

# PILATES EVOLUTION

## Stick it to me Reformer (Soft Pilates Ball, Baton, Large & Small Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Opposite Strap to Foot Stretch</b>	2 each way	1 medium		Reformer on 2nd gear, risers halfway down, R foot in L short strap, L leg heavy on bar
<b>1 Leg Lowers/Lifts</b>	5			Hold pegs
<b>1 Leg Circles</b>	3 each way			
<i>Complete Side 2</i>				
<b>(Baton) Roll Back/Pulses</b>	10 each		Ball and baton	Ball between shoulder blades, feet on platform, hold baton/knuckles to foot bar
<b>Abdominal Jumps/Baton Reach</b>	10			Pilates V
<b>Ankle Pops</b>	10			Arms stay overhead
<b>Double Leg Stretch</b>	8			Baton in long straps, hold baton in front, legs in table top
<b>Hold Curl - Bicycle Legs</b>	10			
<b>Hold Curl - Tucks</b>	10			
<b>Side Lying 1 Arm Press/Tuck</b>	8			R forearm on headrest, L hand on baton, L leg extended
<b>Side Sit-up</b>	10			Hands behind head, R hip on ball, L leg extended/platform
<b>1 Arm Baton/Riser Pull -Hold - Leg Tucks</b>	8 each	1 light		Baton over risers, L hand centered on baton, R forearm on headrest, L elbow narrow
<b>Side Mermaid Stretch Variation</b>	4			Bar down, face R side on carriage, knees start stacked, hands on platform, R leg extended
<b>Plank - Pikes</b>	8			Hands on bar, feet on carriage

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Exercise	Reps	Springs	Props	Direction
<i>Start with Side Lying 1 Arm Press/Tuck on Side 2 &amp; continue flow</i>				Ball under L side, R hand on baton, L forearm on headrest

## Flow

Exercise	Reps	Springs	Props	Direction
<b>Down Dog/Swan Roll Through</b>	3	Lightest spring	Large box & moon box, baton, ball	Bar down, short box on bar, moon box in the well, hands on shoulder rests, feet on small box
<b>3 Legged Dog/Lunge Stretch</b>	2			L foot on box, R foot to headrest
<b>3 Legged Dog/Lunge Stretch (Side 2)</b>	2			L leg
<b>Lunge/Narrow Overhead Press</b>	5			Baton in short straps, L foot on headrest, R foot on box, hands on baton/palms facing floor
<b>Lunge/Overhead Tricep Press</b>	5			
<b>Combo - Lunge/Narrow Overhead &amp; Tricep Press</b>	3			
<b>Side Lunge/1 Arm Press (inside arm)</b>	5			Facing R side, L hand center on baton, L elbow narrow
<b>Side Lunge/1 Arm Press (outside arm)</b>	5			R hand in baton
<b>Box Lunges/Pulses</b>	10 each			L foot on box, R foot on carriage, arms in a T
<b>Side Box Skaters</b>	8			
<b>Tandem Plank - Pikes</b>	6			Hips/toes face R side, hands on box
<b>Center Plank - Pikes</b>	6			
<b>Tandem Plank - Pikes (Side 2)</b>	6			Hips/toes face L side
<i>Start with Lunge/Narrow Overhead Press on Side 2 &amp; continue flow</i>				R foot on headrest, L foot on moon box

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## Flow - Part II

Exercise	Reps	Springs	Props	Direction
<b>Side Lying 1 Arm Bicep Curl/ Overhead Reach</b>	8	1 medium		Long box on carriage, sit on box/face R side, under grip R hand on baton, L forearm on box, R leg extended, baton in short straps
<b>Twisted Mermaid Tricep Press</b>	8			Keep R leg lifted
<b>Horse Saddle/Serving</b>	6			Straddle box, heels of hands push into baton
<b>Kneeling - Tricep Press/Lift</b>	6			Knees on box
<i><b>Work Backwards - Start with Twisted Mermaid Tricep Press on Side 2 &amp; continue flow</b></i>				
<b>Double Leg Stretch (Baton)</b>	3			Hands on outsides of straps, body facing risers
<b>Teaser/Roll Down</b>	3			
<b>Cross Reach Tucks</b>	30 seconds			Hands behind head, baton at top of feet
<b>Seated - High V Reach</b>	6			Baton in long straps, hands on baton
<b>Seated - Scarecrow Arms</b>	6			Straddle box for more tension, elbows wide
<b>Feet in Straps - Frogs/Pulses</b>	10 each	1 medium & 1 heavy		Bar to middle shelf, feet ins short straps
<b>Swimming Frogs</b>	8			
<b>Peter Pan</b>	30 seconds			
<b>Short Spine</b>	3			Headrest down