

Let's Get Physical Take Two

Exercise	Reps	Springs	Props	Direction
Platform Ice Breaker	30 secs	Heavy & Light		Hands on platform feet against shoulder pads
Ice breaker and shoulder press	30 secs	Heavy & Light	Weights	
Push ups	30 secs	Heavy & Light		Walk knees back
Squat Press	30 secs - 45 secs	Heavy & Light	Weights	Stand on carriage or platform
REPEAT				

Opening Flow Flow 1

Exercise	Reps	Springs	Props	Direction
Flying Arabesque	45 secs - 1 min	Medium & Light		Hands on footbar one foot against shoulder pad other foot on floor
Side Plank to pike	5- 8 reps	Medium & Light		Feet against shoulder pads, either hold still or add in pikes threading arm under
Scooter	45 secs - 1 min	Medium & Light		One foot on platform one foot over the edge of carriage
Wheelbarrow to push up	45 secs - 1 min	Medium & Light		Full plank or on knees
REPEAT				

Flow 2

Exercise	Reps	Springs	Props	Direction
Kneeling triceps adding knee bend	1 min	Medium or Light	Box	4point kneeling on box
Side sitting leg press foot in strap	1 min	Medium or Light	Box	Side sitting on box, underneath hand on head rest. Strap over top foot.
Plank to Pike	45 secs - 1 min	Medium or Light	Box	Hands on box feet either on platform or footbar
REPEAT				

Flow 3

Exercise	Reps	Springs	Props	Direction
Half side plank lifts	30 secs	Light	Box	Box over rails
Adding leg lift	30 secs	Light	Box	Box over rails
Hold with leg lift	10 secs	Light	Box	Box over rails
Knee tucks	45 secs - 1 min	Light	Box	Box over rails knees against shoulder pads fore-arms on box
Tricep dips to hip lift	45 secs - 1 min	Light	Box	Hands on box heels on platform
Leg pull	10 secs	Light	Box	Hands on box heels on platform
REPEAT				
Back extension	45 secs - 1 min	Medium and Light	Long box	Feet in small V against footbar (lowered to middle notch)
Swan Dive variation	4 - 8 reps	Medium and Light	Long box	Hips/pubic bone on edge of box, keeping knees bent