

You Gotta Roll with it

Opening Flow

Exercise	Reps	Springs	Props	Direction
Footwork Calf Rise Single leg press on toes Hip Circles	5 mins	Two Heavy		
Bridge with lateral arms Adding heel lifts	3-4 mins	Two Heavy	Foam Roller	Laying on roller with feet on platform, hands in straps taking arms out to side
SLS	2- 3 mins	Two Heavy	Foam Roller	Laying on roller, hands in straps
Side bend/mermaid	30-45 secs	One Medium	Foam Roller	Roller in front of shoulder pads, foot under strap
Roll out to half plank	1 - 2 min	One Medium	Foam Roller	Knees on platform hands on roller
Pike	1 min	One Medium		
Side bend/mermaid	3—45 secs	One Medium	Foam Roller	

Flow 1

Exercise	Reps	Springs	Props	Direction
Backward lunghe with over-head lift Adding single scooter	1 min	Light	Foam roller	One foot on platform lifting roller overhead
Scooter	30 secs	Light	Foam roller	Keep roller chest high
Balance lunge to knee lift	30 secs	Light	Foam roller	Balance on platform lifting one knee up

Exercise	Reps	Springs	Props	Direction
Hold balance with overhead lift	15 secs	N/A	Foam roller	Hold balance and lift and lower arms overhead
Split lunge	1 min	Light	Foam roller	Keep legs straight
4 point kneeling bent knee lift	1 min	Light & Medium		Strap over knee, keep knee bent
Pulse	30 secs	Light & Medium		
Oyster Adding leg extension	1 min 1 min	Light & Medium		Keeping strap over knee
Leg swings	30 secs	Light & Medium		
Pules	30 secs	Light & Medium		
Pull ups on risers	30- 1min	Light & Medium		
Quad stretch	1 min	Medium & Heavy		Cross straps
REPEAT				

Flow 2

Exercise	Reps	Springs	Props	Direction
Swan dive	1 min	Medium	Box and Foam Roller	Short box, roller over rails
Back extension hands behind head	1 min	Medium	Box	Feet tucked under footbar, hands on rails or behind head
Roll backs	1 min	Medium	Box	Long box hold straps low
Teaser	1 min	Medium	Box	Long box hold straps low



Content **may not be copied, reproduced**, transmitted, distributed, downloaded or transferred in any **form** or by any means **without** Dynamic Pilates TV's **prior** written **consent**, and with express attribution to Dynamic Pilates TV. **Copyright** infringement is a violation of federal law subject to criminal and civil penalties.

www.dynamicpilatestv.com | <https://www.instagram.com/dynamicpilatestv/>