

Strength Pilates Max

(Light/Medium/Heavy Dumbbells, Loop Band)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork -Calf Raises -Toes/Parallel -Heels/Parallel -Heels/Turned Out Bridge Work -Heels/Parallel -Hold High - Press Out -1 Leg Bridge -1 Leg Bridge (Side 2)	20 sec. 30 sec. each variation 30 sec. bridge 10 presses 10 single leg bridges each side	3 heavy	Band	Band above knees, toes on bar Single leg bridge - 1 heel on bar)
Floor Section (Band) -Crab Walks (Band at Ankles) -Goblet Squats (Band Thighs) REPEAT *Add 2 pulses at bottom on goblet squat sequence*	1 min. for everything		Band, 1 heavy dumbbell	Hold dumbbell like a goblet at chest, move band up or down depending on exercise (labeled accordingly in the exercise box to the left)
Hands in Straps -Curl Up - Sway Knees -Keep Tension - Alt. Leg Press -Hold Curl Up - Knee Tap/Curl	1 min. 30 sec. leg press/band 30 sec. tap/curl up	1 heavy, 1 light, 1 medium		Band above knees, platform extender on, hands in short straps
Floor Section II (No Band) -Lateral Lunge/1 Arm Shoulder Press (Dumbbell) -Side 2 -Lunge Hold/1 Arm Clean/Twist/Unravel (1 Dumbbell) -Side 2 REPEAT	10 each		Medium dumbbells	Same arm as leg for lateral lunge press -opposite arm as leg for lunge hold/clean & twist
Short Box Series -Rounded -Flat -Twists	5 rounded 5 flat 30 sec. twists		Box	Short box in front of shoulder rests, feet in front strap, hands behind head
Side Bends	8 each side			First side - L foot in straps, R leg bent on box, R hand behind head, L leg straight

Exercise	Reps	Springs	Props	Direction
Floor Section Part III -Pistol Squats (Tap Box) -Side 2 -Bent Over Row REPEAT	10 each side 10 rows each side	All springs for stability with carriage	1 dumbbell of choice, box	Stand in front of box/ carriage, goblet position Row - L knee on box, R foot on floor, dumbbell in R hand
Kneeling or Standing -Chest Expansion (Lunge) -Hold Lunge - Chest Expansion	30 sec. up/ down 15 sec. with low hold	1 medium		L foot on headrest, R toes at front edge of carriage, facing back risers, hands in short straps, bar down
Plank -Pikes (Crossed Legs) -Side 2	6 each side			Hands on carriage, L foot on platform, R leg crossed over
Floor Section IV -Standing Weighted Fire Hydrant (Hold Box) -Side 2 -Prone - Lat Pullover -NO REPEAT	10 each 1 min. pullover		Box, heavy dumbbell	Box set upright, L hand on box, dumbbell in R hand/ straight arm, L foot on ground, R leg fire hydrant Long box on floor, heavy dumbbell in hands, lying on box with feet planted
Feet in Straps -Lowers/Lifts -Circles -Stretch	30 sec. lowers/lifts 4 circles each way	1 heavy, 1 light, 1 medium		Feet in long straps