

Crushing it with Karis (Box, Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
1 Leg Footwork - Top Leg Under & Over Bar -Pulses -Hold Press Out - Straight Leg Pulse -1 Leg Bridge -Hamstring Curls -Hold Bridge - Pulses	1 min. press 10 pulses 30 sec. bridge 5 curls 10 pulses	2 heavy, 1 medium		L heel on bar, R leg in table top Leg in table top for bridge
Abdominal Work -Upper Body Curls (Table Top) -Curl/Double Leg Stretch -100's Breathing	6 each 100's - full set			Table top legs, hands behind head
Complete 1 Leg Section on Side 2 -Footwork/Pulses -Bridge/Curls/Pulses	Reps listed above			
Standing on Carriage (Box) -Reverse Lunges -Cactus Arms/Bend & Stretch	10 lunges 4 bend/stretch 10 pulses	1 light	Box	Long box on carriage - scoot box to R side of carriage, L foot on carriage, R foot on platform
Plank - 1 Forearm/1 Hand -Alt. Pike/Open to Side Plank -Alt. Pike/Open to Side Plank/Tuck (Add Feet on Bar) -Hold Side Plank - Tucks	20 sec. each variation 20 sec. Only tucks			R forearm on box, hands on carriage, feet on platform or bar
1/2 Kneeling on Box -1 Arm Sweep -Alt. Sweep Hold/Kick -2 Pt. Tricep Extension (1 Leg) -Hold Arm - Pulse Leg -Kneeling Glute Kick Back -Kneeling Alt. Kick Back/Arabesque Sweep -Kneeling Arabesque Sweep -Hold - Reach Arm Forward	5 sweeps 5 alt. sweep/kick 5 pulses 20 sec. each for kneeling legs 5 sec. hold			L foot on carriage, R hand on box, R knee on box, L hand holds strap, R leg lifts for sweep L foot in long strap, hands and knees on box



INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
Kneeling on Box (Front) -Kneeling Plank/Stretch to Full -Full Plank - Tucks	30 sec. first variation 20 sec. tucks			Hands on bar, feet on box
<i>Start with Standing Reverse Lunges on Side 2 & continue flow, ending with Kneeling Arabesque Sweep Hold</i>	Reps listed above			Move box to other side
Feet in Straps -Lowers/Lifts -Frogs -Short Spine	30 sec. lowers/lifts 30 sec. frogs 3 short spine	2 heavy		Long straps on feet

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