

## Foundations Form with Jenny (Ball, Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>-Alt. Pelvic Tilt/Tuck Footwork</b> <b>-Heels (Ball in Hands)</b> <b>-Pulses</b> <b>-Toes (Ball Between Knees)</b> <b>-1 Leg (Toes - Ball Between the Knees)</b> <b>-Halfway Hold - Squeezes</b> <b>-1 Leg (Side 2)</b> <b>-Squeezes</b>	1 min. pelvis 1 min. footwork 10 sec. pulses 1 leg press (10 presses/ 10 pulses/ 10 squeezes)	2 heavy & 1 medium	Ball	Heels on bar to start
<b>Bridge Sequence</b> <b>-Externally Rotated (Pass Ball)</b> <b>-Hold Bridge - Hamstring Curl/ Tricep Extension with Ball</b> <b>-Pulse Hips</b>	30 sec. bridge 30 sec. curls 10 pulses			Reach ball to ceiling, heels on bar/rotated
<b>Hands in Straps</b> <b>-Press Down</b> <b>-Press Down/Ab Curl/ 3 Squeezes</b> <b>-Hold - Tricep Press</b> <b>-Hold - Squeeze Ball</b>	30 sec. each 10 tricep press 10 ball squeezes	1 heavy & 1 medium		Ball between knees, hands in short straps
<b>Standing</b> <b>-Straight Leg Side Split</b> <b>-Split/Side Bend</b> <b>-Hold - Squeeze Ball</b> <b>-Squats</b> <b>-Hold Squat - Skaters (Pass Ball Between Legs)</b> <b>-Squat Pulses</b>	30 sec. each 10 sec. Squeezes 10 each	1 medium	Box	Short box in front of shoulder rests, L foot on platform extender, R foot n carriage, ball in R hand/against hip
<b>Mermaid Position</b> <b>-Twists</b> <b>-Straight Arms Up/Down</b> <b>-Straight Arms Side Bend R &amp; L</b> <b>-1 Arm Sweep (Underhand)</b> <b>-1 Arm Scoop/Bend &amp; Stretch (Overhand)</b>	30 sec. each 5 each starting with 1 arm sweep		Box	Mermaid position, R knee on carriage/headrest, L leg bent on box, R hand in short strap, L hand around R hand/ elbows wide  R hand in long strap for 1 arm strap movement



INNOVATIVE & INTELLIGENT ONLINE PILATES

Exercise	Reps	Springs	Props	Direction
<b>Traveling Plank (Ball/Knee)</b> -Add R Arm Bend & Stretch -External Rotation -Push Out/Lift & Roll Ball	10 each 30 sec. ball roll		Ball	Kneeling facing risers, forearms on box, ball between box & R knee, L toes on bar
<b>Side Lying - Hand in Strap</b> -Bicep Curl/Overhead Press -Just Overhead Press	10 combo. 6 OH press			Long box position, L hip & forearm on box, ball underneath L side of ribs, R hand in short strap/elbow into side, legs stacked
<b>On Stomach</b> -Swan -Add Leg Bend -Swan Jumps	5 each 30 sec. jumps			Middle of chest at edge of box, hands on bar, legs long behind you
<b><i>Start with Side Lying Bicep Curl Section on Side 2 &amp; complete flow, ending with Standing Side Split Section</i></b>	Reps listed above	Change springs accordingly		Start with lying on other side, L hand in strap for bicep curl

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