

Strap Me Up 2.0 (Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Low Kneeling Wide Overhead Press	1 min	1 med & 1 light		Hands in long straps, long spine, kneeling/feet against shoulder rests, palms outward/elbows wide, bar down
Kneeling Serving Arms/Hip Raise	20 sec.			Lift hips up/down, hands in short straps,
High Kneeling Bicep Curls	20 sec.			Hips stay high
Low Kneeling Hug a Tree	20 sec.			Sit back on heels
Repeat Low Kneeling Wide Overhead Press				Slightly hinge forward
Low Kneeling Overhead Tricep Press	20 sec.			Palms of hands together, bending at the elbows
Tricep Push-ups (Platform)	20 sec.			Knees on carriage, hands on platform
Lat Press/C-cuve - Alt. Single Leg Stretch	30 sec.			On back, hands in short straps, legs in table top
Lat Press/C-cuve - Alt. Single Leg Lower & Lift	30 sec.			Press down, leg stays straight as it moves down
Lat Press/C-curve - Alt. Scissors	30 sec.			Keep legs straight on scissors
Lat Press - Double Leg Lowers/ Tailbone Lift	30 sec.			No C-curve
Leg Lift/Tailbone Lift	20 sec.			Keep arms down on carriage

Part II

Exercise	Reps	Springs	Props	Direction
Side 4 Pt. Kneeling Thread Needle Strap Pull	30 sec.	1 light		Facing side, hand on carriage, L hand in short strap, knuckles facing bar

Exercise	Reps	Springs	Props	Direction
Side 4 Pt. Kneeling Straight Arm Sweep - *Can Lift R Leg	10 sec. *lift leg or additional 20 sec.			Slight bend in the elbow
Center Plank - Push Out/Pike Up/Bend to Hover Combo.	30 sec.			Toes on platform, hands centered on carriage, body facing risers
Wheel Barrow	30 sec.			Knees on platform
Complete Side 4 Pt. Kneeling Sequence on Side 2				R hand in long strap to start
Opposite Foot in Strap - Scissors	30 sec.	1 heavy & 1 light		L foot in R long strap, R leg hovering above bar, hands behind head/c-cruve
Short Spine (Figure 4 Position)	5			R ankle crossed over L leg, arms down by sides/carriage
Hip Lift (Crossed Legs)	1 min.			Keep R leg crossed over L leg, arms down
(Side Facing) 4 Pt. Kneeling Donkey Press/Rainbows/Side Donkey Press	30 sec. each	1 light		Face the R side/kneeling, put L strap on L foot, hands on carriage
Start with Opposite Foot in Strap - Scissors on Strap on Side 2 & complete flow		1 heavy & 1 light		R foot in L long strap

Part III

Exercise	Reps	Springs	Props	Direction
Swimming/Overhead Press	20 sec.	1 medium	Box	Hands in short straps, palms facing floor, elbows wide, legs extended/lifted
Breaststroke	30 sec.			
Cat/Cow (on top of box)	20 sec.			Kneeling on top of box
Teaser - 1 Leg on Bar/1 Leg Lifting	6			Bar up, hands in long straps
Teaser - Both Legs	1 min.			Legs straight or bent
Feet in Straps - Circles	5 each way	1 heavy, 1 medium, & 1 light		Feet in long straps



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