

## Loop Band Foundations (Loop Resistance Band)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Footwork (Band)</b> <b>-Heels</b> <b>-Toes</b> <b>-5 Pulses (3 Sets)</b> <b>-Calf Raises</b> <b>-Hold - Press Band Outward</b>	30 sec. heels & toes 3 sets of pulses 30 sec. calf raises 10 pushes	3 heavy springs	Band	Band above knees, heels on bar to start
<b>Bridge</b> <b>-Hold High - Press Band</b>	1 min.			Heels on bar
<b>Alt. Curl/1 Leg Band Pull</b>	30 sec.			Hands behind head, stay curled
<b>100's</b>	Full set			Legs in table top
<b>Clam</b> <b>-Clam with Elevated Hips</b>	30 sec. each			R forearm on carriage, L hand behind head, R leg on platform
<b>4 Pt. Kneeling Arm Sweep</b>	10	1 medium		R hand on headrest, L hand in short strap/arm straight
<b>Reverse Crunch (Kneeling)</b>	30 sec.			Hands on frame, knees against shoulder rests
<b>Chest Expansion</b>	30 sec.			Hold both short straps, hips lifted/shoulders on top of hips, straps crossed
<b>Complete 4 Pt Kneeling Arm Sweep &amp; Clam on Side 2</b>				R hand in short strap for sweep
<b>Side Standing Section</b> <b>-Squats</b> <b>-Alt. Squat/Press</b>	30 sec. each		Band	Keep band above knees, L foot on platform, R foot on carriage
<b>Side Lying Section</b> <b>-Bend &amp; Stretch</b> <b>-Straight Leg Sweep</b> <b>-Small Circles (Both Ways)</b>	30 sec. 10 circles each way			Lying on R side, L foot in long strap

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INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
<b>Seated Arm Work</b> -Hug a Tree -Serve a Platter -Shoulder Press -Overhead Tricep Press	30 sec. each	1 medium & 1 light		Sit with legs crossed/facing foot bar, hands in short straps, tall spine
<b>Wheelbarrow</b>	1 min.			Hands on platform, knees on carriage, knees bent/feet off carriage
<b>Start with Side Standing Section on Side 2 &amp; continue flow, ending with Side Lying Section</b>	Reps listed above			
<b>Hands in Straps</b> -Alt. Press/Curl - Legs -T Arms - Close & Open Arms	30 sec. each	1 heavy, 1 light, 1 medium		Band around ankles, hands in small straps, hands start in line with shoulders
<b>Feet in Straps (with band)</b> -Lower/Lift -Wide Frogs -Small Circles -Short Spine	5 lowers/lifts 8 frogs 5 circles each way			Feet in long straps
<b>Hamstring Stretch and (band)</b>	30 sec. each side			Use band to pull leg toward face, other leg heavy on bar

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