

## Hello Glutes (Box, Soft Pilates Ball)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Hands in Straps</b> -Press/Single Leg Stretch -Single Leg Lowers -Toe Taps -Double Leg Lowers	45 sec. single leg stretch 30 sec. single leg lowers 30 sec. toe taps	1 heavy, 1 light, 1 medium	Ball	Bar down, ball underneath hips, hands in short straps
<b>Feet in Straps</b> -Lower/Lifts -Bend/Stretch -Combo. -Short Spine	1 min. lowers/lifts 30 sec. each			Ball between ankles, long straps on feet
<b>Box Bridge Sequence</b> -1 Leg Bridge (Box) -Bridge/Extend/Bend/Tap -Pulses	20 sec. each	1 medium	Box	Remove platform extender, short box flat on rails, L foot flat on box, R leg in table top, arms to ceiling
<b>Side Kneeling Forearm Plank</b> -Leg Lifts <b>Full Side Forearm Plank</b> -Thread the Needle Pikes	10 leg lifts 5 pikes/ thread the needle			Face the side, R forearm on box, L arm to ceiling, R knee on carriage, L leg extended
<b>1/2 Teaser/Offering Arms</b> -Hold - Single Leg Stretch -Combo - 2 Arm Scoops/2 Alt. Leg Stretches	20 sec. each			Hands in short straps, ball between shoulder rests, shoulder blades above ball, legs in table top/body facing box/sitting in the middle of the carriage, scooping arms forward with straps
<b>Complete Box Bridge Section &amp; Side Plank Section on Side 2</b>	Reps listed above			R foot on box for bridge/L leg to ceiling
<b>Side Lying - Foot in Strap</b> -Bend/Stretch -Lift/Lower -Tiny Circles	30 sec. each 15 sec. each direction on tiny circles	1 medium	Ball & box	Box is in the same set up, L forearm on headrest, L hip on carriage, ball underneath the L side of the ribs, R hand behind head, R foot in long strap

Exercise	Reps	Springs	Props	Direction
<b>Lunge Section</b> -Reverse Lunge - Pass Around -Lunge Up/Down - Pass Under	1 minute reverse lunges 30 sec. up /down			R foot on carriage, L toes on box behind you/body facing risers, passing ball behind upper back
<b>Plank</b> -Slides	30 sec.			Feet on box, hands on carriage
<b>Complete Side Lying Foot in Strap Section &amp; Lunge Section on Side 2</b>	Reps listed above			L foot in long strap for side 2
<b>3 Pt. Kneeling on Box (Strap)</b> -Donkey Kick (foot in strap) -Straight Leg Pulses -Straight Leg Sweep	30 sec. donkey 10 pulses 10 sweeps	1 light & 1 medium		Long box on carriage, kneel on box, hands on box, R foot in long strap
<b>Breaststroke</b> -Prep - Bend/Stretch -Full Breaststroke	5 preps 5 full	1 medium		Hands in long or short straps, lying on stomach, legs long behind you
<b>Swimming</b>	30 sec.			Arms and legs extended
<b>Complete 3 Pt. Kneeling Section on Box on Side 2</b>	Reps listed above	1 light & 1 medium		L foot in long strap, hands and knees on box
<b>Elephant Stretch</b>	30 sec.	1 medium & 1 heavy		Bar up, heels flat/against shoulder rest, hands against bar, arms straight
<b>Pigeon Stretch (Both Sides)</b>	30 sec. each side	1 medium		Start with L leg bent on platform, elbows on foot bar, R leg on carriage/foot against shoulder rest