curls	8			
1 Leg Tricep Dip/Pull Combo.	8			Feet on carriage, hands on box, L foot centered, R leg crossed over L
REPEAT Seated Arms - Overhead Press/Bicep Curls	8 each			
1 Leg Tricep Dip/Pull Combo. (Side 2)	8			L leg crossed over R
Cat/Cow Carriage Pull	8			Knees on box, hands on top of shoulder rests
Bent Arm Carriage Pull/Pulses	8 each			L arm

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Exercise	Reps	Springs	Props	Direction
Kneeling 1 Arm Reverse Fly	6			Dumbbell in L hand
Bent Arm Carriage Pull/Pulses (Side 2)	8 each			R arm
Kneeling 1 Arm Reverse Fly (Side 2)	6			Dumbbell in R hand
Combo - Kneeling Overhead Press/Push-up	45 seconds			Hands on shoulder rests for push-up

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Standing 1 Arm Tricep Press (Strap)	8	1/2 spring	1 heavy dumbbell	Bar down, box on top of bar/ in between carriage & bar, stand on L side of reformer, long strap in R hand, dumbbell in L hand, L leg forward in lunge
Standing 1 Arm Narrow Row (Dumbbell)	8			
Combo - Standing Tricep Press/Narrow Row	8			
Sumo Squat - Alt. Overhead Press	10 each side			Face the reformer, legs turned out, wide elbows
Tandem Plank - Pikes	6			Toes/hips face L side, hands on box
Side Lunge/Skater	8			R leg on box, L foot on carriage, R leg bent
Front Lunges	10			Face front, R leg on box, L foot on carriage
<i>Work Backwards - Start with Front Lunges on Side 2 & continue flow</i>				
Side Split Stretch	3			Bar up, L foot against shoulder rest, R foot on ground, hands on carriage
Front Split Stretch/Circle Arm	3			L foot against bar, R knee on carriage
<i>Complete Stretches on Side 2</i>				

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