

Ball Foundations (Ball, Platform Extender, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork -Wide/Heels -Full Press/Pulses -Toes/Parallel -Press/Calf Raise Combo. -Full Press -Heels/Parallel -Full Press -1 Leg Press (Each Side) -Pilates V -Full Press/Pulses	30 sec. full press/10 pulses (x2) 30 sec. combo. 15 sec. full press 10 full press on heels 30 sec. each side single leg presses 30 sec. full presses/10 pulses	3 heavy, 1 light		Heels on bar/wide heels, arms down, platform extender on
Bridge -Double Leg -1 Leg (Reach Ball to Ceiling)/Pulses -Side 2 - 1 Leg/Pulses	30 sec. each up/down 10 pulses each		Ball	Ball between knees, arches on bar Single leg - heel on bar, ball in both hands/reaching to ceiling
Hands in Straps (Ball Underneath Tailbone) -Lower/Lift -Single or Double Leg Stretch -Tricep Press/Double Leg Stretch -Tricep Press/Hold Legs Straight	30 sec. each 15 sec. tricep press variations	1 heavy, 1 medium, 1 light		Bar completely down, ball underneath tailbone/pelvis, hands in short straps, legs in table top
Side Splits (Hold Ball) -Add Twist Toward Carriage	1 min. straight 30 sec. twisting	1 light or 1 medium		L foot on platform, R foot on platform, hold ball

Exercise	Reps	Springs	Props	Direction
Side Forearm Plank (Ball) -Tucks Side Lying Foot in Strap -Leg Lift & Lower -Bend & Stretch -Combo - Lift & Lower/Bend & Stretch -Straight Leg Sweep -Small Leg Circles (Each Way)	30 sec. Each 5 circles each way	1 medium		R forearm against shoulder rest, L hand pressing on ball, feet tandem on platform L foot in long strap
Complete Side 2 -Side Forearm Plank -Side Lying Sequence -Side Splits Sequence	Reps listed above	Change springs to 1 light only or 1 medium only for side splits sequence		
Kneeling Arms (Ball Pass) -Hip Thrust/Hug a Tree -Overhead Tricep Press/Keep Hips Low -Serving/Hip Thrust (Ball Pass)	30 sec. each	1 medium & 1 light	Ball	Short or long straps in both hands, kneeling on carriage/ facing front, ball in 1 hand
4 Pt. Kneeling Foot in Strap -Arabesque Sweep -Hold 10 Sec.	30 sec. sweep 10 sec. hold	1 medium	Box	Long box position, L foot in long strap, hands on box, R knee on box
Side Seated Arm Work -Draw a Sword	10			Sit sideways on box, heels on box, L hand in short strap, R hand behind head
Prone -Pulling Straps/Tricep Press -Back Extensions	10 each 30 sec. extensions	1 medium & 1 light		Middle of chest at edge of box, legs long behind you, hands holding D rings/arms long next to machine Extensions - palms up
Complete Side 2 -4 Pt. Kneeling Arabesque Sweep/Hold -Draw a Sword	Reps listed above			
Feet in Straps (Ball) -Lowers/Lifts -Long Spine -Circles	6 lowers/lifts 3 long spine 3 circles each way	2 heavy		Feet in long straps, ball between ankles

