DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

The Big Stretch & Flow

(Box)

Flow

Exercise	Reps	Springs	Props	Direction
Elephant Stretch	45 seconds	1 heavy & 1 light		Feet flat on carriage/calves against shoulder rest, hands on bar, flat back, bar up
Elephant Stretch - Reach	45 seconds			Alt. arms, cross arm & reach past opposite ankle
Long Stretch	30 seconds			Hands on bar, feet against shoulder rests
Up Stretch	30 seconds			
Reverse Box Plank - Pikes	5	1 medium	Box	Long box on carriage, hands on box, feet on bar
Reverse Box Plank - 1 Leg Reach/Pike	5			R leg lifted to ceiling
Kneeling - 1 Leg Donkey Press	10			L knee on box, R foot in strap, hands on box
Kneeling - 1 Leg Arabesque Sweep	10			L leg stays straight
Hold Arabesque	10 seconds			
(Side 2) Reverse Box Plank Series & Kneeling Series				Will use L leg for pike/kicks
Reverse Crunches (Straps)	10	1 medium	Box	Long box stays on carriage, straps above knees, hands behind head/c-curve
1 Leg Lifts	10			Alt. legs, stay in c-curve
Bicycles	10			Alt. legs, table top leg stays still as opposite leg moves
100's Preps	8			Face the front, hands in straps, arms straight, legs straight/45 degrees
Slow 100's Breathing	20 seconds			
Semi-Circle (Box)	30 seconds			Toes on bar/legs squeezing together, upper back on box/ hips off, hands on headrest

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Exercise	Reps	Springs	Props	Direction
Hamstring Curls	3			Hips stay lifted
Leg Pull/Pulses	5 leg pull 10 pulses			Heels on bar, hips lifted still, R leg extended
Leg Pull/Pulses (Side 2)	5 leg pull 10 pulses			L leg extended
Mermaid - Side to Side	30 seconds	1 medium		Short box/in front of carriage, strap around R bicep, hands behind head, sitting in z-sit/R hip on box, L knee on carriage
Side Lying Leg Sweep Front to Back	10			R hand on headrest/R arm straight, L leg extended/lifted above bar, L hand behind head
Side Lying Leg Lift	10			
Side Forearm Plank - Thread the Needle	5			R forearm on box, feet stacked on platform, L arm reaching to ceiling
Side Forearm Plank - Hip Dips	8			L leg above bar/pressing down on bar
Start with Mermaid - Side to Side on Side 2 & continue flow				L hip on box, strap above L bicep, hands behind head
1 Leg in Strap - Kicks	30 seconds	1 heavy & 1 light		R strap on R foot, legs squeezing together/straight, bar down, non-strap leg hovers above bar
1 Leg in Strap - Scissors	30 seconds			
1 Leg in Strap - Alt. Leg Frogs	4			
1 Leg in Strap - Retiré/Stretch	8			L leg Retiré
1 Leg in Strap - Parallel Press	30 seconds			L leg stays still, R leg presses
1 Leg in Strap - Short Spine	5			L leg crossed over R, ankles together
Assisted Sit-ups (Straps)	5			Turn around, legs straight/ through shoulder rests, R leg crossed on top of R, hands in straps

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Exercise	Reps	Springs	Props	Direction
Seated Press/Sit-up Combo.	4			Elbows narrow
Standing Pulling Straps 2	6			R foot on headrest/carriage, L foot behind on carriage, hands hold straps, arms slightly bent
Lunge Hold - Pulling Straps 1	6			Palms facing back
Standing Narrow Press	3			
Standing Pulling Straps on Side 2 & continue Standing Arm Series				L leg in front, R leg behind, hands in straps
1 Leg in Strap Series on Side 2 - Kicks, Scissors, Frogs, Parallel Press, Short Spine	30 seconds	1 heavy & 1 medium		L foot in strap, R leg hovering
Stomach Massage	30 seconds	1 heavy & 1 light		Feet in Pilates V on bar, hands holding front edge of carriage
Stomach Massage (Arms Behind You)	3			Fingers backward on shoulder rests
Rotating Stomach Massage	30 seconds			Reach one arm as you twist/ alternating arms
Saw	30 seconds			