

Tower Workshop

Roll Down Bar Exercises:

Bar set high

Roll Down

Side Ups

Arm Straight

Hand Under Head

Add Twist

Climb A Tree

Thigh Stretch

Add Rotation

Bar Set High/One Spring ONLY: Spring Set in the Middle

Kneeling On One Leg Side Bend

Add Rotation

CARRIE
PAGÈS
..... *Pilates*

Bar set Low

Spine Articulation with Bar on Back

Add Rotation

Shoulder Bridge

Stomach Series

Hamstring Pulls

Spine Stretch: RDB on arches

CARRIE
PAGÈS
..... *Pilates*

Push Through Bar Exercises: (Spring from the top)

Standing:

Squats

Heel lower/lift

Bar lower/lift

Squat with Rotation

On Mat:

Bow Stretch

Push Through

Assisted Bridge with Legs Over PTB

Parakeet

Mini Bridge in start position

Parakeet

Add one leg/developé

High Bridge (feet on poles)

100 (feet on the bar)

Crunches

Lower/lift one leg

Roll Up

CARRIE
PAGÈS
..... *Pilates*

Teaser

Add Rolling Like A Ball

Add Roll Over

Swan

Both Arms

Add Rocking

One Arm with Twist

CARRIE
PAGÈS
..... *Pilates*

Fuzzies:

Neck Pull (Fuzzies around elbows)

Breaststroke: springs set on the lowest setting *can be done with a box

Goal Post

V

Full exercise with extension

Big Arm Circle (on box)

Add Salute

One Leg: Leg Springs (Cross the Spring)

Crunches Holding Fuzzies, Facing the Tower

Front Facing SLS (Fuzzy on thigh) *can be done with a box

Knee To Chest

Add Twist

Add Straight Leg Pull To The Side

Chain from the top/ spring from the bottom

Triceps Presses

Elbows In

Elbows out

One arm