

## (Pole, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Hands in Straps (on pole)</b> -Arms Press Down -Press/Curl/Tuck Knees -Hold Curl - Add Alt. Single Leg Tucks -Alt. R & L - Curl Across/Hold/Straighten Legs/Tuck In	30 sec. each	1 heavy, 1 light	Pole	Pole through short straps, hands on pole/overhand grip
<b>Glute Bridge Section</b> -Lift/Lower -Hamstring Curl/Reach Arms -1 Leg Hamstring Curl (R) -1 Leg Hamstring Curl (L) -Pilates V Pulses Outward	30 sec. each 5 single leg hamstring curls 10 pulses outward			Pole above head, take out of straps, Pilates V on bar/heels, arms straight to ceiling, keep legs turned out for bridge sequence
<b>Side Forearm Kneeling Plank</b> -Hip Dips/Kick Top Leg -Pulses	10 dip/kick 10 pulses	1 medium	Box	Bar completely down, short box in front of shoulder rests, R forearm on box, R leg on platform, L leg kicks
<b>Tricep Dips</b>	30 sec.			Legs extended, feet on platform, hands on box
<b>Side Forearm Kneeling Plank</b> -Hip Dips/Kick Top Leg (Side 2) -Pulses	Reps listed above			L forearm on box
<b>Standing Section (Carriage)</b> -Split Lunges -Lunge/Pull Carriage/Stand Up -Stay Low - Carriage In & Out	1 min. each 20 sec. Carriage in/out	1 light		L foot on platform, R foot on carriage, body facing front, pole in both hands
<b>Standing Section (Floor)</b> -Back Lunge/Row/Step-up -Deadlift/Balance	1 min. each	1 medium		Face the risers at a diagonal, thread baton through short straps, wide elbows
<b>Short Box Series</b> -Flat Back (Pole)	30 sec.			Sit on box facing bar, pole reaches to ceiling, feet in front strap

Exercise	Reps	Springs	Props	Direction
<b>Climb a Tree (R Side)</b> <b>-Hold C-curve - Curls</b> <b>-Alt. Figure 8 - Thread the Pole</b>  <b>-Complete Climb a Tree/Curls on Side 2</b>	3			Pole goes behind back of R leg, hold pole with both hands, L foot stays in strap
<b>Complete Standing Section (carriage) &amp; Standing Section (Floor) on Side 2</b>	Reps listed above	1 light 1 medium for floor section		R foot on platform to start
<b>Kneeling Arms (Pole)</b> <b>-Serving Arms - Hip Thrust</b> <b>-Low Hips - Tricep Pres</b> <b>-High Hips - Frontal Raise</b> <b>-High Hips - Chest Press</b>	30 sec. each	1 medium	Box, pole	Long box next to machine/R side on floor (side car), pole in short straps, kneeling on carriage/feet curled, palm facing ceiling, hands in long straps/holding pole
<b>Kneeling Push-ups</b>	10			Hands on platform, legs bend/knees on carriage
<b>Feet in Straps (Pole)</b> <b>-Lowers/Lifts</b> <b>-1 Leg - Thread Leg/Scissors</b> <b>-1 Leg Short Spine (Crossed)</b>  <b>Complete Side 2</b> <b>-1 Leg Thread/Scissor</b> <b>-1 Leg Short Spine</b>  <b>-Frogs (2 Feet)</b> <b>-Hamstring Stretch</b>	30 sec. each 5 short spine	1 light		Pole in long straps, feet on pole/lying on back