

My Favorite Things (Box, Ball, Heavy and Light Dumbbells)

Flow - Part 1

| Exercise | Reps | Springs | Props | Direction |
|--|-------------|----------|-----------------------|------------------------------------|
| Sit-ups | 10 | 1 medium | Ball, light dumbbells | |
| Chest Fly | 10 | | | |
| Chest Extension | 10 | | | |
| Jumps | 10 | | | Feet on footbar |
| Ankle Jumps | 8 | | | |
| <i>Chest Fly with Jump</i> | 10 | | | |
| Circles | 6 | | | |
| Single Leg Jumps | 8 each side | | | Ball between knees, feet in straps |
| Leg Lowers | 10 | | | |
| Hundreds | 10 | | | |
| Tucks | 10 | | | Add hip lifts |
| Side Sit-ups | 10 | | | |
| Rainbow Arms | 8 | | | L. Arm only |
| Shoulder Rotations | 10 | | | |
| Overhead Press | 10 | | | |
| Single Leg Presses | 8 | | | R. Foot in the long loop |
| Donkey Kicks | 10 | | | |
| Heel Clicks and Side Overhead Arm Raises | 10 | | | |
| Circles | 10 | | | |

| Exercise | Reps | Springs | Props | Direction |
|--|------|---------|-------|-----------|
| <i>Repeat on the other side starting with side sit-ups</i> | | | | |

Flow - Part 2

| Exercise | Reps | Springs | Props | Direction |
|--|------------|---------------|----------------------|---|
| Oblique Twists | 8 | 1 extra light | Box, heavy dumbbells | L. Hand in long loop |
| Halo's | 8 | | | |
| Overhead Press with Tucks | 8 | | | R. Hand down on the ground |
| Oblique Twists | 8 | | | R. Hand in long loop |
| Straight Arm Pull Downs with Tucks | 8 | | | Strap goes behind the head, L. Hand on the ground |
| Serve the Platter | 30 seconds | | | R. Hand in strap, L. Hand holds dumbbell |
| Tricep Extension and Hammer Curls | 30 seconds | | | |
| Single Arm Push-ups | 8 | 1 light | | R. Hand on the box, L. Hand on the carriage |
| Plank Jumps | 10 | | | |
| Box Hops with Shoulder Press and Bicep Curl | 30 seconds | 1 extra light | | L. Foot on box, L. Hand in long loop (bicep curl) R. Hand holds dumbbell and shoulder press |
| Lunge and Shoulder Press | 10 | | | L. Foot on Carriage, R. Foot on box, Dumbbell in R. Hand |
| Burpees | 30 seconds | | | R. Hand has strap, L. Hand on box with dumbbell |
| Mountain Climbers | 30 seconds | | | |
| Side Planks | 30 seconds | | | R. Hand overhead press, L. Hand arm extension with dumbbell |
| Box Hops with Shoulder Press | 30 seconds | | | |

| Exercise | Reps | Springs | Props | Direction |
|--|------|---------|-------|--------------------------|
| Lunge with Hammer Curl and Overhead Press | 10 | | | R. Hand has dumbbell |
| Skaters with Shoulder Press | 10 | | | Both hands hold dumbbell |
| <i>Repeat on the other side</i> | | | | |

Flow - Part 3

| Exercise | Reps | Springs | Props | Direction |
|--|------|----------|-------|--|
| Side Splits | 3 | 1 medium | | R. Foot against bed, L. Foot against shoulder rest |
| Leg Stretch | 3 | | | L. Foot on footbar, R. Foot against shoulder block |
| <i>Repeat on the other side working backwards</i> | | | | |