



PILATES & PROSE

Flow 1.0 - Beginner Springs: 2R/1B | Springboard: Purple @4

Time	Block	Springs	Props	Exercises
:00-:05 :30-:35	FOOTWORK	2R/1B		- PV, H + top pulses - W2, H + bottom pulses - //, () + pulse halfway: 3-count in, pause, 3 out - //, T + Calf raises + Prancing
:05-:10 :35-:40	BRIDGING	2R/1B		- H, PV - Pelvic Curl - H, PV, ART + static hold - H, W2, HNG + pulse - H, //, HNG, Slow Marching
<i>Roll up; Change springs; Gear back in if you geared out.</i>				
:10-:15 :40-:45	ABS - Hands in Straps	1R/1B		- Arms L&L + Chest Lift + SLE - Tricep Press + Chest Lift + SLE - T-Press + Chest Lift + SLE - Circles + Chest Lift + SLE (both directions)
<i>Roll up — Leave Springs</i>				
:15-:25 :45-:55	LOWER BODY - Springboard	P @4		Stand facing Springboard, hands or forearms on Ballet Bar, LFT foot in strap - Lift & Lower - Bend & Extend - Circles Face Front - Lift & Lower - Circles >>Switch Sides<< *Figure-4 Stretch Both Sides*
:25-:30 :55-:00	PLANKS	Mat	Short Box	Face FRONT - Side Plank + Hip Lifts - Side Bend CENTER PLANK - 1 min hold Face BACK - Side Plank + Hip Lifts - Side Bend
:30-:35 :00-:05	SHORT BOX SERIES	1R/1B+ (add for stability)	Short Box, Safety Strap	- (hands behind head) Hinge Back + hold + arms extend wide and back - (arms across chest) Roll-back + hold + arms extend in front, reach up/back
:35-:40 :05-:10	UPPER BODY - Facing Footbar	1R	Short Box	- Reverse Expansion - Serve-a-Tray + Presentation - Hug-a-Tree - Salute
:40-:44 :10-:14	PRONE - Facing Mirror	1R	Long Box	- Pulling Straps - Tricep Kickback - Hold/Flutter Kicks
:44-:49 :14-:19	COOL DOWN	1R		- Eve's Lunge + Front Split - Mermaid - Spine Stretch >>Switch Sides<< *Roll-Down*