DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

Sexy Long Legs Class Notes (Weights and Box)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Downward Dog to Squat	30 seconds	1 medium		Dummbells come onto carriage, standing in the well
Squat and Press	12			
Single Leg Downward Dog into Plank	5			R. Leg extended
Lunge	10		Weights	R. Leg comes onto the carriage
Single Leg Pulses into Plank	5			
Single Leg Lifts	12			
Repeat on the other side				

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Bridge	60 seconds	1 medium	Weights, box	Back comes onto the box at the side of your carriage, weights on hips
Bridge with Pulses	30 seconds			
Single Leg Lowers	15	1 light		Short loop comes over your R. Foot
Single Leg Circles	5 each way			
Single Leg Lifts	30 seconds			
Inner Thigh Pull with Shoulder Press	60 seconds		Weights	L. Foot on the floor, R. Leg against shoulder pad
Deadlift into Squat	90 seconds			R. Foot on the platform, L. Foot on the carriage

DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
Skaters	30 seconds			
Repeat on the other side				