

The Booty Class

Opening Flow

Exercise	Reps	Springs	Props	Direction
Half jumps Wide and Narrow jumps Full jumps REPEAT	3- 4 minutes	Two Heavy Springs	Booty Band & Jumpboard	Feet parallel wider than hips. Work though the feet
Arms in straps with leg opening	2-3 minutes	Two Heavy Springs	Booty Band	Pushing against band as legs extend. Adding on openings on each curl up.

Flow 1

Exercise	Reps	Springs	Props	Direction
Squats in rise, into shoulder press	1 min	Two heavy	Band, box and weights	Heels against the short box
Pulses	20 secs			
Row Pulses	30 secs 20 secs			
V sit pull up	1 min	Two heavy	Band and box	Hands behind shoulder pads, reaching legs over the jumpboard
Pull ups with hamstring curl	2 mins	Medium	Band and box	Pull up on risers and curl hamstrings
Hold and pulse legs outwards	10 secs			
Side sitting jump	1 min	Heavy or Medium	Box	
Side leg press in strap	1 min	Heavy or Medium	Box	
Overhead tricep extension	30-45 secs	Medium	Box	
Single arm extension with strap	30-45 secs	Medium	Box	Kneeling on box facing back, sitting back to the heels and lifting up
REPEAT				

Flow 2

Exercise	Reps	Springs	Props	Direction
Lunges with single arm shoulder press	1 min	Light	Heavy dumbbell	One foot on the floor (or box at the side of the reformer) one foot behind the shoulder pad.
Straight back leg lunge arms reaching forwards	30 secs	Light	Heavy dumbbell	
Static lunge with row	15 secs	Light	Heavy dumbbell	Push carriage out and hold the lunge to row.
CORE jumps with leg openings Head down Add curl up	2-3 mins	Medium	Jumpboard & Band	
REPEAT LEGS				
STRETCH		Medium & Light		Laying down, flute stretch feet against jumpboard