DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

Power Up 2.0
(Light & Medium Dumbbells, Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Elephant	1 min.	1 heavy & 1 medium		Hands on bar, feet flat on carriage/heels against shoulder rests
Plank - Tucks	30 sec.			
Prone Opp. Arm & Leg Reaching	30 sec.			Bar down, lying on back, R arm reaches back/L leg reaches forward
100's Breathing	20 sec.			No straps
Single Leg Stretch	20 sec.			
Double Leg Stretch	20 sec.			
Single Straight Leg Stretch	20 sec.			
Leg Lowers	5			Hands behind head
Criss Cross Bicycle	10 sec.			
Glute Bridge/Wide Chest Press	30 sec.		Med. dumbbells	Feet on platform, dumbbells in hands, wide elbows
1 Leg Glute Bridge/Wide Chest Press/Hamstring Curl with Tricep Extension/Pulses with Straight Arms	10 each			L foot on platform, R leg in the air/bent
Complete Side 2 of Glute Bridge Sequence				R foot on platform

Flow

Exercise	Reps	Springs	Props	Direction
Side 1/2 Kneeling Inner Thigh Pull/Wide Overhead Press	15 sec.	1 light	Light or medium dumbbells	R foot on floor, L knee against shoulder rests, dumbbells in hands/wide elbows

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Exercise	Reps	Springs	Props	Direction
Side 1/2 Kneeling Inner Thigh Pull/Frontal Raise	15 sec.			Front arms
Side 1/2 Kneeling Inner Thigh Pull/Lateral Raise	15 sec.			Side arms
Good Morning	1 min.		1 heavy dumbbell	R foot on carriage, L foot on platform, dumbbell at chest
1 Arm Snatch	30 sec.			Dumbbell in R arm, L arm reaching to the side for balance, keep carriage still
Front Lunge/Woodchop	30 sec.			Face front, keep same feet on platform/carriage, dumbbell in both hands
Side Forearm Plank - External Rotations	20 sec.		1 light dumbbell	L forearm on platform, feet crossed/against shoulder rests, light dumbbell in R hand
Work Backwards - Start with Side Forearm Plank - External Rotations on Side 2 & complete flow				Face the other side, L foot on floor, R knee on carriage/leg against shoulder rests, light dumbbells in hands

Flow 2

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling Arm Sweep (1 Leg Lifted)	30 sec.	1 medium	Box	Long box on carriage, L hand in long strap, R leg lifted
Seated Teaser Prep Hold - Twists	30 sec.			Face the side, hands in short strap, elbows wide, R shoulder closest to the risers
Kneeling Arms - Serving (Lift & Lower Hips)	30 sec.			Face the front bar, lock toes on edge of box, short straps in hands, lift/lower hips, palms of hands facing ceiling
4 Pt. Kneeling 1 Arm Shoulder Press	30 sec.			R hand in long strap, palms facing the floor L leg lifted, L hand on box, body facing bar
Complete Side 2				
Breaststroke	30 sec.			Lying on stomach, hands in long straps, long legs

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Exercise	Reps	Springs	Props	Direction
Cobra	30 sec.			Bar up, hands on bar, arms straight
Lunge/Quad/Hamstring Stretch	20 sec.			R side of machine
Cat/Cow Stretch				Knees on box, hands on bar
Lunge/Quad/Hamstring Stretch (Side 2)				L side of machine