

## All That Jazz

### Opening Flow

Exercise	Reps	Springs	Props	Direction
Squat Press & Pulses	1 min	Heavy	Weights	Side standing one foot on floor by footbar and one foot against edge of carriage in turn out.
Roll backs with shoulder press	1 min	Heavy	Weights & Box	Seated on short box, feet under straps
Side bend with weight	45 secs	Heavy	Single weight & Box	Wrap underneath arm around top side of waist and lift top arm up with weight.
Roll back with oblique twist and punch	1 min	Heavy	Weights & Box	Seated on short box, feet under straps
REPEAT SECOND SIDE				

### Flow 1

Exercise	Reps	Springs	Props	Direction
Arabesque variations: Nose to knee pike Side kick Jazz kick across Combo	90 Seconds	Medium		One foot on floor at the side of the carriage the other foot against shoulder pad.
Seated upper body variations	90 Seconds	Medium	Small weights	Sitting on carriage, legs extended over head rest, elbows through loops, holding weights
Plank with shoulder press	45 secs	Medium		
REPEAT				

## Flow 2

Exercise	Reps	Springs	Props	Direction
Single leg Cat Cow	1 min	Medium	Box	Strap around thigh kneeling front on long box
Donkey kicks	45 secs	Medium	Box	Adding extension
Single leg balance	30 secs	Medium		Stepping to floor
Static curtsy lunge (with hold)	1 min	Medium		On floor strap still around thigh
Backward leg lifts	30 secs	Medium	Box	Hands come to box, still on floor by the side of carriage
Core variations with DLS & SLS	2 mins	Medium & Light	Box	Facing back, both straps around knees
REPEAT SECOND SIDE				

## Flow 3

Exercise	Reps	Springs	Props	Direction
Long spine variations on box	2 - 3 minutes	Medium & Light	Box	Laying on long box facing front, straps over feet, hands can support head
Semi Circle on box	1-2 mins	Medium & Light	Box	Short box
Hamstring with arm opening STRETCH				