

Opening Flow

Exercise	Reps	Springs	Props	Direction
Downward dog to chest pull	1 min	Medium		Stand in well, hands pin shoulder pads
Lunge	30 secs	Medium		One foot on head rest one foot in well
Plank with shoulder taps	30 secs	Medium		Hands on carriage feet in well
Repeat lunge				
Jumps two feet parallel	1 min	Medium & Heavy	Jumpboard & MC	MC behind head lifting in curl up
Single leg	30 secs	Medium & Heavy	Jumpboard & MC	MC behind head lifting in curl up
Single leg bridge with small circles & Pulses	30 secs	Medium & Heavy		Same foot down to platform to lift into bridge
Repeat other leg				
Pilates V jumps	1 min	Medium & Heavy		
Curl ups reach through legs	1 min			

Flow 1

Exercise	Reps	Springs	Props	Direction
Knee tuck to plank, stepping feet to floor	45 secs	Light		Hands on carriage feet on platform
Plank to shoulder press with weights	45 secs	Light	Heavy Weights	Holding weights to push to plank, close carriage to push up into shoulder press
Single leg rainbow kicks with strap	45 secs	Light		Foot in strap

Exercise	Reps	Springs	Props	Direction
Open hip donkey kicks in strap	30 secs	Light		Come down on back elbow open hip
Side bend with lateral raise	1 min	Medium	Single small weight	Strap over elbow, weight in opposite hand
Rotation with strap and weights	1 min	Medium	Two small weights	Hold both weights and strap
Fly with strap and weight	45 secs	Medium	Single small weight	Cross strap hand and weight hand hinge back from hips
Side lying jump Adding knee tuck Adding leg lift Combo	3 mins	Medium		
Single leg squat towards carriage with rotation	2 mins	Medium		
REPEAT SECOND SIDE				

Flow 2

Exercise	Reps	Springs	Props	Direction
Jump in curl up	1 min	Medium		
Single leg jump	1 min			
Scissor stretch jump	1 min			
Jump with beats	1 min			
STRETCH				