

My Humps

Opening Flow

| Exercise | Reps | Springs | Props | Direction |
|---|--------------------------|----------------|------------------|---|
| Elbow jumps in parallele | 20 | Heavy & Medium | Jumpboard & band | Opening against band |
| Elbow jumps in 2nd | 20 | Heavy & Medium | Jumpboard & band | Opening against band |
| Bridge into hamstring curl | 20 | Heavy & Medium | Jumpboard & band | Feet on top of Jumpboard |
| Oblique Jumps Frog jump threading arms through Jumps with 100's press | 10 each side 15 10 | Medium | Jumpboard & band | |
| Squat pull | 1 min | Medium | Band | Straddle carriage and pull straps |
| Leg lifts, knee bends and pulses | 10 of each | No Springs | Band | Resting elbows on jumpboard, standing in the well |
| Side lifts | 10 of each | No Springs | Band | Turning side on and lifting leg against band |
| REPEAT OPPOSITE LEG | | | | |

Flow 1

| Exercise | Reps | Springs | Props | Direction |
|--|------------|----------------|-------|---|
| Hamstring curl & pulses | 10 of each | Light | Box | Kneeling on box hands at front of carriage, strap over foot, curling leg in and out |
| Single arm shoulder press | 10 | Light | Box | Laying on front of box, using same strap to shoulder press |
| Side lying oblique shoulder press over head, adding knee raise | 10-15 | Light | Box | |
| Standing jump hands on box | 45 sec | Light & Medium | Box | Facing back |
| Rainbow kicks into knee lift | 10 | Light & Medium | Box | Taking leg over jumpboard and lifting knee |

| Exercise | Reps | Springs | Props | Direction |
|-----------------------------|------|---------|-------|-----------|
| REPEAT OPPOSITE SIDE | | | | |

Flow 2

| Exercise | Reps | Springs | Props | Direction |
|-----------------------------|---------|-----------------|-------|---|
| Dead lift lunges | 1 min | Medium | Band | Standing side of carriage |
| Carriage side press | 30 sec | Medium | Band | One foot against shoulder pad standing facing inwards, one hand against jumpboard |
| Deep Squats | 10-12 | Medium | Band | Sitting bottom to tap the carriage (can use box if that's lower) |
| Single leg pike | 30 secs | Medium or Light | | Feet against one shoulder pad, hands on opposite side of floor |
| Teaser | 1 min | Medium | Band | Straps and band around ankle |
| REPEAT OPPOSITE SIDE | | | | |