

The Hippy Shake (Heavy & Medium Weights, Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Roll Down/Plank Slide/Roll Up	3	1 light		Bar down, face carriage, stand on platform, hands on carriage
Alt. Spider Man Plank	10			
Lunge Stretch - Thread the Needle	3			R foot on carriage - keep carriage open, R arm threads
Lunge Stretch - Thread the Needle (Side 2)	3			L foot on carriage - head L arm
Footwork - Heels	30 sec.	3 heavy		Heels hip distance wide, bar up
Alt. Bridge/Footwork Press Out	4 total			Staying on heels
1 Leg Footwork - Heel	20 sec.			R leg in table top, L heel on bar
1 Leg Footwork - Heel (Side 2)	20 sec.			R heel on bar
(Core on box) - Double Leg Tucks	30 sec.			Long box on floor on R side of machine, sit on box, reach arms forward
Bridge (Weights)	30 sec.		Heavy weights	Feet on bar, weights heavy on hips
(Core on box) - Double Leg Tucks (Repeat)	30 sec.			Sit on box
Bridge (Weights) (Repeat)	30 sec.			Same position
Side Lying Tuck with 1 Arm Overhead Dumbbell Reach	30 sec.	1 medium	1 Medium/light weight	Short box in front of shoulder rests, lighter weight, L leg bent/sitting on L hip, L hand on bar, R leg lengthens/tucks, weight in R hand
Side Lying 1 Leg Tuck (Strap)/1 Arm Dumbbell Punch	10			Short strap above R knee, dumbbell in R hand, L hand on carriage,

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Elbow to Knee Curl (Strap)	20 sec.			Sit facing the risers, keep strap above knee, hands on carriage behind you, L hand behind head, L foot on headrest
Double Leg Tucks	20 sec.			Both legs bend/stretch, no twist, both hands on carriage behind you
Center Forearm Plank - Control Balance Front	30 sec.			Forearms on box, feet on bar
<i>Complete Side 2 - Start with Side Ling Tuck with 1 Arm Overhead Dumbbell Reach & end with Double Leg Tucks</i>				

Flow

Exercise	Reps	Springs	Props	Direction
Sumo Deadlift Splits	1 min.	1 medium	Heavy weights	Bar down, L foot on platform, R foot on carriage/slightly turned out, weights in both hands
Sumo Squat	30 sec.			Hold weight at chest
Lunge Hold - Twist Away	30 sec.	1 light	1 med. weight	Stand on side of machine, outside foot forward, lunge down (hold), hold short strap at chest/wide elbows
Lunge - 1 Arm Serving/1 Arm Dumbbell Narrow Overhead Press	30 sec.			Turn around to face the foot bar, dumbbell in R/outside hand, strap in inside hand/palm to ceiling/elbow narrow
Weighted Oyster	30 sec.			Lying on L side, dumbbell on top of R hip, L forearm on platform, stack knees/hips
<i>Start with Sumo Deadlift Splits on Side 2 & continue flow, ending with Weighted Oyster</i>		Start with 1 medium		L foot on carriage, R foot on platform
Feet in Straps - Frogs	20 sec.	1 light, 1 medium, 1 heavy		Feet in long straps



INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
Peter Pan	30 sec.			
Big Circles	5 each way			
Long Spine	3			
Frog Stretch	20 sec.			

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