

PILATES EVOLUTION

Cleo Sculpt (Soft Pilates Ball, Light Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch	2 each way	1 medium		R foot in L short strap, L leg relaxed on bar
1 Leg Lowers/Lifts	5			Hold pegs, hover L leg above bar
1 Leg Circles	3 each way			
<i>Complete Side 2</i>				
Abdominal Leg Lowers/Lifts	10 squeezes 8 lowers		Ball	Ball between calves, feet in long straps, hands behind head, c-curve
Squeeze Progression	10 each level			Hold c-curve position
100's - Leg Lowers	1/2 set			Lower on inhale/lift on exhale
100's - Tucks	1/2 set			Tuck on inhale
Tuck/Hip Lifts	10 each			Hands behind head
Opposite Strap to Foot -Hip Lifts	5			R foot in L long strap, ball between shin and calf, L leg squeezes ball, hands down
Opposite Strap to Foot -High Hip Lift/Press	8			
Opposite Strap to Foot -Circles/Hip Lifts	6			Ball between calves, legs parallel, hold pegs
<i>Complete Side 2 for Opposite Strap to Foot Section</i>				
Abdominal Jumps/Ankle Pops	10 each	1 medium	Ball, dumbbells	Ball between shoulder blades, Pilates V on bar, forearms on carriage
Abdominal Jumps/Ankle Pops (Overhead Press)	10			Dumbbells in hands, elbows wide
Hold Legs Straight (Rainbow Arms)	8			
Hold Arms Overhead - Pops	8			

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Exercise	Reps	Springs	Props	Direction
Repeat Rainbow Arms	8			
Side Lying Leg Sweep (Dumbbell Overhead Press)	10			Ball underneath R side, L foot in strap, R forearm on headrest, dumbbell in L hand
Side Lying Leg Lifts	10			
Side Lying Leg Tuck	10			
Side Sit-up (Dumbbell Reach)	10			R hand behind head, dumbbell in L hand, L leg extended
Side Lying - Open the Door	10			Keep elbow in
Side Lying - Reach	10			
Side Lying Arm Press	8			Knees stacked, R forearm on headrest, L hand in strap
Back Cleo (Arm Press Only)	6			Bar down, pad on platform, feet on headrest, R hand in long strap, L hand on carriage
Back Cleo Lifts	6			
Back Cleo (Hold Lift - Arm Press)	6			
Side Cleo (Arm Press)	6			R foot on headrest, L leg crossed behind, L hand on carriage, R hand in long strap
Side Cleo Lift & Press	6			
Side Cleo (Hold Lift - Arm Press)	3			
Cleo (Both Hands Down)	3		Dumbbell	L hand on platform, R hand on frame
Cleo (1 Dumbbell)	8			Dumbbell in R hand
Cleo - Tread the Needle	3			
Kneeling Plank - Slide (Lateral Press)/Tricep Push-up Combo.	6			R hand on platform/ dumbbell, L hand on bar, knees on carriage
Kneeling Plank - Slides	5	No springs		Hands on platform

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Exercise	Reps	Springs	Props	Direction
Side Kneeling Plank - Slides	6			Hands on platform, knees on carriage/knees facing R side
Floor Plank - Pikes	6			Hands on floor, feet near headrest/on carriage
Lunges (Ball)/Pulses/Flat Back	10 each			Ball underneath R heel, L foot against shoulder rest, hands on hips
Skater Squat/Lunge Combo.	30 seconds	1/2 spring	Dumbbells	L foot on platform, R foot on carriage, dumbbells in hands
Side Splits/Squat (Rainbow Arms) Combo.	30 seconds			
Combo - Skater Squat/Lunge/Side Split/Rainbow Arms	30 seconds			
<i>Start with Side Lying Leg Sweep on Side 2 & continue</i>				R foot in long strap
Side Split Stretch	3			R foot by shoulder rest, L foot on floor, hands on carriage
Snake Stretch	1			
<i>Complete Side 2</i>				