

## Strength Pilates with Kim (Light, Medium, Heavy Dumbbells)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Footwork</b> <b>-Heels/Parallel - Full/Pulses</b> <b>-Heels/Pilates V - Full/Pulses</b> <b>-Toes/Pilates V - Full/Pulses</b> <b>-Wide/Heels</b> <b>-1 Leg Wide/Heel - Leg Over/Under Bar</b> <b>-1 Leg Pulses (Bent Top Leg)</b> <b>-Side 2 Over/Under &amp; Pulses</b> <b>-1 Leg Hold - Small Circles</b> <b>-Side Small Circles</b>	30 sec. each portion full range 10 pulses each position 6 Over/ Under/6 pulses halfway in 6 circles	1 heavy, 1 light, 1 medium		Heels on bar
<b>Plank</b> <b>-Bend/Stretch</b> <b>-Pikes</b> <b>-Hold</b>	10 each 5 sec. hold	1 medium		Toes/heels against shoulder rests, hands on bar
<b>Standing Section (Platform)</b> <b>-Weighted Lunge</b> <b>-Hold Low - Scooter/Bicep Curl</b> <b>-Split Stance Deadlift</b> <b>Complete Side 2</b>	6 each		Medium or heavy dumbbells	L foot on platform, dumbbells in hands, R foot on carriage, arms straight next to you
<b>Lunge/Plank/Knee Tuck Combo.</b> <b>Complete Side 2</b>	5			Foot bar completely down, stand on L side of carriage, L foot next to platform, R foot again shoulder rest
<b>Reverse Abs (Flat Spine)</b> <b>-Center</b> <b>-L Side</b>	5 each			Center - both hands on frame, knees against shoulder rests L - both hands on L side of metal frame R - both hands on R side of metal frame
<b>Lunge/Plank/Knee Tuck Combo. (Side 2)</b>	5			R side of machine, R foot on floor
<b>Floor Section</b> <b>-Squat/Shoulder Press</b> <b>-Pulse</b>	6 combo 10 pulses		Medium dumbbells	Stand in front of machine, dumbbells at shoulders

Exercise	Reps	Springs	Props	Direction
<b>Facing the Side</b> -Lateral Squat -Hold Low - Bend/Stretch L	6 each			R foot on floor, L foot against shoulder rest, body facing the side
<b>Sit on Platform</b> -Hug a Tree/Carriage Press	6		Medium dumbbells	Bar lower - 2nd to last spot, sit on platform, hook heels over edge of carriage, hold dumbbells
<b>Tendon Stretch</b>	6			Hands on bar, heels against front edge of carriage
<b>REPEAT</b> Hug a Tree/Carriage Press Tendon Stretch	6 each			
<b>Complete Side Floor Section/ Lateral Squat Section on Side 2</b>				
<b>Weighted Split Stance Deadlift</b>	6	1 medium	Medium or heavy dumbbells	Facing the back, L foot flat, dumbbells in both hands, R toes digging into the floor
<b>Plank - Push Carriage</b>	6			Inside hand (left) pushes carriage
<b>Weighted Split Stance Deadlift (Side 2)</b>	6			R leg forward
<b>Plank - Push Carriage (Same Arm) - Set 2</b>	6	2 medium, 1 heavy	1 heavy dumbbell	Dumbbell on hip bones, feet flat on platform,
<b>Weighted Deadlift (Even Stance)</b>	6			
<b>Glute Bridge</b> -Full Bridge -Hold -Pulses Repeat	6 full 6 sec. hold 6 pulses		Medium or heavy dumbbells	
<b>Comple Side 2</b> -Alt. Split Stance Deadlift/Plank with Carriage Press Section	Reps listed above	1 medium		
<b>REPEAT Bridge Section</b>		2 medium 1 heavy	1 heavy dumbbell	

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INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
<b>Kneeling Arms (Dumbbells)</b> -Serving -Open/Close (Palms Up) -Up/Down (Palms Up/Bent) -Overhead Tricep Press	5 each	1 medium	2 light dumbbells	Kneeling facing foot bar
<b>Kneeling Plank</b> -Push-ups	4			Hands on platform
<b>Kneeling Arms Pt. II</b> -Combo - Serving/Open & Close Arms -Hip Thrust/Overhead Tricep Press Combo. -REPEAT -Hold - Pulse Tricep Press	5 each 5 pulses			
<b>Kneeling Plank</b> -Push-Ups	4			
<b>Stretches</b> -Child's Pose -Hamstring Stretch -Twist/Reach Across	10 sec. each	1 heavy & 1 meidium		Bar up

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