

## Peace Out 2020 (Medium & Heavy Dumbbells, Booty Band, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps - Lowers/Lifts</b>	5	1 medium & 1 heavy		Feet in short straps
<b>Dolphin Tail</b>	3-5			
<b>Circles</b>	30 seconds each way			
<b>Frogs/Pulses</b>	10 each			
<b>Zippers</b>	8			
<b>Small Circles</b>	8 each way			
<b>Short Spine/Final Stretches</b>	5			Arms reach to ceiling
<b>100's Breathing/Leg Lowers</b>	Ful set		Booty band	Hands in long straps, inhale to lower legs/exhale to lift
<b>Knee Sways</b>	6 total			Hold pegs, legs in table top
<b>Rollover/Jackknife Combo.</b>	4-5			Band above the knees
<b>Bridge/Open &amp; Close Legs Combo.</b>	10 combo. 8 open/ close			Arches of feet on bar
<b>Bridge Hold - Carriage Press Out/In</b>	8			
<b>1 Leg Bridge/Pull</b>	6			L. foot on bar, R. leg table top
<b>1 Leg Bridge Hold - Toe Taps</b>	6			
<b>1 Leg Bridge Hold - Carriage Press Out/In</b>	6			
<b><i>Complete Side 2 of 1 Leg Bridge Sequence</i></b>	6 each			R. foot on bar, L. leg table top

### Flow - Part I

Exercise	Reps	Springs	Props	Direction
<b>Standing Alt. Arm Hammer Curl</b>	30 seconds	Lightest spring	Box, band, heavy dumbbells	Short box between bar & front edge of carriage, R. foot on carriage, L. foot on shoulder rest, dumbbells in hands
<b>Standing Alt. Arm High Reach</b>	30 seconds			
<b>Squat/High Arm Reach</b>	30 seconds			
<b>Squat/Reach/Plank Kick Through/Push-up Combo.</b>	30 seconds			L. leg kicks through in plank, elbows narrow on push-up
<b>1 Leg Carriage Press Back (Prayer Arms)</b>	30 seconds		1 dumbbell	Band above knees, L. foot on box, R. foot on carriage
<b>1 Leg Carriage Press Back/ Kick Combo.</b>	30 seconds			Kick to arabesque
<b>Side Plank - Pike/Kick &amp; Reach</b>	30 seconds			R. foot on carriage, L. leg extended through to start, hands on side of box
<b>1/2 Kneeling Leg Press/Push Front</b>	10			L. knee on box, R. foot on carriage
<b>1/2 Kneeling Leg Press/Push Up High</b>	10			Hips lift on push up to ceiling
<b>Side Plank - Hip Dip/Pikes</b>	6			Hands on side of box, L. foot on carriage, R. leg lifted
<b>Tandem Plank - Flamingo Pike</b>	6			L. leg flamingo
<b>Box Plank - Alt. Arm Row/ Tricep Extension</b>	30 seconds		2 dumbbells	Hands on box
<b>Box Plank - Tucks</b>	8			
<b>Walking Push-up/Tuck Combo.</b>	30 seconds			Walk hands to bar/box
<b>Assisted Side Sit-up/Reach Up</b>	10		1 dumbbell	L. hip on box, R. leg extended, dumbbell in R. hand, L. hand on bar
<b><i>Start with Standing Alt. Arm Hammer Curl &amp; continue flow</i></b>			2 dumbbells	R. foot on shoulder rest, L. foot on carriage

## Flow - Part II

Exercise	Reps	Springs	Props	Direction
<b>Reverse Bridge/Pull Combo.</b>	8	Lightest spring	Band, box	Feet on shoulder rests, lying on box, hands behind head
<b>Bridge Hold - Pulls</b>	8			Keep hips high/open & close
<b>Bridge Hold - Hamstring Curl</b>	8			Keep hips high
<b>Bridge/Dumbbell Reach</b>	10		1 dumbbell	
<b>1 Leg Bridge/Pull Combo.</b>	5			L. foot on shoulder rest
<b>1 Leg Bridge/Pull/Extension Combo.</b>	5			R. leg extends
<b><i>Complete Side 2 of 1 Leg Bridge sequence</i></b>	5 each			
<b>Side Split Stretch</b>	2			R. foot against shoulder rest, hands on carriage
<b>Mermaid Stretch</b>	2			R. shin against shoulder rests
<b><i>Complete stretches on side 2</i></b>	2 each			