

## Bodyweight Build Up

Exercise	Reps	Springs	Props	Direction
Kneeling Splits	3 mins	1 light		One shin on the platform, other on the front edge of the carriage. Hands behind head. Push carriage in and out. Two rounds of holds, first to add lateral flexion, second to add rotation.
Oblique Long Stretch	2 mins	1 light		Forearm on platform, knees stacked on carriage. Hold the carriage out and extend the top arm up. Thread the top arm under the bottom arm pit whilst lifting hips up to pull carriage in.
REPEAT KNEELING SPLITS ON THE OTHER SIDE				
REPEAT OBLIQUE LONG STRETCH ON THE OTHER SIDE				
Kneeling Long Stretch	3 mins	1 light		Forearms in the platform, feet next to the shoulder blocks. Slow build up, first lift knees, then military plank, then hip dips.

## Opening Flow

### Flow

Exercise	Reps	Springs	Props	Direction
Reverse Flying Lunges	3 mins	1 light		Hands, on the shoulder blocks, one foot on the platform. Start with carriage out in lunge. Lift front leg and wrap over back leg, moving the

				carriage lightly in and out. Hold for a knee lift and an elevated scooter and then extension stretch at the end.
Seated Abs	2 mins	1 light	Weights	Feet in strap at the front of the reformer. Start lying. Half roll up and full roll ups with the hands behind the head. Hold half-way at the end for twists.
REPEAT REVERSE FLYING LUNGES ON THE OTHER SIDE				

## Flow 2

Exercise	Reps	Springs	Props	Direction
Kneeling Arm Circles	2 mins	1 heavy		Start with hand furthest away holding strap with the opposite out long wide. Pull strap across chest. Then both hands hold strap and draw an invisible circle with the strap, eyes travelling with it.

Standing Triceps, squats and Heel Lifts	2 mins	1 heavy		Standing on carriage, using both straps, squat and pull straps back. At the end hold to pulse up and down and then add heel lifts.
REPEAT KNEELING ARM CIRCLES ON THE OTHER SIDE				

## Flow 3

Exercise	Reps	Springs	Props	Direction
Roll down into swan.	2mins	1 medium		Standing on the platform, roll down to put hands on the carriage, push carriage out and then lift eyeline and lower hips into swan. Lift hips to return carriage and roll up.

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