

The Bandit

Exercise	Reps	Springs	Props	Direction
Child's Pose Windmill	3 mins	1 medium		Child's pose on the carriage with hands in straps. Pushing forward into the straps lengthen the spine out until stacked and then circle the arms Bacchus returning into child's pose.
Lunge and Leg Sweep	5 mins	1 medium		One foot on floor, opposite on the nearest shoulder block, hands on the footbar. Establish lunge and then drag the carriage back elevating and lifting the front leg back. Hold at the end in plank to draw the knee of the free leg up and down the forearm.
Shoulder Press	3 mins	1 medium	1 weight	One hand in the strap, opposite hand holding weight . Elbows in, push and down. Jose at the end of the set and then add rotation.
REPEAT LUNGE AND LEG SWEEP ON THE OTHER SIDE				
REPEAT SHOULDER PRESS ON THE OTHER SIDE				

Opening Flow

Flow

Exercise	Reps	Springs	Props	Direction
Single leg long spine	6 mins	1 heavy		One foot in strap. Start with both legs together,

				on the footbar, weights in hands. Lunge to push the carriage and push back the weights.
Oblique Mountain Climbers with weights lifts	3 mins	1 medium	Box and weights	Feet on footbar, hands on box. Push carriage out, creating plank. Lift one knee towards the outside of the elbow and then step it back. On the same side lift one weight up and fly it wide. Then repeat both directly on the other side.
REPEAT BALANCED LUNGE ON FOOTBAR ON THE OTHER SIDE				
Quadruped Strap and Weight	3 mins	1 Medium	Bow and weight	Change box to long box and hold one strap, opposite side place the weight behind the knee and hold in donkey. Pull strap back and pulse heel up.
REPEAT QUADRUPED STRAP AND WEIGHT ON THE OTHER SIDE				

Flow 3

Exercise	Reps	Springs	Props	Direction
Single Leg pull ups	3 mins	No Springs	Box	Box on the frames just behind the risers. One foot on box, one on headrest. Pull the carriage up towards box and lift spine and windmill the arms.
Pike Push up	2 mins	No springs	Box	Feet on box, hand on carriage. Push up then pike hips up lifting the carriage away from the stoppers.
REPEAT SINGLE LEG PULL UPS ON THE OTHER SIDE				
Seated rotation	2 mins	No springs	Box	Sitting on box, one knee in the corner, other long on frame. Hands held behind head rotate spine keeping elbows wide.
REPEAT SEATED ROTATION ON THE OTHER SIDE				
Standing hip walks	2 mins	No springs		Stand in the well with feet underneath hips. Forward folded, bend one knee and push opposite hip back and the switch sides. Roll up to finish.