

Super Ball Burn with Jen (Ball, Box)

Flow

Exercise	Reps	Springs	Props	Direction
1 Foot in Strap (Ball Underneath Tailbone) -Hold Strap Leg High -Lowers/Lifts (Non-Strap Leg) -Semi-Circle (Non-Strap Leg) -Alt. Bend & Stretch Legs -Hover Non Strap Leg Low -Bend/Stretch Strap Leg -Legs Crossed (L Over R) -Short Spine -Shoulder Stand/Develope L Side on Ball/Roll Down Combo.	5 each variation 3 develope short spine on ball	1 heavy	Ball	Ball underneath tailbone, R foot in long strap, hands on hips, arms reach to ceiling on bend & stretch
Hands in Straps/Seated Core -Table Top/Hug a Tree Arms -Tuck Knees/Tricep Press Arms -Hold V Press - Beat Legs	30 sec. each 15 sec. beats			Ball at middle of back, legs start in table top, hands in long or short straps
Complete 1 Foot in Strap Section on Side 2 (Ball Underneath Tailbone)	Reps listed above			Start with lowers/lifts/semi-circles, L long strap on L foot
Flat Back Arabesque Hold (Elevated Heel) -1 Arm Carriage Press -Lift Arabesque & Pull Carriage Pistol Squat (Elevated Heel) -Hold Low/1 Leg Carriage Push/Stand Up Combo. -Hold Low - Push Carriage	20 sec. press 5 lifts/pulls 3 combo. pistol squats 5 pushes	1 light		Facing the back risers, L hand on shoulder rest, L leg heavy on top of bar, R heel on top of ball/leg against machine Move L foot on top of shoulder rest or carriage, R foot scoots forward on floor/heel still against ball
Plank -1 Arm Shoulder Press (Hand on Carriage) -Add the Arabesque Kick	10			L foot on bar/R leg crossed over the L leg, L hand on shoulder rest, R hand on floor
Straddle Box (1 Strap) -Grande Plie/Side Bend/Flat Back/Lift Up Combo. -Grande Plie/Reach Ball Forward/Twist to Bar/Stand -Hold Plie - Squeeze Ball & Lift the Heels	6 side bend combos. 8 twist combos. 10 sec. squeeze/lift	1 medium	Ball, box	Short box in front of shoulder rests, straddle box - L foot on headrest, R foot on carriage, ball in R hand, short strap above elbow/hand behind head/bend arm

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Exercise	Reps	Springs	Props	Direction
-Tricep Push-up/Tippy Bird with Knee Tuck -Combo - Rainbow Arm Sweep/Kick with Push-up/Tippy Bird -Add V Sit on Kick -Hold V Sit - Swim Legs	3 tippy bird/ knee tucks 30 sec. Combo.			L hip on the box, hands on carriage, L leg bent, hand in long strap for rainbow arm
Seated Carriage/Box Through	10			Sit on platform facing risers
<i>Work Backward - Start with Tippy Bird Sequence on Side 2 & complete everything, ending with Pistol Squats Sequence</i>	Reps listed above			

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