



PILATES & PROSE

Flow 2.0 - Advanced
Springs: 2R | Chair: 0,3 | Props: Ball

Time	Block	Springs	Props	Exercises
:00-:15 :30-:45	WARM-UP: FOOTWORK / BRIDGING / ABS	2R		Start Side-lying Facing FRONT FOOTWORK - // + Pulse + extended adduction (bottom foot lifts to tap FB) x5 - W2 + Pulse + extended adduction x5 - //, heels up + Pulse + extended adduction x5 SUPINE - BRIDGING / ABS - BRDG: //, ART ABS: Arms Lower, DLE - BRDG: PV, HNG ABS: Arms Lower, DLE, Sweep RT over LFT, reverse x3 - BRDG: PV, RT let TT, HNG hold + L&L ABS: Arms Lower, DLE, RT foot taps top of FB, LFT foot taps under; switch Side-lying Facing BACK
<i>Roll-up; Change Springs; *Footbar to lowest rung!*</i>				
:15-:20 :45-:50	LOWER BODY - Facing BACK	1B	Ball; Short box ON	- Side Splits passing ball over head as you stand - Side splits w/pick flowers in split - Inner Thigh Squats
:20-:26 :50-:56	LOWER BODY + PLANKS - Facing MIRROR	1B	Short Box; Ball	Same foot on carriage, Ball under SAME side hand, opp hand on box (+behind back) - Lunge forward + Scooters (bend/extend back knee) + hold/pulse ball PLANKS: Kneel, ball goes between knee that was just out front and box; other foot that was on gray plat is now on FB - Pyramid Plank, hold ball + roll thigh up/down box x6 >>switch sides<< Other leg on carriage for lunge (leg that was just holding ball to box), Ball under SAME side hand, opp hand on box (+behind back) - Lunge forward + Scooters (bend/extend back knee) + hold/pulse ball
:26-:31 :56-:01	LOWER BODY - Facing FRONT	1B	Short Box; Ball	- Side Splits passing ball over head as you stand - Side splits w/pick flowers in split - Inner Thigh Squats
<i>*FB back up!</i>				
:31-:36 :01-:06	SHORT BOX ABS	1B/1R	Safety Strap; Short Box; Ball	- Hinge back + ball overhead, arms extended - Roll-back + ball to chest, extend into pit + ball overhead - Tree: Same leg under strap; other leg TT, ball in opp hand, arms wide; ball in hands at chest + hinge back, extend TT leg + rotate to reach ball to toes; back to center >>switch sides<<
:36-:44 :06-:14	SIDE BODY/ PRONE - Chair (BOSU to MAT)	0,3		Facing FRONT - Side bends - Lean CENTER - Swan + Swan Dive - Grasshopper Facing BACK - Side bends - Lean
5 MIN	COOL DOWN	1B/1R		- Supine Feet in Straps: // Lower & Lift, PV Frogs + Swimming, Circles *Final Roll-Down*