

Flowing with Hope (Soft Pilates Ball, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch -Cross Over -Open to Side -Figure 4 -1 Leg Lower/Lift -1 Leg Circles Complete Side 2	10 sec. each stretch 6 lower/lift 3 circles each way	1 medium		First side - L foot in R short strap/hover R leg above bar for 1 leg strap work
Footwork (Heels/Ball) -Full Press/Squeezes Bridges -Full Bridge Lifts/Squeezes 1 Leg Footwork (Ball Behind Knee) - Squeeze Ball/Pulse (Side 2) 1 Leg Footwork Bridges (on Arches) -Squeezes -Alt. 1 Leg Extensions (Keep Ball Between Knees)	30 sec. full presses/10 squeezes 20 sec. bridges/10 squeezes 10 leg presses/10 squeezes/ 10 pulses (both sides) 20 sec. bridges/10 squeezes/ 20 sec. extensions	All springs	Ball	Ball between knees, heels on bar, headrest down
Bridge Sequence Continued (Ball between Knees - Arches) -2 Leg Hamstring Curls -1 Leg Hamstring Curls (Ball Behind Knee/Tuck Knee) Hands in Straps/Table Top -Arms Press -Arm Circles -Hold Arms High - Double Leg Stretch/Add Hip Lift	20 sec. double leg curls 10 single leg curls 20 sec. each variation	2 medium		Ball between knees, arches on bar for double leg presses Heel on bar for single leg press Hands in short or long straps for core work

Exercise	Reps	Springs	Props	Direction
Seated Rotating Row (C-Curve) -1 Arm Seated Row -Add Rotation -Add 1 Leg -Switch Legs -Sit Tall - 1 Arm Seated Chest Expansion (Low V Arm) Complete Side 2	5 sec. each 20 sec. each leg 10 chest expansion	1 light		Legs crossed on headrest/ facing risers, grabbing opposite strap to hand/above metal D ring, elbow narrow, other hand behind head Hold lower/lighter for chest expansion
(Reverse Short Box Set-up - Plank Section) Forearm Kneeling Plank -Knee Tucks Full Forearm Plank -Pikes Side Forearm Kneeling Plank -3 Pikes - Take Away Top Hand Side Forearm Full Plank Center Full Plank - Walk Down to Forearms/Walk Up to Hands	6 each 20 sec. walking up/ down hands to forearms on box	1 extra light lightest spring option)		Let straps fall into the wall/ loosen straps so they are out of the way, set short box on metal frame, knees on carriage/against shoulder rests, forearms on box R forearm on box for side plank
Lunge Section -Front Lunge - Press/Scoop - (Optional Take Hands to Tower) -Side - Lunge -Tandem Side Plank - Pikes	6-8 lunges each position 6 pikes			R foot on box, L foot on carriage/behind shoulder rest, hands on box or holding tower
Tricep Dip/Hamstring Curl Combo./Pulses	10 combo. 10 pulses	1 medium		Hands on front of box, feet flat on carriage in front of shoulder rests
Complete Entire Plank Section & Front/Side Lunge Section on Side 2	Pulses listed above	1 extra light lightest spring option)		Start with side forearm kneeling plank on side 2 (L forearm on box)
Tricep Dip/Hamstring Curl (Round 2) (Optional Single Leg in Figure 4)	8 each side for single leg variation or 10 total for double leg	1 medium		Figure 4 position for single leg option

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Exercise	Reps	Springs	Props	Direction
Prone on Box (Ball) -Extensions (Ball Under 1 Arm)/ Press on Ball -Side 2 -Pulling Straps - T Arms/Bend & Stretch Legs (Ball Between Calves)/Hold & Squeeze Ball	8 lifts/10 presses while holding lift 10 pull straps/10 sec. squeeze ball	1 medium		Long box on carriage, return straps to pegs, ball on headrest, middle of chest on edge of box/lying on stomach Ball between knees/parallel knees, holding above D ring/ arms in a T position
Feet in Straps -Lowers/Lifts -Circles -Short Spine	5-6 lowers 3 circles each way 3-4 short spine	1 medium & 1 heavy		Feet in short straps

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