

Naughty or Nice (Ball, Resistance Band, Booty Band, Box)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Leg Stretch	2	1 medium	Resistance Band	Thread resistance band through the safety strap or footbar, L. Strap comes onto R. Foot
Leg Lowers	8			
Circles	3 each way			
Figure 4 Stretch	15 seconds			
Repeat on the other side				
Leg Lowers	10		Soft Pilates Ball	Ball between your calves
Hundreds with a Tuck	10			
Tucks with Hip Lifts	10			
Hip Lifts	10			
Jumps	8			
Ankle Jumps	8			
Circle Arms Stretch	3			Ball between shoulder blades, holding resistance band
Jumps with Overhead Arm Pulls	10			
Shoulder Pull	8			Band comes into the left hand
Jumps with Single Arm Lifts	8			
Repeat on the other side (starting with shoulder pulls)				
Side Sit-up	10			

Exercise	Reps	Springs	Props	Direction
Single Arm Overhead Press	10			L. hand holds onto the band
Forward Shoulder Extension	8			L. Hand comes into long loop
Tricep Extension	8			
Single Arm Salute	10			L. Hand holds onto the band, facing the back
Single T Arms	10			
Single Arm Bend and Extend	10			
Double Leg Extension	10		Soft Pilates Ball	Short loops come over your knees, ball between your knees
Crunches	10			
<i>Repeat on the other side working backwards</i>				

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Semi Circle	5		Short Box, Booty Band, Resistance Band	Head laying back on the box, feet on the footbar
Hip Lifts With Band Pull	10			
Single Leg Bridge	8 each side			
Footwork with Arm Pull	10	All Springs		Pull the resistance band straight out
Footwork with Row	10 each side			R. Hand holds both straps
Speed Skaters with Row	10	1 medium		Footbar comes to the lowest shelf, R. foot comes onto the platform, L. Foot on the carriage, L. Hand holds resistance band
Side Lunge and Row	10			
Skater, and Side Lunge Combo	30 seconds			



Exercise	Reps	Springs	Props	Direction
Side Plank and Leg Lift	10	1 light		Elbow is on the box, R. Foot on the footbar, L. Foot comes down to the ground
Pike in Flamingo	6			
Control Front with Single Leg Lift	5 each side			
<i>Repeat on the other side working backwards</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Shoulder Extension with Single Leg Pull	10	1 light	Booty band, Box	Strap comes into R. Hand L. Hand on the head rest, lift your top leg as you lower the hand
Shoulder Extension with Tuck	6			
Pulling Straps	8			Actively pull the booty band apart
Swan	6			Hands come onto the risers
<i>Repeat on the other side</i>				
Teaser and Serve the Platter with Tricep Press	5			Hand is on the R. Loop
Oblique Twists	6			
Arm Circles with Squat and Lift	6			
Single Arm Circles	6			
<i>Repeat on the other side working backwards</i>				
<i>Climb A Tree</i>				