

Title Take a Chill Pill

Opening Flow

Exercise	Reps	Springs	Props	Direction
Downward dog stretch	5	Medium		Standing behind footbar, hands at front of carriage
Adding rotation with arm lift	4	Medium		
Pike into knee bend	8-10	Medium		Standing feet on platform hands on carriage
Pike with single leg extension	4	Medium		Resting knee on carriage for stretch between each rep

Flow 1

Exercise	Reps	Springs	Props	Direction
Side lying Arm pull	5	Medium		Head rest up
Adding leg lift	5-8	Medium		
Side lying leg press & straight leg pull	10-15	Medium		Up on elbow resting in front of shoulder pads
Kneeling Twist leading with elbow holding strap	10	Medium		Using opposite arm to open out
Side leg extensions forward and back arching through the spine	10	Medium		Elbow on platform, knees on carriage
Curl ups with feet on footbar	10	Medium		
Into obliques with single leg extending over footbar	10 each side	Medium		
REPEAT OTHER SIDE				

Exercise	Reps	Springs	Props	Direction

Flow 2

Exercise	Reps	Springs	Props	Direction
Kneeling inner thighs with rotation	5- 8	No Springs or 1 Light		
Adding hands behind head coming into forward bend	5- 8	No Springs or 1 Light		
Lunges with pole	10-12	Medium	Pole	
Side lunge with pole into stretch side bend	10-12	Medium	Pole	Feet in turn out. For the stretch put one hand down on the carriage on the inside of foot.
Bicep curl roll backs with pole through straps	5-8	Medium	Pole	Facing back feet on head rest
Into double leg stretch with pole through straps	5-8	Medium	Pole	Facing back
REPEAT LEGS ON OTHER SIDE				

Flow 3

Exercise	Reps	Springs	Props	Direction
Curl ups with pole through straps into leg extensions	8-10	Medium & Heavy	Pole	Facing forwards
Into Hip Rolls	10	Medium & Heavy	Pole	Facing forwards
Into Long spine feet over pole: Leg press	8-10	Medium & Heavy	Pole	
Roll ups	5-8	Medium & Heavy	Pole	Coming down with straight legs, taking it into bent knees rolling through the spine.
Frog press	10-12	Medium & Heavy	Pole	
Finishing with stretch one foot on pole other leg extended over platform	1 each side	Medium & Heavy	Pole	
Short Box Back extension pressing away from footbar hands under forehead	5-8	Medium & Light	Box	
Into breaststroke arms	5-8	Medium & Light	Box	
Tree variation stretch	3- 5 each leg	Medium & Light	Box	