

The Gift That Keeps on Giving Full Length Class Notes (Weights)

Flow - Part 1

Exercise	Reps	Springs	Props	Direction
Split Stretch	90 seconds	1 heavy		
Scooter	60 seconds			
Long Plank with Pushup	60 seconds			
Up Stretch	60 seconds			
Pike	30 seconds			
Tricep Pushups	30 seconds			Footbar comes down to the lowest shelf
Repeat on the other side				
Rollback	60 seconds	1 medium		Holding the straps by the buckles
Toe Taps	15			
Scissor	15			
Double Leg Stretch	10			Hands come in the short loops
Little Scissor Kicks	10			

Flow - Part 2

Exercise	Reps	Springs	Props	Direction
Frog Bridge	60 seconds	1 medium, 1 light	Heavy weights	
Single Leg Bridge with Skull Crusher	30 seconds			
Single Leg Pull	10			
Clam	10			Small loop comes up and over knee

Exercise	Reps	Springs	Props	Direction
Clam with Extension	10			
Single Leg Bicycle	10 each side			
Leg Lowers	10			
Little Lifts	30 seconds			
Lunge	60 seconds	1 light	Heavy weights	Foot on platform other foot on the carriage
Row	5 each side			
<i>Repeat on the other side</i>				

Flow - Part 3

Exercise	Reps	Springs	Props	Direction
Knee Tucks	30 seconds	1 light or 1 medium		
Plank Steps with Knee Tuck	6			
Pike with Dolphin Pushup	10			
Twist and Snake	6	1 medium		
Side Bend with Press	10		Light weight	
Reverse Fly	12			
<i>Repeat on the other side</i>				