

The Christmas Bauble Class Notes (Pilates Ball, Box)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Bridge with Pulses	90 seconds	1 heavy, 1 medium, 1 light	Ball	Ball comes between the knees
Single Leg Bridge	10 each side			
Curl Ups with Pulse	10			Hands come into the short loops
Curl Up with Leg Extension and T Arms	10			
Side Sit Up	10	1 heavy		Footbar comes down to the lowest shelf, ball comes underneath the waist. Top leg pushes against the footbar
Side Sit Up Pulses	10			
Single Arm Lowers	10			Ball comes between ankles, strap comes into hand
Ball Rolls	10			
Knee Tucks	5	1 medium, 1 light		Ball comes between the knees, short loops over knees
Side Twists with Leg Lowers	30 seconds			
Arm Circles	15			Ball comes behind upper back
Side Lying Arm Press Back	10			
Repeat on the other side				

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Lunge and Pulse	90 seconds	1 light	Ball	R. Foot comes on top of the ball
Skater and Pulse	30 seconds			
Pulses	10 of each			
Lunge and Pike	60 seconds			Outside foot comes to the shoulder pad
Back Lunge with Pass	60 seconds			Foot on the carriage the other on the footbar
Single Leg Jump	60 seconds			
Rainbow Kicks	30 seconds			
<i>Repeat on the other side</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Back Extension	15	1 medium	Long box	Pilates V on the lowest notch on the footbar
Tricep Kickbacks	45 seconds			Cross the straps, elbows out to the side
Tricep Pressback with Leg Lift	45 seconds each side			
W Arm Press	45 seconds			Feet on the headrest
Shoulder Press with Roll Back	45 seconds			Legs extended
Tricep Pressback	45 seconds			Kneeling on the box
<i>Stretch</i>				