

AAA Take Two

Loop Resistance Band, Heavy & Light Dumbbells, Box

Warm Up

Exercise	Reps	Springs	Props	Direction
Heavy Leg Press/Single Leg - Parallel Legs - Turned Out Legs	1 minute (both legs) 45 seconds each side (single leg) 30 seconds (both legs) 45 seconds (turned out - both legs)	3 Heavy OR 2 Heavy & 1 Medium	Loop resistance band	Heels on bar, band above the knees on thighs
Curl Up/Band Open & Close	6			Start int able top, hands behind head
Curl Up/1 Leg Extension Combo (alternating sides)	6 total			1 leg at a time
Curl Up/2 Leg Extension Combo	6			Both legs move
Curl Up Hold/Presses	10 knee presses			
Hip Bridge With Open & Close (2 legs)	10			Heels of feet on bar, hands down by sides on carriage
Hip Bridge - Single Leg/Bridge With Kick - Repeat on other side	5 bridges 5 bridge with kick			1 heel on bar, other leg extended up to ceiling
Hip Bridge Frog (turned out)/ Pulses	10 bridges 10 pulses			Turned out feet on bar, knees hold pressed out, arms reach to ceiling
Hamstring Stretch				Band over arches of feet, hold loop and pull down

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Lunges On Carriage/Reaching Pulses	10 lunges 10 reaching pulses	1 Light		Standing on carriage, facing front, R. foot on platform, L. foot on carriage, arms stacked and lifted/elbows up
Kneeling Leg Sweep Side/Cross Unravel Press	8-10 sweeps 5 cross unravel press		Strap	On all 4's, face L. side, strap over arch of R. foot, hands down on carriage
Side Lift With Clamshell/Extension	4 lift/clamshell 4 lift/extension			R. elbow on platform, legs bent and stacked, R. hand behind head
Pike/Snake	5			Hands on platform - shoulders squared, legs, hips, feet stay facing L. side
Front Abs - Knee Taps - Pikes With Pushes - Plank Hold	10 knee taps 10 pikes/pushes 10 second plank hold	1 Light ***Can do just 1 medium if more support is needed		Elbows on platform, feet on carriage against shoulder blocks, facing front
Complete side 2 - start with Lunges on Carriage/Reaching Pulses, Kneeling Leg Sweep, Side Lifts, Pike * Do not repeat front abs		***Change back to 1 Light if you changed your spring		
Foot bar down Kneeling Arms (low) - Bend & Stretch - Lift & Lower Combo - Hug a Tree - Offerings	6 presses 6 combos 6 hug a tree 8-10 offerings	1 Medium & 1 Light OR 1 Heavy		Kneeling - facing front, hips stay low, slight hinge forward, hand in straps
Squat Press & Reach/Hinge & Squat	45 seconds presses 30 seconds hinge/squat		1 Heavy Dumbbell	R. leg on ground/up against reformer, L. foot on edge of carriage, start in low squat, dumbbell next to chest

Exercise	Reps	Springs	Props	Direction
Side split Push	6 overhead press/push 6 out & in arms/push 6 half T lift and lower		2 Light Dumbbells	Facing L. side - stand behind reformer. foot wedged underneath reformer, L. foot against shoulder block
Standing Split	6 split 10 split - arms out & in			Dumbbells rest on chest, legs parallel, R. foot platform, L. foot carriage
Arm/Hip Swings	20 seconds			Carriage stays closed
Squat Push/Stand Up	20 seconds			Keep dumbbells near chest
Kneeling Arabesque Press/ Hold	30 seconds 5 second hold		Strap No dumbbells	Facing back, kneeling, hands on carriage, strap on R. foot
Diagonal Bend & Stretch	10		Same strap placement	L. forearm on headrest, facing L. side, start with knee opened
Weighted Curl Reach/Curl Reach - Open & Close Legs/ Single Leg Stretch	10 each	1 Medium & 1 Heavy	1 Heavy Dumbbell Straps	Hold straps and dumbbell above chest, table top legs
Reverse everything on side 2 Start with kneeling arabesque press/hold *Do not do the weighted curl reach abdominal section		1 Medium & 1 Light OR 1 Heavy		Strap over L. foot to start

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Oblique Reach & Crunch	10 Right 10 Left		Box	Short box in front of shoulder blocks, start with R. leg in front strap, dumbbell in R. hand, facing L. side Repeat on other side
Stretches - Lunge With Box - Pigeon With Box	20 seconds each stretch	1 Light	Box	Short box stays, L. foot on platform, R. knee on box, arms above head