

Pole Perfect (Pole, Pilates Ball)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Single Leg Bicycle	2 minutes	1 heavy, 1 medium, 1 light	Ball	R. Leg extended long
Single Leg Calf Stretch	30 seconds			
Single Leg Bicycle side 2				
Single Leg Calf Stretch side 2				
V Jumps	30 seconds	1 medium		
Rows	90 seconds			Footbar down, pole between straps, straddle reformer
Squat Pulses	10			
Downward Dog Stretch	30 seconds			
Thread the Needle	45 seconds			L. Arm down on the platform
Chest Press	90 seconds			Sit behind the pole
Tricep Press	90 seconds			Hands come in the inside of the straps
Thread the Needle side 2	45 seconds			
Bridge	60 seconds			Pole comes out of the straps, and comes into hands
Heel Lifts	8			
Hamstring Curls	60 seconds			
Alternating Heel Lifts	8 each side			
Hamstring Curls	6			
Bridge and Heel Lift	10			

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Lunge with Leg Extension	2 minutes	1 medium		L. Foot on the carriage, R. Foot on the platform
Lunge and Pulse	10			
Squat and Tricep Press	60 seconds			Hands in straps, feet on carriage
Tricep Press	10			
Single Leg Kickback	60 seconds	1 medium, 1 light		Strap comes over L. Foot
Leg Lifts	10			
<i>Repeat on the other side</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Single Leg Pikes	12 each side			
Plank Crawls	30 seconds			
Scissor Kicks	90 seconds each side	1 medium, 1 light	Pole	Pole comes through straps, R. Foot comes on the pole
Frog Press	60 seconds			
Curl Ups	60 seconds			
<i>Stretch</i>				