

Ball Reset with Nat (Soft Pilates Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork -2 Legs/Heels/Parallel -1 Leg Press - Bicycle Leg -1 Leg Press - Kick Leg/Switch Ball Back and Forth -1 Leg Press - Pulses - Ball Behind Bent Leg Knee -2 Legs/Toes/Parallel - Prances -Calf Raises Complete 1 Leg Press Section on Side 2	1 min. full presses 10 pulses 30 sec. each single leg variation 30 sec. prancing	1 light, 1 heavy, 1 medium	Ball	Heels on bar, ball in both hands above chest/wide elbows Single Leg - heel on bar Both legs - calf raises - ball reaching to ceiling
Bridge - 5 Squeezes at Top -Hamstring Curls -Squeezes	1 min. up/down 30 sec. hamstring curl 10 squeezes			Ball between knees, heels on bar, arms down or up
Side Lying Foot in Strap -Bend & Stretch -Straight Leg Sweep -Bend & Stretch (Turned Out) -Straight - Turn In/Turn Out	30 sec. Bend/stretch 6 sweep 6 bend/stretch (turned out) 6 rotations straight leg	1 medium		Lying on R side, long strap on L foot, R leg bent on carriage, R ear on headrest
High Side Kneeling Arms (Ball) -1 Arm Side Bend (ball in L hand) -Twist (ball in both hands) High Back Kneeling Arms -Cactus Arms (Pass Ball) -Wide Shoulder Press (pass ball at the top)	30 sec. each variation			R hand in long strap, ball against L side of body Ball in both hands for twist
Complete Side 2 -High Kneeling Side Arms -Side Lying Foot in Strap				

Exercise	Reps	Springs	Props	Direction
Lunge (Pass Ball) -Twist Away/Scooter Carriage -Side Lunge -Side Scooters -Side Lunge Pulses	30 sec. lunges 10 scooters 30 sec. side lunges 10 scooters 10 pulses			L foot on floor/next to machine on L side, R foot against shoulder rest) Side lunge - facing carriage
Abdominals -Seated Curl (ball at mid-back) -Push Bar - Alt. Kicks -Twist Across with Kick -Twist Across (leave leg up)	30 sec. curls 30 sec. alt. leg kicks 5 twists/ kicks 5 twists each side			Ball at mid to lower back, toes on bar, start center with hands behind head, then move to 1 foot on bar
Complete Standing Lunge section on Side 2	Reps listed above			R side/standing on R side of machine
Feet in Straps -Lower/Lift -Frogs -Frog Stretch	30 sec. Each	1 medium, 1 light, 1 heavy		Long straps on feet, ball between ankles
Standing Stretch	2			