DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

Summer Booty Quickie!
(Booty Band, Box)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Leg Press with Bridge	1 minute	3 heavy	Booty band	
Bridge with Pull	15 each round			Repeat bridge series
Bridge	10 each round			
Leg Press	45 seconds			
Crunches	1 minute			Band comes above ankles
Single Arm Press	1 minute	1 medium		Strap in R. Hand, L. knee lifted
Donkey Kicks	15			
Pulses	20			
Single Arm Press side 2	1 minute			
Donkey Kicks side 2	15			
Pulses side 2	20			

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Skater with Arm Lift	12	1 medium	Short box, booty band	L. Foot on carriage, R. Foot on the footbar
Lunge	10			Carriage stays open
Side Leg Lifts	10			
Plank Knee Tucks	15			

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Exercise	Reps	Springs	Props	Direction
Rounded Sit Ups	90 seconds	1 light	Long box, booty band	Toes under the safety strap
Repeat on the other side				
Side Sit Up with Rotation	10 each side		Short box	

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Scissor Kicks	1 minute	1 medium, 1 heavy		R. Loop comes over the R. Foot
Short Spine	10			L. Foot comes on top of R. Foot
Repeat on the other side				

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