

Arc De Triomphe Class Notes (Pilates Arc and Weights)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Sit Ups	5	1 medium, 1 light	Arc	
Leg Press	30 seconds			
Single Leg Press	30 seconds			
Single Leg Bicycle	30 seconds			
Single Leg Press- side 2	30 seconds			
<i>Single Leg Bicycle- side 2</i>	30 seconds			
Jumps	30 seconds			
Straight Arm Raises	5			Hands come into the short loops, legs in tabletop
Hug a Tree	5			
Shoulder Press	5			

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Bridge Hold with Chest Press	5	1 medium	Arc, weights	Feet come onto the footbar
Hamstring Curl with Hammer Curl	5			
repeat for three rounds				
Tricep Press with Leg Extension	6			Footbar comes down, sitting on your L. Hip strap comes into your R. Hand
Straight Arm Pull with Leg Lifted	6			

Exercise	Reps	Springs	Props	Direction
Single Leg Lowers	10			R. Foot comes into the long loop
Single Leg Pulls	5			
Circles	10 each way			
Single Arm Rotation	5			
Twisted Pike	8	1 light		Footbar comes up
<i>Repeat on the other side</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Swan	3	1 medium		
Heel Beats	30 seconds			
Swimming	30 seconds			
Hamstring Curl	30 seconds			
<i>Stretch</i>				