

Abs on Fire (3 lbs. Weights, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Seated Footwork (Box) -Toes/Parallel - Isometric Front Arm Hold -Add Twists (Open Arm R & L) -1 Twist/1 Shoulder Raise (Straight Arm Raise) -Wide/Toes - Wide Overhead Press with Arms -Add Rainbow Arms to Press -Roll Back - Push Forward/ Drop Heels/Return Home	30 sec. each	1 medium & 1 heavy	Box, weights	Short box behind shoulder rests, weights in both hands/ arms at shoulder height, toes on bar to start
Short Box (Dumbbells) -Roll Back/Hold - Alt. Front Raise R & L/Roll Up -Roll Back/Hold - Both Arms Raise Up -Roll Back/Hold - Alt. Twist/ Punch -Hold Center - Pulses -Slowly Roll Up	30 sec. each 10 pulses 5 sec. roll up			Feet in front strap
Pulling Straps (Dumbbells) -Alt. Pull/Separate Legs -Tricep Press	10 each	1 heavy		Bar completely down, platform extender on, long box on carriage, dumbbells in both hands with short straps
4 Pt. Kneeling -1 Foot in Strap - Donkey Kick -Alt. Donkey Kick/Side Lift Complete Side 2	30 sec. donkey 5 combo.			Hands & knees on box/facing risers, L foot in long strap
Split Proposal Stance (Dumbbell) -Stir the Pot -Rotations -Side Forearm Plank (Dumbbell) -Tucks/Front Raise -Pulses with Hips Complete Side 2	5 stir the pot 10 rotations 10 pulses	1 medium	1 weight	Short box position, R knee becomes the inside knee, R knee on box, L foot on carriage, R hand in short strap/hold weight, both hands around weight/at chest, wide elbows

DYNAMIC PILATES TV

INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
Standing -Hold Lunge - Carriage Press/ Narrow Press -Hinge (Arms Hold T Position) Complete Side 2	30 sec. carriage presses 10 hinges	1 medium & 1 light	Weights, box	Stand on platform, L foot on platform, R heel against box, arms start reaching in front of shoulders with dumbbells
Feet in Straps -Lowers/Lifts -Long Spine -Up/Down Hip Lifts -Bend/Stretch (parallel) -Leg Circles	8-10 lowers/ lifts 3 long spine 5 hip lifts 8 bend/ stretch 3 circles each way	1 medium & 1 heavy		Bar up, feet in long straps
-Hamstring Stretch -Straddle Stretch -Happy Baby	10 sec. each			
Prancing/Calf Stretch	30 sec.			Toes on bar

Content may not be copied, reproduced, transmitted, distributed, downloaded or transferred in any form or by any means without Dynamic Pilates TV's prior written consent, and with express attribution to Dynamic Pilates TV. Copyright infringement is a violation of federal law subject to criminal and civil penalties.

www.dynamicpilatestv.com | <https://www.instagram.com/dynamicpilatestv/>