

## Abs & Arms Take Two

### Opening Flow

Exercise	Reps	Springs	Props	Direction
Chest press with toe taps		N/A	Weights	Footbar down
Fly with SLS		N/A	Weights	
Triceps with double leg extension		N/A	Weights	
Arms in straps : Curl up with leg extensions Scissors Triceps and leg extensions		Two Heavy		
Footwork : Single leg with leg cycle Pulses Pilates V Single legs in rotation		Two Heavy and one Medium		

### Flow 1

Exercise	Reps	Springs	Props	Direction
Mermaid seated rotation		Medium		
Reach across chest		Medium		
Side lying legs loop over knee		Medium		
Knee bend to extension		Medium		
Leg sweep forwards		Medium		
Combo		Medium		
Pulses		Medium		
Standing legs with weights: Lunge back with triceps Static lunge with lateral lift Shoulder press with lunge		Medium	Weights	Standing to side of carriage
Corner to corner plank to knee tuck adding twist		Medium		

Exercise	Reps	Springs	Props	Direction
Kneeling arms with straps: Frontal raise with lean back Shoulder press Lateral pull crossing straps Single row with rotation		Medium    Heavy		
REPEAT				

## Flow 2

Exercise	Reps	Springs	Props	Direction
Knee tucks on box		Medium	Box	Box over platform
Side Plank/pike				
REPEAT				
Double leg stretch				Long box
V sit balance				
Superman jumps				
Cat stretch with balance				