

Saturday Stretch (Box, Soft Pilates Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot -Cross Stretch -Open to Side -Figure 4 Stretch -1 Leg Lower/Lift -1 Leg Circles Complete Side 2	20 sec. each stretch 6 lower/lift 3 circles each way	1 medium		L strap on R foot 2nd side - R strap on L foot
Abdominals/Feet in Straps -Leg Lowers (C-Curve) -Hold Low - Squeeze Ball -Bend/Stretch - Add Hip Lifts -Hip Lifts (with Head Down)	20 sec. each variation		Ball	Long straps on feet, ball between calves, hands behind head/c-curve
Seated Footwork (Box) -Pilates V - Bend/Stretch -Calf Raises -Parallel/Toes - Calf Raises -Wide/Heels - Bend/Stretch -Arms - Hug a Tree -Add Rotations -Pulses in Center	20 sec. each variation 10 pulses	1 light 2 medium	Box	Short box in front of shoulder rests, sitting in front of box on carriage, start with Pilates V legs, forearms on box to start
Seated Arms (on Box) -Hug a Tree -Overhead Tricep Press -Seated Roll Back -Hold C-Curve - Serving Arms -Serving Arms - 1 Leg Holds Table Top/Then Alt. Legs -Both Legs Table Top/Serving -Hold Teaser	10 each arm variation 20 sec. each variation for core/ serving/ table top sequence 10 sec. teaser hold	1 medium		Sitting centered on box, legs crossed on carriage, hands in long straps Flatten feet for core section

Exercise	Reps	Springs	Props	Direction
Heavy Seated Footwork -Pilates V - Bend/Stretch -Pulses -Wide/Heels - Bend/Stretch -Pulses -1 Leg - Bend/Stretch -1 Leg - Bend/Stretch (Side 2)	20-30 sec. each variation 10 single leg presses	All springs		Heel on bar for single leg press
Side Sit-up -Regular Side to Side -Back Extensions Climb a Tree -Bend & Stretch (Holding Leg) -Center Climb a Tree -Cross Over (IT Band) Complete Side 2	10 each Climb a tree 3 bend/ stretch 3 roll back in center 1 crossed over			Box over shoulder rests, L foot in front strap, R leg bent on box/R side, hands at forehead
Side Lying -Arm Sweep (1 Hand in Strap & Top Leg Lifted) -Tricep Press -Top Leg Pulses	10 each			Long box, R forearm on headrest, lying on R side, L hand in short or long strap, R leg bent/L leg straight/hovering/flexed foot
4 Pt. Kneeling in (1 Foot in Strap - Facing the Back) -Arabesque Sweep -Hold 5 sec. -Bend/Stretch (Round Spine)	10 each 5 sec. hold			R knee in back L corner of box/facing tower, L foot in long or short strap
Center Box Plank (Hands or Forearms) -Slide Arms -Alt. Leg Lift -Combo - Alt. Leg Lift with Slide at Same Time	20 sec. each			Hands or forearms on box, feet on bar
Side Forearm Plank (Optional Arm Lifts to Ceiling) -Tucks -Hold	20 sec. tucks 5 sec. hold			R forearm centered, twist everything to L on bar, L arm to ceiling
Complete Side 2 -Side Lying Arm Sequence -Kneeling Foot in Strap Sequence -Side Forearm Plank -Cat/Cow on Box	Reps listed above 10 sec. cat/ cow			

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-Swimming (No Straps) -Pulling Straps I -Pulses (Straight Arms) -Rock Side to Side/Bent Legs -Standing Stretch - Hands on Box/Side to Side Hips	20 sec. swimming 10 pulling straps/ pulses 10 sec. stretch/side to side knees 10 sec. standing stretch	1 heavy		Lying on stomach/middle of chest on edge of box, hold taped part of straps, arms outside of carriage/legs long
Finale Abs on Box (Ball) -Bend/Stretch -Jumps -Ankle Pops -Tiny Crunches	20 sec. each	1 medium		Keep long box position, ball between shoulder blades, hands behind head, c-curve, toes on bar/pilates v on bar
Ending Stretches -Lunge Stretch -Hamstrings -Side Bend Complete Side 2	20 sec. each	1 medium		