

Dynamic Sculpt & Stretch (Soft Pilates Ball, Box, Med. Dumbbells)

Sculpt Flow

Exercise	Reps	Springs	Props	Direction
Hands in Straps - Alt. Curl/ Bridge Combo.	1 min.	1 heavy & 1 medium		Bar up
Hands in Straps - Curl with 1 Leg Stretch & 1 Leg Bridge Combo.	5			
Hands in Straps (Side 2) - Curl with 1 Leg Stretch & 1 Leg Bridge Combo.	5			
Hamstring Curl - Front Raise	30 sec.		Dumbbells	Pilates V/toes on bar, dumbbells in both hands/ knuckles together on leg press, hips stay high
Bridge Hold - Open/Close with Chest Fly	30 sec.			Keep hips lifted
Kneeling Inner Thigh Pull - Shoulder Press	30 sec.	1 light		Bar down, platform pad on, L inner thigh against shoulder rest, R foot on floor/in front of machine/shoulders wide, dumbbells in both hands
Kneeling Inner Thigh Pull - Rainbow Arms	15 sec.			Slight bend in elbows
Side Forearm Plank - Oyster (dumbbell at hip)	30 sec.		1 dumbbell	R forearm on carriage, dumbbell in L hand/at hip, knees start together
Side Forearm Plank - Hip Down/Tap & Reach Dumbbell	15 sec.			Dumbbell in L hand
Side Forearm Plank - Kick/Hold Dumbbell Reach	10			L leg extended/lifted, holding R dumbbell arm straight, L knee staying bent on platform
<i>Complete Side 2 starting with Kneeling Inner Thigh Sequence & ending with Side Forearm Plank Sequence</i>				

Exercise	Reps	Springs	Props	Direction
Roll Back - Arm Circles (Ball at lower back)	6-8	1 medium	Ball	Sit facing risers, feet on headrest, ball at lower back, hands in short straps
Seated Single/Double Leg Reach with Double Arm Reach	1 min.			Ball stays
Warrior Lunge/Side Bend & Reach (Strap) with 1 Dumbbell Overhead Reach Combo.	1 min.	1 light	Box, 1 dumbbell	Long box on floor lined up with back part of risers, R hand in long strap/R foot on box, L foot on floor, dumbbell in L hand
1 Foot in Strap - Core Work on Forearms (Box) -Alt. Tucks -Straighten/Open & Close/Bend	30 sec.			Sit at front of box, small strap on R foot, forearms on box, roll back, L leg is free/tuck
Standing Donkey Kick - 1 Arm Tricep Kick Back	30 sec.			R foot on floor/standing behind box facing risers, hands on box, dumbbell in R hand
Box Lunge - Lateral Raise -Scooter/Hammer Curl Combo.	30 sec. each			L foot on the box, R foot on the carriage, carriage stays completely still, tap back knee down on carriage on lunge
Diagonal Plank (hands on floor) -Pikes	30 sec.			Hands on floor, R foot against opposite shoulder rest, L leg crossed over R leg
<i>Start with Warrior Lunge/Side Bend & Reach with Double Arm Reach, ending with Diagonal Plank - Pikes (hands on floor)</i>			Start with 1 dumbbell	Box starts on other side

Stretch Flow

Exercise	Reps	Springs	Props	Direction
Kneeling Cat/Cow	30 sec.	1 medium	Box	Long box on carriage, bar up, hands & knees on box facing foot bar
1 Knee to Chest	3			L leg extended/tucks

Exercise	Reps	Springs	Props	Direction
Hamstring/Split Stretch	3			L foot on platform, hands on bar, R knee on box
Hamstring/Split Stretch with Arm Circle	3			R hand on bar, L arm reaches to ceiling
<i>Complete Hamstring/Split Stretches on Side 2</i>	3 each			L hand on bar, R foot on platform, L knee on box
Side Bend/Rotations	6			Short box in front of shoulder rests, foot in safety strap, R leg bent, R hand on headrest, L hand behind head
Climb a Tree - Center	2			Hold R leg
<i>Complete Side Bend/Rotations & Climb a Tree on Side 2</i>				
Seated Reach to Ceiling - Both Arms Up	10 sec.			Grab hands above head, feet on carriage