

Circle of Hope (Circle, Box, Soft Pilates Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Foot in Circle Stretch -Center/Across/Open	20 sec. hold each way	1 medium	Circle	L foot on bar/leg straight, R toes in circle
Complete Stretch on Side 2				Side 2 - R foot in circle
Hands in Straps -Arms Down/Up -Hold - C-curve/Knee Tucks -Arms Up - Leg Lowerers	20 sec. each	1 medium & 1 heavy		Short straps in hands, circle between ankles/lower calves
2 Leg Bridge -Squeezes	10 each			Circle between inner thighs, heels on bar, arms on carriage/by sides
Leg Circle Section (hold circle with opposite hand) -1 Leg Press (Heel) / Pulse -1 Leg Press (Toes) / Calf Raise -1 Leg Bridge (Heel) / Kick (circle squeezing at chest) -Hold Stretch	10 each 10 sec. stretch			Side 1 - hold circle with R hand for bridge, L foot in circle, R heel on bar/L toes for calf raises, circle in both hands at chest for leg pull
Complete Side 2	10 each 10 sec. stretch			L heel or toes on bar, R foot in circle, L hand holds circle for bridge
Hamstring Stretch (both legs)	20 sec.			Both feet in circle, hold circle/ reach legs to ceiling

Restorative Flow

Exercise	Reps	Springs	Props	Direction
Seated Hands in Straps -Serving/Squeezes (Circle) -Overhead Tricep Press	10 each	1 medium	Box, circle	Short box in front of shoulder rests, sit on top of box/legs crossed, holding long straps and circle

Exercise	Reps	Springs	Props	Direction
Short Box Series (Circle) -Round -Flat -Twist	5-8 each			Box behind shoulder rests, feet in front strap
Side Sit-up -Side/Rotation -Side Stretch <i>Complete Side 2</i>	10 regular 5 rotating			Circle at chest, R foot in front strap, L leg bent on box L foot in strap for side 2, R leg bent on box
Back Facing Carriage Stretches -Hamstring Stretch -Lunge Stretch	3-5 each	1 medium		Box in front of shoulder rests, bar on lower shelf or middle, holding front edge of box, L foot flat on carriage/against box, R toes on top of bar
Back Facing Lunges -Low Traveling Lunges -High Lunges (No Hands)	10 each			Low traveling - bottom leg bent entire time/take hands off/diagonal torso High lunges - optional hands off or baton on carriage
Forearm Plank - Pikes	5			Feet on bar or platform
Pigeon Stretch	20 sec.			R toes stay on bar or platform, L leg in pigeon on carriage, arms on box
Side Forearm Plank Sequence -Hip Lifts (Knee Hovering) -Hold - Tap Knee to Knee *Optional Top Arm to Ceiling	3-5 lifts 10 knee taps holding hips high			Turn to the side, L forearm on box, R hand for support
Stretches -Center/Inner Thigh -Push Away Bar/Side Bend -Front/Open Hips/Chest -Hamstring	10 sec. each	1 medium or 1 light		
Forearm Plank (Knee/Ball/Box) -Lifts (Roll Ball) -Hold - Bend/Stretch Back Leg	10 each		Ball, box	R toes on bar, ball in front of L knee, knee pushing ball into box, forearms on box, arms centered
Start with Back Facing Carriage Stretches on Side 2 & complete entire flow, ending with the Forearm Plank (Knee/Ball/Box)				R foot starts on carriage against box for initial stretches/lunges

DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
Prone (on Box) -Hold Frame - Lat Pull -Pulling Straps (T Arms) -Swimming -Side to Side Knees (Stretch)	5 lat pulls 10 pulling straps 20-30 sec. Swimming 10 sec. each side for stretch	1 medium	Box, ball	Long box on carriage, ball between calves, legs straight to start, hold frame to start - then transition to holding above metal on straps in a T with arms
Standing Box Stretch -Hands on Top -Hamstrings -Lunge -Standing Quads/Flexors -Complete Side 2	10-20 sec. each			Hands on top of box to start, begin with L leg

Content may not be copied, reproduced, transmitted, distributed, downloaded or transferred in any form or by any means without Dynamic Pilates TV's prior written consent, and with express attribution to Dynamic Pilates TV. Copyright infringement is a violation of federal law subject to criminal and civil penalties.

www.dynamicpilatestv.com | <https://www.instagram.com/dynamicpilatestv/>