

Loop de Loop (Loop Band)

Flow

| Exercise | Reps | Springs | Props | Direction |
|---|--|-------------|-----------|--|
| Footwork (Band Around Hands) -Heels/Parallel - Pulses -Pilates V - Pulses -Wide Legs/Heels - Pulses Turning In & Out | 1 min. full 10 sec. pulses | All springs | Loop band | Start with heels on bar |
| Bridge (Band Around Legs) -Up/Down -Hold Up - Press Band Open -Hips Up/Press Band Combo. -Hold Up - Pulse Up/Press Out -1 Leg Bridge Hold - Baby Circles (Each Way) -1 Leg Bridge Hold - Baby Circles (Side 2) | 30 sec. up/down Press band open x10 (3x) Up/Out x10 Pulses x10 10 baby circles each way for single leg | | | Band above knees, heels on bar 1 leg section - 1 heel on bar & 1 leg to ceiling |
| Stand in Well (Band) Forward -Front Lunges -Scooters -Pulses -Arabesque Lifts -Rainbow Taps (Frame) -Bent Leg Pulses | 10 each 5 rainbow taps 10 bent leg pulses | No springs | | Stand in well, keep band on legs/above knees, R foot on floor/near springs/face the bar, L toes on top of carriage near the front edge |
| Stand in Well (Band) Sideways -Side Reach/Tap Leg | 10 | | | Facing side, R hand to bar, lifting L leg, tapping L hand and leg together |
| Stand in Well (Band) Forward -Hinge/Small Bend -Pulses -Hold Down - Lift Heels -Hold Down - Pulses (Arms Up) | 10 each | | | |

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|--|---|-------------------|-------|---|
| Abdominals (Holding Risers) -1 Leg Lowers -Rollover Position - 1 Leg Lifts -Flutter - Up/Down Hips -Hover Hold - Flutter Low | 30 sec. lower/lifts 20 sec. each variation 10 sec. hover hold | | | Hold risers, lying on back, legs long |
| <i>Start with Standing Lunge Section on Side 2 & complete entire Well Section, ending with Rainbow Taps/Side Reach/Taps</i> | Reps listed above | | | L foot on floor |
| Standing on Carriage Sideways (Band Around Hands) -Grande Plie -Hold Low - Lift Carriage Heel -Hold Low - Pulses (Arms Up) -Hold Low - Side Scooters -Hold Low - Pulses | 30 sec. plie 15 sec. heel lifts 10 pulses 10 scooters 10 pulses | 1 light | | Band around hands, R foot on platform, L foot on carriage |
| Plank Combo. -Press Out/Pull In/3 Squat Pulses/Press Out -Hold Plank - Slides | 30 sec. combo. 20 sec. slides | | | Band above knees, hands on bar, feet centered on carriage |
| <i>Complete Standing Grande Plie Sequence on Side 2</i> | Reps listed above | | | Face the other side, L foot on platform, R foot on carriage |
| Feet in Straps -Lowers/Lifts -Circles -Straddle Stretch -Figure 4 Stretch (Both Sides) | 30 sec. lowers/lifts 4 circles each way 10 sec. stretches | 1 heavy & 1 light | | Feet in long straps |