

Pole Patrol 2.0

Opening Flow

Exercise	Reps	Springs	Props	Direction
Platform squat and row	2 mins	Medium	Pole	Pole through straps, stand on platform
Carriage plank tp knee tuck Adding step to floor Adding push up	1 min	Medium or Light		Feet on platform hands on carriage
Moving V sit on ball Adding single leg kick	2 mins	Medium or Light	Pole	Feet tucked under strap, pole lifting above head
V sit ball between ankles	1 min	N/A		Turn side on
Scissor kick with ball pass	30 secs	N/A		

Flow 1

Exercise	Reps	Springs	Props	Direction
Single leg squats with pole	1 min	Light	Pole	One foot on platform one foot on carriage
Single leg squats towards carriage	1 min	Light	Pole	One foot on platform one foot on carriage
Pile squat	1 min	Light	Pole	One foot on platform one foot on carriage
Skate Plus	30 secs 30 sees	Light	Pole	Weight into platform leg
Lunge with rotation	1 min	Light	Pole	Pole in one hand
Side bend	1 min	Light	Pole	Kneeling side on pole through straps
Side twist with pole raise	1 min	Light	Pole	Kneeling side on pole through straps
REPEAT				

Flow 2

Exercise	Reps	Springs	Props	Direction
Single leg kneeling chest press	30 secs	Medium	Pole	Pole through strap one knee up
Standing static lunge chest press	1 min	Medium	Pole	Standing lunge
Roll backs with ripple through	1 min	Medium and Light	Pole	Pole through straps, turning to face back seated on carriage
REPEAT				
Leg lowers Adding curl up	2 mins	Medium and Light	Pole	Pole through straps, feet over pole
100's	30 secs	Medium and Light	Pole	Keeping feet over pole
STRETCH				