

Oh My Peach (Platform Pad, Light or Heavy Dumbbells, Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Cat/Cow Carriage Push	5	1 Light	Platform pad	Bar down, box behind reformer, hands on carriage
Down Stretch Ab Roller	6			Knees on platform
Tricep Push-up	6			
Forearm Plank - Slides	6			
Pikes	6			
Pigeon/Flamingo	3			R. leg forward in pigeon
Pigeon/Flamingo - Side 2	3			L. leg forward in pigeon
Lat Pulls	6			Hands on sides of reformer
1 Arm Riser Pull	5 each side			Elbow narrow
Kneeling Cat/Cow Carriage Pull	5		Box	Kneeling on box, holding shoulder rests
Narrow Arm Pull	5			
Box Tricep Press	6			Hands halfway down on ropes, standing on box
Press Back	6			Straight Arms
1 Arm Narrow Press	5			L. hand in long loop
1 Arm Wide Press	5			L. hand in long loop
1 Arm Narrow Press - Side 2	5			R. hand in long loop
1 Arm Wide Press - Side 2	5			R. hand in long loop
Plank - Cobra	3			Hands on shoulder rests, feet on frame or box
Lunge/Reach Back (Both Sides)	1 each side			Foot on headrest
Ab Roller	6			Hands on bar
1/2 Kneeling Split	3			R. foot on platform

Exercise	Reps	Springs	Props	Direction
1/2 Kneeling Split - Side 2	3			L. foot on platform
Leg Lowers/Lifts	8			Feet in long straps
100's Breathing	5			
100's Breathing with Lowers	5			
Tucks/Hip Lifts	10 full 10 hip lifts			

Flow - Part I

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Side Lunge - Dumbbell Press	10	1 Light	Box and 1 dumbbell	Short box on bar, R. foot against shoulder rest, dumbbell in R. Hand
Front Lunge - Hammer Curl	10		2 dumbbells	L. leg on ground in front
Flying Lunge	10			Hands on box
Pikes/Tucks	5 each			Feet halfway back on carriage
Front High Lunge - Dumbbell Press	10		1 dumbbell	L. foot on box
Low Carriage Leg Press	10			Hold dumbbell center
Side High Lunge - Dumbbell Reach	10			Weight stays over box leg, dumbbell in R. hand
Forearm Side Plank - Reach	5			Dumbbell in R. hand
Tucks	5			
Butt Buster - Reach	8			R. leg extended
<i>Start with Side Lunge - Dumbbell Press & continue flow on side 2</i>	10			L. foot against shoulder rest, dumbbell in L. hand

Exercise	Reps	Springs	Props	Direction
Prone Box Bicep Curl	8	1 Light	Box & dumbbells	Long legs
Bent Over Wide Row	8			
Single Dumbbell Reach Up Curl	10		1 dumbbell	Heels pressing into carriage, sitting on box
Twists	10			
Dumbbell Pelvis Press/Slides	10 each			Lower back is off of box, dumbbell on top of pelvis, feet on shoulder rests

Flow - Part III

Exercise	Reps	Springs	Props	Direction
Back Lunge/Moving Deadlift	10	1 Light or 1 Medium	1 dumbbell	L. foot on carriage, R. foot on box behind you
Standing Arabesque	10			Long strap on L. foot
Control Front	6			Feet on box
Back Lunge/Moving Deadlift -Side 2	10		1 dumbbell	R. foot on carriage, L. foot on box behind you
Standing Arabesque - Side 2	10			Long strap on R. foot
Feet in Straps - Lowers/Lifts	5	1 Medium & 1 Heavy		Bar to middle shelf
Dolphin Tail	6			
Circles	5 each way			
Short Spine	3			
Ending Stretches				