

## Elastigirl 2.0

### Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet In Straps		2 Medium Springs	Feet in straps	Supine
Lowers	6			
Dolphin Tail	6			
Circles	6 ea. Way			
Frog	10			
Swimming Frog	6 ea. way			
Short spine	6			
High Frog	6			
100's Breathing	10		Hands in straps	
Knee Sways	6			
Jackknife	6			
Coordination	6			
Bridge Sequence	10		Booty Band above knees	
Lift and Pull	10			
Stay lifted and Pull	10			
Open, close and pull Hips high	10			
Side Clam, pulses	10, 10			Side
Side Leg Press & Pull	10			
Donkey Lifts, pulses	10,10			3 point kneeling, back
Side Elbow Plank Sequence				Side
Elbow Slides	6			
Side Tucks	6			

Exercise	Reps	Springs	Props	Direction
Hip Dips	6			
Inner Thigh Leg Lift	6			
Kneeling Strap Lat Pull	8		1 hand in strap	3 point kneeling, back
Tricep Press	8			
Circular Arms	6			High kneeling, side
Repeat on other side starting from the Clam				

## Elastigirl

Setup: long stretch band looped around the front frame foot strap or foot bar. (See video)  
Foot bar low if needed to stand on platform.

Exercise	Reps	Springs	Props	Direction
Back Lunge, no arms	10	1 light or 1/2 spring	Long Stretch band	Back
Back Lunge with arms	10			
Hold Lunge, pulse arms	10			
Warrior Lunge, no arms	10			
Warrior Lunge with arms	10			
Hold lunge, pulse arms	10			
Side Split, no arms	10			Side
Side Split with arms	10			
Hold Split, pulses arms	10			
Platform Speed Skate Lunge, no arms	10			
With arms	10			
Hold lunge, pulse arms	10			
Side Tandem Pike	6			
Thread The Needle	6			

Exercise	Reps	Springs	Props	Direction
Side Star Leg Lifts	6			
Front Pikes	6			Front
Front Tucks	6			
Reverse the order to finish flow				

## Finale Flow

Exercise	Reps	Springs	Props	Direction
Floor Stretch Band Deadlift Sequence	10		Stretch band looped around front foot	Standing the on floor next to the reformer
Deadlift and Lat Pull	10			
Just Lat Pull	10			
Flying Lunge	10	1 Medium		
High Lunge Stretch	3			
Front Snake	3			
Start over on other side				