

ReWORK IT! From the WAIST DOWN: w/ Stretchy Band@ copyright Get ReFormed Pilates (02/2021)

- 1) **Quadrapped Killer: (on ALL 4's)** with or w/o Leg weights 1 lbs.
 - a) Huge Hip Circles w/ R. Leg: 10 Circling Inside and 10 Outside
 - b) Straight Leg Cross Overs: 10xs
Start with R. Leg Crossed Back, Toe on floor - Past Left Shoulder
Lift Leg Up & Over, Tapping Toe to the floor in the Side Out Position
 - c) REPEAT ALL using LEFT LEG
- 2) **SIDE KICK Killer SERIES WITH STRETCH BAND**
 - a) Side Kicks Front & Back 5xs -wrist on waist
 - b) Ceiling Kicks Up & Down 5xs – Fist on Floor
 - c) Small Circles: Strike the Match – 10 each direction forward/backward
 - d) Giant Circles: 5 Forward/5 Backward
 - e) UNFOLDING the Leg: 5 In-Up-Down; 5 Up -In- Down
- 3) **Clam Killer with Band**
Clam Shell presses: Band Wrapped around Thighs- Side lying 20xs. -Each Leg
- 4) **Karate Kick Killers: No Band**
 - a) Toe to Toe / Knee to Knee = 10 xs (Internal/External Hip Rotation)
 - b) Toe to Toe/Knee to Knee/ Add Karate Kick behind Shoulder/ Knee to Knee 10xs
 - c) ALL Karate Kicks behind Shoulder 10xs
 - d) Straight Leg Pulses: Front of Navel 10xs
 - e) Small Circles in front of Navel: 10 each way
- 5) **Relief : STRETCHES on Back**
#4 Hip Stretch