

A HIIT Start (Jump Board, Mat, Box, Circle, Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Jumps/Circle Squeeze -Pilates V	1 minute	1 medium & 1 light	Jump board, circle	Pilates V, circle between hands/arms straight
Jumps (Circle at base of neck) -Open/Close	1 minute			Circle at base of neck/c-curve
1 Leg Jump/Kick (Circle on R foot)	1 minute			Kick L leg, circle on R foot/hold circle & leg stretch
1 Leg Bridge/Hold	10 bridges 10 sec. hold			Arms up, L foot on platform, circle hangs on foot
<i>Complete Side 2 of 1 Leg Jump/Kick & Bridges</i>				R foot in circle
Kneeling Carriage Tucks	5	1 medium		Hands on rails, knees against shoulder rests, arms straight
Kneeling Carriage Tucks (1 Leg Lifted)	5			Extend one leg behind you
Kneeling Carriage Tucks (1 Leg Lifted - Side 2)	5			
Assisted Roll Backs (Straps)	30 seconds			Sit facing shoulder rests, hold taped part of straps, feet on headrest
Assisted Roll Backs (Straps) (1 Leg)	10			Extend 1 leg - knees squeezing together
Assisted Roll Backs (Straps) (1 Leg - Side 2)	10			
Hamstring Stretch (Flat Back)	20 seconds			Legs straight between shoulder rests, hold frame

Flow I

Exercise	Reps	Springs	Props	Direction
Floor Lunges (Elevated Back Leg)	15		10-12 lbs dumbbells (5 kg), box/mat	Mat on floor, box on floor behind mat, standing - R foot on floor, L foot on box/ behind, dumbbells in hands/ arms straight by your sides
Floor Lunges - Side 2	15			L foot on floor
Mt. Climbers	30 seconds			Hands on box, feet on mat
REPEAT Floor Lunges	15 each side			
REPEAT Mt. Climbers	30 seconds			
Kneeling Arms - Y, T, V Combo.	1 minute	1 medium		Knees against shoulder rests, hands in short straps
Curl Crunch - Bicep Curls (1 or 2 Legs Lifted)	30 seconds			Sitting on carriage, feet on headrest, hands in short straps, elbows narrow/lifted
Walk out to Box Plank/Push-up/Walk in/Squat Jump	45 seconds		Box/mat	Walk up to the box for plank
Plank - Carriage Slide/Kneeling Narrow Overhead Press Combo.	1 minute		Dumbbells	Feet on platform, dumbbells on carriage, knees on carriage to start
Kneeling Narrow Overhead Press	45 seconds			
REPEAT Walk out/Push-up/Walk in/Squat Jump	45 seconds			
REPEAT Plank - Carriage Slide/Kneeling Narrow Overhead Press	45 seconds			
REPEAT Kneeling Narrow Overhead Press Combo.	10			

Flow II

Exercise	Reps	Springs	Props	Direction
C-curve Hold - Circle Squeezes	5	1 medium & 1 light	Circle	Face the risers, short straps above knees, circle between knees, hands behind head, c-curve with upper body
Double Crunch	10			
Criss-Cross	10			Hands behind head, c-curve
Side Step-up/Lift/Curtsy/Punch Combo.	1 minute		Mat, box, light dumbbells	L foot on box, dumbbells at chest, long box on floor
Curtsy Hold - Alt. Punches	10 seconds			
Abdominal Leg Tucks	30 seconds			Sitting on long box, arms reach forward, legs together
(Side 2) Side Step-up/Lift/Curtsy/Punch Combo.	1 minute			
Curtsy Hold - Alt. Punches	10 seconds			
Curl Up - Over/Under Crosses	1 minute	1 heavy & 1 medium		Hands in short straps, legs in table top to start
Jumps - Pilates V	1 minute			Pilates V, arms/head down
Jumps - Parallel - Prancing	8			Keep legs bent while switching legs
Jumps - Parallel - Prancing (Full Jumps)	8			
REPEAT Prancing Jumps	8			
REPEAT Full Prancing Jumps	8			
REPEAT Prancing Jumps	8			
REPEAT Full Prancing Jumps	8			
REPEAT Prancing Jumps	8			
REPEAT Full Prancing Jumps	8			
Feet in Straps - Lowers/Lifts	6			
Circles	6 each way			
Short Spine	5			

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