

Balls, Bands & Box

Opening Flow

Exercise	Reps	Springs	Props	Direction
Roll backs and rows	6	Light & Medium	Ball & Band	Sitting forwards, feet under strap, Ball between knees, band around strap. Squeeze ball and add on a pulse on each roll back.
Roll backs with alternate oblique rows	10	Light & Medium	Ball & Band	
V sit leg press with lat pull down	10	Light & Medium	Ball & Band	Ball behind lower back, feet on footbar
Adding single leg lift	5 each leg	Light & Medium	Ball & Band	
Single leg bridge with band around foot	10	Light, Medium & Heavy	Ball & Band	One foot on the footbar the other leg extended with band over foot.
Adding leg lower	5	Light, Medium & Heavy	Ball & Band	
Leg lowers in bridge	5-8	Light, Medium & Heavy	Ball & Band	
Squats with pull up row	1 min	Light	Band	One foot on platform, one foot on carriage band under feet
Squat hold with triceps	30 secs	Light	Band	
Carriage side lunge with bicep curl	1 min	Light	Band	Strap under foot on carriage, lunging towards carriage
4 point kneeling ball squeeze into plank	1 min	Light	Ball	Hands on platform feet on carriage
REPEAT LEGS OPPOSITE SIDE				

Flow 1

Exercise	Reps	Springs	Props	Direction
Single leg squat	30 secs	Light	Box	Box over rails, one foot on the carriage, opposite heel on box

Exercise	Reps	Springs	Props	Direction
Alternate single leg squat	15 secs	Light	Box	
Adding inner thigh pull	15 secs	Light	Box	
Step ups	30 secs	Light	Box	One foot on box, other foot in well
Pikes	20 secs	No Springs	Box	
Knee Tucks	20 secs	No Springs	Box	
REPEAT LEGS OPPOSITE SIDE				

Flow 2

Exercise	Reps	Springs	Props	Direction
Side Plank and pike	10	Medium	Box	Alternate between knees bending and pike
Teaser with strap	8-10	Medium	Box	Sitting side on, on short box, one hand holding strap one hand back of the box
Rotation with strap	1 min	Medium	Box	Sitting on short box with one knee down by side
Side pikes	10	Medium	Box	Hands on footbar, feet stacked against box
Oblique roll backs and twists with band	1 min		Box & Band	Sitting on the box, feet tucked under strap and band hooked under strap.
REPEAT				

Flow 3

Exercise	Reps	Springs	Props	Direction
Backward lunge	30 secs	Light	Box	One foot on platform one foot against box
Pikes feet on box	10 secs	Light	Box	Feet on box hands on footbar
Single leg ice breaker	5 each leg	Light	Box	Feet on box hands on footbar
Backward lunge	30 secs	Light	Box	
SLS and bicep curl	30 secs	Medium & Light	Box	Long box, laying facing back with one strap
Single arms	5 each arm	Medium & Light	Box	Stay to one side
Lateral raise with leg extensions	20 secs	Medium & Light	Box	Take arms out to side adding either single or double legs
STRETCH		Light	Box	