

Let's Get It On Class Notes (Magic Circle)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Single Leg Stretch	30 seconds	1 medium		L. Foot comes in your R. Strap
Single Leg Lowers	6			
Single Leg Circles	3 each way			
Figure Four Stretch	15 seconds			
Repeat on the other side				
<i>Squeeze the Circle (6 rounds)</i>	10 each round		Magic Circle	Feet in long loops, magic circle between ankles, lower the legs three inches each round
Leg Lowers	10			
Hundreds	4			
Hundreds and Tuck	4			
Tuck and Lift	10			
Little Lifts	10			
Pilates V Jumps	10			Circle comes behind your head
Ankle Jumps	8			
Side Leg Sweeps	10			R. Elbow down on the headrest, L. Leg in long loop, circle pressing into the carriage
Side Leg Lowers	8			
Oblique Crunch	8			Sitting in mermaid, Strap in L. Hand

Exercise	Reps	Springs	Props	Direction
Ab Twists	8			
Side Plank Tucks	8			
Snake	5			
Thread the Needle	6			
Side Oblique Twist Lift and Lower	5		Magic Circle	L. Thumb in long loop, hands holding the circle
Side Oblique Twist	4			
<i>Repeat on the other side starting with the side leg sweep</i>				

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Circle Squeezes	10	2 medium	Magic Circle	Magic Circle between knees
Bridge	10			
Hold Bridge and Squeeze	10			
Open and Close Bridge	8			
Leg Lowers	8			Feet in long loops, circle between ankles
Tucks	8			
Short Spine	3			
Tucks in Short Spine	8			
Circles	6 each way			

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Knee Ups	30 seconds	2 medium		L. Foot on the carriage

Exercise	Reps	Springs	Props	Direction
Hop Overs	30 seconds			
Knee Ups- side 2	30 seconds			R. Foot on the carriage
Row	10	1 medium	Magic Circle	Footbar comes down, standing in the well, circle between knees, straps in hands
Row and Lift	10			
Row	10			
Side Split	4	1 light		Standing in the well, R. Foot against shoulder rest
Warrior Lunge and Tricep Extension	10			
Carriage Press Out and In	8			Feet tandem in the well
Thread the Needle	4			
Carriage Press Out and In	8			
Push Ups	10			Circle between chest
<i>Repeat on the other side</i>				

Flow- Part 4

Exercise	Reps	Springs	Props	Direction
Side Skater	10 each round	1 light, 1 medium	Magic Circle	L. Foot on the platform, R. Foot on the carriage, footbar is on the low setting
Side Lunge	10 each round			
Back Split	3 each round			
Lunge Kick Outs	10 each round		Magic Circle	L. Foot comes onto the footbar
Repeat on the other side				
Hug a Tree	8			Footbar comes to the middle shelf

Exercise	Reps	Springs	Props	Direction
Tricep Press	8			
Half Plank Cobra	6			
Assisted Push Ups	6			
Twisted Side Plank	5			
Side Bend Plank	5			
Front Split	4			
<i>Repeat on the other side with the twisted side plank</i>				