PROJECT 100 / FULL BODY / PILATES

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

1. Shoulder band-bar squat

Legs and hips / 2 planned sets / 8-12



START / standing FINISH / partial squat

GRIP / Overhand / pronated grip

SETUP / Padded bar across upper back; paired low side/rear lines.

MOVE / Bend hips and knees into a controlled partial squat.

RETURN / Extend hips and knees toward standing.

MAIN / RED
Quadriceps and hip extensors contribute to standing from the squat.

SECONDARY / BLUE
Hamstrings and spinal extensors assist hip and trunk control; shoulder and arm muscles stabilize the bar.

SUPPORT / GREEN
Abdominal muscles stabilize the torso, with feet planted on the floor. Ankle and calf muscles control the base.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

2. Standing Pilates bar hip hinge

Pilates-kit variation / Legs and hips / 2 planned sets / 8-12



START / hip hinge FINISH / upright

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops under the shoe arches; connect two matched tubes to each bar end.

MOVE / Hinge the hips back with soft knees, keeping the bar close to the legs.

RETURN / Drive through the feet and extend the hips; keep the arms long.

MAIN / RED
Gluteals and hamstrings extend the hips as the torso returns upright.

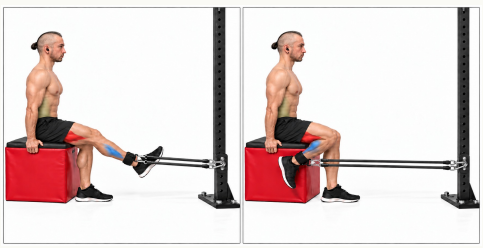
SECONDARY / BLUE
Spinal extensors maintain the shape of the back; forearms steady the bar.

SUPPORT / GREEN
Abdominal muscles brace the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

3. Seated single-leg band curl / Pilates pair

Legs and hips / 1 planned set / 8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff; two matching bands on the working side.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

4. Bent-over Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms extended FINISH / bar at low ribs

GRIP / Overhand / pronated grip

SETUP / Secure one foot loop under each shoe arch, with two matching tubes to each bar end.

MOVE / Hold the hip hinge and draw the bar toward the lower ribs; keep the shoulders down.

RETURN / Extend the arms slowly without changing the torso angle.

MAIN / RED
Latissimus dorsi draws the upper arms back toward the trunk.

SECONDARY / BLUE
Rhomboids, rear deltoids and elbow flexors assist the row.

SUPPORT / GREEN
Abdominals and hip muscles hold the hinge while both feet stay planted.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

5. Floor-seated Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms forward FINISH / controlled row

GRIP / Overhand / pronated grip

SETUP / Sit tall with soft knees; secure foot loops at both arches and match the tube pairs.

MOVE / Draw the bar toward the low ribs without rounding or leaning back.

RETURN / Extend the arms slowly toward the feet, keeping the spine comfortably upright.

MAIN / RED
Latissimus dorsi draws the upper arms back during the pull.

SECONDARY / BLUE
Rear deltoids, rhomboids and elbow flexors guide the bar toward the torso.

SUPPORT / GREEN
Abdominal muscles steady the seated trunk; the pelvis and legs provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

6. PLYOSOFT box-supported one-arm row / Pilates pair

Back / 2 planned sets / 8-12 each side



START / softly extended arm FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height; two matching bands on the working side.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

MAIN / RED
Latissimus dorsi: draws the upper arm back toward the trunk.

SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

7. Supported single-arm chest press / Pilates pair

Chest and shoulders / 2 planned sets / 8-12 each side



START / handle beside chest | FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height; two matching bands on the working side.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

8. Standing Pilates bar overhead press

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / bar at shoulders | FINISH / controlled press

GRIP / Overhand / pronated grip

SETUP / Secure the foot loops; connect matched tube pairs through the adjustable bar straps.

MOVE / Press the bar upward from the front of the shoulders without arching the back.

RETURN / Lower slowly to the starting position; use a range set with your trainer.

MAIN / RED
Deltoids raise the upper arms during the overhead press.

SECONDARY / BLUE
Triceps extend the elbows; scapular muscles guide the shoulder blades.

SUPPORT / GREEN
Abdominal and hip muscles keep the torso stacked over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

9. Standing Pilates-handle lateral raise

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / hands beside thighs | FINISH / arms raised

GRIP / Angled / semi-pronated grip

SETUP / Use the kit handles and foot loops, with two matching tubes on each independent side.

MOVE / Raise slightly forward of the sides, keeping wrists straight and hands below shoulder height.

RETURN / Lower slowly without leaning or shrugging; stay within the agreed range.

MAIN / RED
Middle deltoids raise the upper arms out to the sides.

SECONDARY / BLUE
Supraspinatus and scapular muscles help guide the shoulder movement.

SUPPORT / GREEN
Abdominal muscles steady the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 5 / Full body A / moderate

12 band exercises / matched Pilates pairs / planned sets shown per exercise

10. Seated neutral-grip curl / Pilates pair

Arms and core / 1 planned set / 8-12 each side



START / soft elbow extension | FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / Sit on the red box; clip two equal Pilates tubes to the low line and active handle. Match the opposite bundle.

MOVE / Bend the elbow without swinging or leaning back.

RETURN / Lower slowly to a softly extended elbow.

MAIN / RED
Brachialis, biceps brachii and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

SUPPORT / GREEN
box, feet and trunk control keep the pelvis and torso still.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

11. Seated bar pressdown / Pilates pairs

Arms and core / 1 planned set / 8-12



START / elbows bent | FINISH / soft elbow extension

GRIP / Overhand / pronated grip

SETUP / Sit on the red box; two equal Pilates tubes attach to each bar end from the high front mount.

MOVE / Extend the elbows while keeping upper arms nearly still.

RETURN / Bend the elbows slowly; keep the bar clear of the face.

MAIN / RED
Triceps brachii: straightens the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip and wrist; shoulder muscles hold the upper arms beside the torso.

SUPPORT / GREEN
Trunk muscles hold a quiet seated posture; both feet and the box provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

12. Standing Pilates bar torso rotation

Pilates-kit variation / Arms and core / 1 planned set / 8-12 each side



START / centred | FINISH / small torso turn

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops and match the tube pairs; hold the bar just below chest height.

MOVE / Turn the upper torso through a small comfortable arc while the pelvis faces forward.

RETURN / Return to centre slowly, then change sides; avoid forcing the twist.

MAIN / RED
Oblique abdominal muscles guide the small, controlled torso rotation.

SECONDARY / BLUE
Shoulder and arm muscles maintain the held bar position.

SUPPORT / GREEN
Hip and gluteal muscles steady the pelvis over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

1. Seated single-leg band curl / Pilates pair

Legs and hips / 1 planned set / 8-12 each side



START / heel forward FINISH / heel drawn back

GRIP / Ankle-cuff resistance

SETUP / Stable box; low front line and approved ankle cuff; two matching bands on the working side.

MOVE / Draw the heel back by bending the knee.

RETURN / Return slowly; keep the heel path clear of the box.

MAIN / RED
Hamstrings bend the knee, drawing the heel back.

SECONDARY / BLUE
Gastrocnemius can assist knee flexion. Ankle-positioning muscles hold the foot position; hip muscles keep the thigh aligned.

SUPPORT / GREEN
box, opposite planted foot and trunk muscles steady the pelvis. The working thigh stays supported.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

2. Shoulder band-bar squat

Legs and hips / 1 planned set / 8-12



START / standing FINISH / partial squat

GRIP / Overhand / pronated grip

SETUP / Padded bar across upper back; paired low side/rear lines.

MOVE / Bend hips and knees into a controlled partial squat.

RETURN / Extend hips and knees toward standing.

MAIN / RED
Quadriceps and hip extensors contribute to standing from the squat.

SECONDARY / BLUE
Hamstrings and spinal extensors assist hip and trunk control; shoulder and arm muscles stabilize the bar.

SUPPORT / GREEN
Abdominal muscles stabilize the torso, with feet planted on the floor. Ankle and calf muscles control the base.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

3. Standing Pilates bar hip hinge

Pilates-kit variation / Legs and hips / 1 planned set / 8-12



START / hip hinge FINISH / upright

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops under the shoe arches; connect two matched tubes to each bar end.

MOVE / Hinge the hips back with soft knees, keeping the bar close to the legs.

RETURN / Drive through the feet and extend the hips; keep the arms long.

MAIN / RED
Gluteals and hamstrings extend the hips as the torso returns upright.

SECONDARY / BLUE
Spinal extensors maintain the shape of the back; forearms steady the bar.

SUPPORT / GREEN
Abdominal muscles brace the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

4. Standing Pilates bar overhead press

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / bar at shoulders FINISH / controlled press

GRIP / Overhand / pronated grip

SETUP / Secure the foot loops; connect matched tube pairs through the adjustable bar straps.

MOVE / Press the bar upward from the front of the shoulders without arching the back.

RETURN / Lower slowly to the starting position; use a range set with your trainer.

MAIN / RED
Deltoids raise the upper arms during the overhead press.

SECONDARY / BLUE
Triceps extend the elbows; scapular muscles guide the shoulder blades.

SUPPORT / GREEN
Abdominal and hip muscles keep the torso stacked over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

5. Supported single-arm chest press / Pilates pair

Chest and shoulders / 1 planned set / 8-12 each side



START / handle beside chest FINISH / controlled press

GRIP / Neutral handle grip

SETUP / Stable box; rear anchor near chest height; two matching bands on the working side.

MOVE / Press forward without leaning or twisting.

RETURN / Stop before elbow lock; return within a comfortable arc.

MAIN / RED
Pectoralis major: moves the upper arm forward and across the chest.

SECONDARY / BLUE
Triceps extend the elbow; anterior deltoid assists. Scapular muscles guide the shoulder blade.

SUPPORT / GREEN
Trunk muscles resist rotation; the box and planted feet stabilize the pelvis and legs.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

6. Standing Pilates-handle lateral raise

Pilates-kit variation / Chest and shoulders / 1 planned set / 8-12



START / hands beside thighs FINISH / arms raised

GRIP / Angled / semi-pronated grip

SETUP / Use the kit handles and foot loops, with two matching tubes on each independent side.

MOVE / Raise slightly forward of the sides, keeping wrists straight and hands below shoulder height.

RETURN / Lower slowly without leaning or shrugging; stay within the agreed range.

MAIN / RED
Middle deltoids raise the upper arms out to the sides.

SECONDARY / BLUE
Supraspinatus and scapular muscles help guide the shoulder movement.

SUPPORT / GREEN
Abdominal muscles steady the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

7. PLYOSOFT box-supported one-arm row / Pilates pair

Back / 1 planned set / 8-12 each side



START / softly extended arm | FINISH / controlled pull

GRIP / Neutral handle grip

SETUP / Stable box; one handle on a front line near hand height; two matching bands on the working side.

MOVE / Draw the elbow toward the lower ribs without twisting.

RETURN / Lower slowly to a softly extended arm.

MAIN / RED
Latissimus dorsi: draws the upper arm back toward the trunk.

SECONDARY / BLUE
Rhomboids and middle trapezius control the shoulder blade; rear deltoid and elbow flexors assist the pull.

SUPPORT / GREEN
Abdominals and spinal stabilizers resist rotation. Hips, thighs and ankle muscles steady both feet; the other arm supports the torso.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

8. Floor-seated Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms forward | FINISH / controlled row

GRIP / Overhand / pronated grip

SETUP / Sit tall with soft knees; secure foot loops at both arches and match the tube pairs.

MOVE / Draw the bar toward the low ribs without rounding or leaning back.

RETURN / Extend the arms slowly toward the feet, keeping the spine comfortably upright.

MAIN / RED
Latissimus dorsi draws the upper arms back during the pull.

SECONDARY / BLUE
Rear deltoids, rhomboids and elbow flexors guide the bar toward the torso.

SUPPORT / GREEN
Abdominal muscles steady the seated trunk; the pelvis and legs provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

9. Bent-over Pilates bar row

Pilates-kit variation / Back / 1 planned set / 8-12



START / arms extended | FINISH / bar at low ribs

GRIP / Overhand / pronated grip

SETUP / Secure one foot loop under each shoe arch, with two matching tubes to each bar end.

MOVE / Hold the hip hinge and draw the bar toward the lower ribs; keep the shoulders down.

RETURN / Extend the arms slowly without changing the torso angle.

MAIN / RED
Latissimus dorsi draws the upper arms back toward the trunk.

SECONDARY / BLUE
Rhomboids, rear deltoids and elbow flexors assist the row.

SUPPORT / GREEN
Abdominals and hip muscles hold the hinge while both feet stay planted.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

Day 6 / Full body B / easy practice

12 band exercises / matched Pilates pairs / one easy set per exercise

10. Standing Pilates bar torso rotation

Pilates-kit variation / Arms and core / 1 planned set / 8-12 each side



START / centred | FINISH / small torso turn

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops and match the tube pairs; hold the bar just below chest height.

MOVE / Turn the upper torso through a small comfortable arc while the pelvis faces forward.

RETURN / Return to centre slowly, then change sides; avoid forcing the twist.

MAIN / RED
Oblique abdominal muscles guide the small, controlled torso rotation.

SECONDARY / BLUE
Shoulder and arm muscles maintain the held bar position.

SUPPORT / GREEN
Hip and gluteal muscles steady the pelvis over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

11. Seated bar pressdown / Pilates pairs

Arms and core / 1 planned set / 8-12



START / elbows bent | FINISH / soft elbow extension

GRIP / Overhand / pronated grip

SETUP / Sit on the red box; two equal Pilates tubes attach to each bar end from the high front mount.

MOVE / Extend the elbows while keeping upper arms nearly still.

RETURN / Bend the elbows slowly; keep the bar clear of the face.

MAIN / RED
Triceps brachii: straightens the elbow.

SECONDARY / BLUE
Forearm muscles steady the grip and wrist; shoulder muscles hold the upper arms beside the torso.

SUPPORT / GREEN
Trunk muscles hold a quiet seated posture; both feet and the box provide support.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS

12. Seated neutral-grip curl / Pilates pair

Arms and core / 1 planned set / 8-12 each side



START / soft elbow extension | FINISH / controlled curl

GRIP / Neutral handle grip

SETUP / Sit on the red box; clip two equal Pilates tubes to the low line and active handle. Match the opposite bundle.

MOVE / Bend the elbow without swinging or leaning back.

RETURN / Lower slowly to a softly extended elbow.

MAIN / RED
Brachialis, biceps brachii and brachioradialis bend the elbow.

SECONDARY / BLUE
Forearm muscles hold a neutral grip; shoulder muscles steady the upper arm.

SUPPORT / GREEN
box, feet and trunk control keep the pelvis and torso still.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS