



PILATES & PROSE

Flow 1.5

Springs: 2R/1B (+1G) | Props: Ball

Time	Block	Springs	Props	Exercises
:00-:05 :30-:35	FOOTWORK	2R/1B (+1G)	Ball: hold	- W2, H + Alt chest fly (hand off at center) - PV, H + Skull Crushers - //, Arches + Chest Press + Hold Halfway + ALT Marching - //, T, HH + Chest Lift Halfway + reach ball to feet + Calf Stretch + Prancing
:05-:10 :35-:40	BRIDGING	2R/1B	Ball: thighs	- Ball (Thighs) - //, H, ART - Ball (Behind RT Knee) - //, (), HNG + Toe Tap >> switch<< - Ball (Hold) - //, T, HNG + Hold + circle ball around body >> switch directions<<
Roll Up; Change Springs; Gear Back In				
:10-:15 :40-:45	ABS - Supine Hands in Straps	1R/1B	Ball: calves	- Tricep Press + Chest Lift + Double Leg Ext - Arms Lower/hold + Roll Ball up one leg/down; alternating - Arms Lower/hold + Toe Taps >> switch<<
Roll Up; Change Springs; Face Mirror				
:15-:20 :45-:50	UPPER BODY - Sit facing Mirror, knees bent	1R/1B	Ball: thighs	- Bicep Curls + Hinge back + Bicep Extension - Chest Expansion + RT leg TT/45 + pulse ball >> switch<< - (legs long) Roll Back + RT leg TT/45 + Hold + L&L leg >> switch<<
:20-:32 :50-:02	LOWER BODY (+ABS) - Supine Single Foot in Strap	1R/1B	Ball: hold	LEFT Foot in Strap - Scissors + rolling ball up RIGHT leg as it lifts, down as it lowers - Bend & Extend + pass ball under knees when bent to TT (reverse) - (RT leg TT/ball behind knee) + LFT scissors as RT toe taps >> Switch Feet<< BOTH Feet in Straps - (ball to feet) Bend & Extend + L&L + Pulse Ball - (ball to hands) V-Up + Reach through *Figure-4 + IT band stretch*
:32-:38 :02-:08	SIDE BODY/ SHORT BOX ABS	1R/1B +more	Short Box Safety Strap	FACING FRONT - Side Bends + Stretch w/hands to rails FACING CENTER - Hinge Back + Lean LFT / RT - Roll Back + Rotation FACING BACK - Side Bends + Stretch w/hands to rails
:38-:41 :08-:11	PLANKS	1R	Short Box	- Bear Plank + Jackrabbit + Pike - Combo
:41-:44 :11-:14	PRONE - Facing Mirror	1R	Short Box	(Feet under FB) - Pushups - Torso Extension (hands to forehead or behind head) (Legs over FB) - Swan
:44-:49 :14-:19	COOL DOWN	1R		- Side Straddle - Eve's Lunge - Monkey >> Switch Sides<< *Final Roll Down*