

Magic Circle Foundations (Grippy Mat, Magic Circle, Box, Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
-Stomach Massage - Round -Add Calf Raise -Stomach Massage - Flat (Arms Reaching Forward) -Add Calf Raise -Stomach Massage - Flat (Arms Behind/Hands on Top of Shoulder Rests) -Stomach Massage - Twist & Reach 1 Arm (Alt. R & L)	30 sec. each variation	1 heavy & 1 light	Grippy mat	Pilates V on bar, hold front edge of bar, round spine at first
Hands in Straps -Curl Up -100's (Table Top) -Tricep Press/Squeeze Circle	1 min. curl up Full set 100's 30 sec. triceps		Circle	Hands in short straps, circle between inner thighs
Bridge (Circle Between Knees) -Roll Up/Down Bridge (Circle in Hands/Ceiling) -Roll Up/Down Single Leg Bridge (Knee Tuck) -Hamstring Curl -Side 2 Hamstring Curl -Side 1 - Single Leg Bridge Pulse (Straight Leg Lifted) -Side 2 - Pulses	30 sec. each variation			Heels on bar, circle between inner thighs, arms to ceiling holding the circle Single leg - 1 leg tucks on the press out with carriage
-Ice Breaker -Elephant -Hold Stretch - Opposite Arm to Ankle	30 sec. both legs	1 heavy & 1 light		Hands on bar
Side Forearm Kneeling Plank -Hold - Bent Leg Lift/Lower -Straight Leg - Lift/Lower -Center Plank (Platform) - Alt. Shoulder Taps -Side 2 - Side Plank Sequence	20 sec. each	1 light or 1 medium		L forearm on platform extender, legs stacked/bent on carriage, R hand behind head/elbow wide, R leg strain

Exercise	Reps	Springs	Props	Direction
Reverse Carriage Lunge (Circle in Hands) -Add Rotation Over Front Leg	1 min.	1 light		Bar completely down, short box on carriage, L foot on carriage, R foot on platform,
Side Tandem Forearm Plank -Tucks -Hip Dips	30 sec. 10 sec. dips			R forearm on box, L hand pressing into circle/on the box, feet tandem on platform
Side Sit-up (Circle Pressing into Box)	20 sec.			Top foot in strap/platform, R leg bent on box, pressing circle on box, R hand behind head or on headrest
Complete Everything on Side 2 -Lunge Sequence -Plank -Sit-up	Reps listed above			
Short Box Series (Circle) -Round -1 Leg Table Top/Twist -Side 2 Twist/Table Top -Flat Spine (Circle Above)	30 sec. each			Feet in straps, sit on box, circle in both hands
Climb a Tree (Circle) -Bend/Stretch -Climb a Tree Center	3 each			1 foot in strap, 1 foot in circle
Prone - Hands in Straps -Overhead Press -Breaststroke -Hold Platform - Beat Heels -Standing Stretch/Roll Up	30 sec. each 5 counts inhale/ exhale (x3) on beats 10 sec. stretch	1 medium		Long box, middle of chest on edge of box, legs long, hands in short straps,