

Ball Bonus with Karis (Box, Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Glute Bridge Section -Roll Up/Down -Hold High - 2 Squeezes/Roll Down Combo. -Hold High - Hamstring Curl -Hold High - Pulses	30 sec. up/ down hips -3 combos. -2 curls 15 sec. pulses	1 heavy	Ball	Neutral bar, heels on bar, arms reaching to ceiling
Arms in Straps -C-Curve - Tucks -Hollow Hold	30 sec. tucks 10 sec. hollow hold			Ball between knees, short straps on arms/above elbows, hands at forehead
Side Lying Hips Section -Detached Clam -Clam/Extend Combo. -Just Extensions -Hold Extensions - Lifts	3 clams 3 combos. 5 extensions 10 lifts			Ball on headrest/L ear on ball/lying on L side, short strap on R leg/hooks above knee, bottom arm bent to hold shoulder rest, bottom leg bent on carriage
Side Car Position -1/2 Kneeling Alt. Side Bend/ Rotations (1 Strap) -Hold Kneeling - Reach Upward	5 each	1 light	Box	Long box/side car position on L side of machine/floor, L knee on box, long strap hooked above R elbow, hands behind head, R leg extended/foot on floor
4 Pt. Kneeling (Front) -Alt. 1 Leg Carriage Press/Pike -Just Pikes -Hold Lift - Extend Bottom Leg	5 each 5 sec. hold			L knee on box, L hand on box, R hand on platform, R foot against shoulder rest/carriage
Standing Section (Box) -Alt. Curtsy/Scooter -Just Scooters -Full Flat Back Lunges -Hold Flat Back Lunge - Add Scooter Back Leg -Hold Flat Back Lunge - Pulses	3 combo. 5 scooter 5 lunges 8 scooters 8 pulses		Ball & box	Box in line with carriage, R foot in the middle of the box, L foot against the shoulder rest/carriage, ball at chest in both hands

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Exercise	Reps	Springs	Props	Direction
Seated Arms (Box) -Offering -Shoulder Press -Overhead Press -Overhead Tricep Extension	5 each	1 medium		Short box position, sitting on box, feet flat on carriage, hands in short straps, palms up to start
Work Backward - Start with Curtsy Lunges on Side 2 & complete entire flow, ending with Side Lying Hips Section	Reps listed above	Start with 1 light for side 2 -change springs throughout		Box on other side for side 2
Control Front	20 sec.	1 heavy	No props	Hands on top of shoulder rests, feet on bar

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