

## Where the Magic Happens (Weights, Ball, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Glute Bridge - Pelvis Press/ 3 Squeeze Combo.</b>	1 minute	1 light & 2 heavy	Ball	Ball between knees, heels on carriage, arms down by sides on carriage
<b>1 Leg Bridge Press</b>	30 sec			L toes on bar, ball behind R knee
<b>1 Leg Bridge Press/Ball Pass</b>	30 sec			Flex foot on kick up
<b>1 Leg Bridge Press</b>	30 sec			R toes on bar
<b>1 Leg Bridge Press/Ball Pass</b>	30 sec			
<b>Pilates V - Footwork</b>	1 minute			Heels together, Pilates V on bar, squeeze ball between hands/above chest
<b>Roll-up/Roll-down</b>	30 sec			Lock knees over bar
<b>Alt. Mt. Climbers</b>	1 minute	1 light		Hands on bar, feet at front of carriage
<b>Ice Breaker Tucks</b>	20 sec.			R leg on carriage, L leg in the air/tucking
<b>Front Platform Lunge</b>	3			L leg on platform, hands in prayer
<b>Twisting Front Lunge</b>	30 sec			
<b>Twisting Side Lunge</b>	30 sec			Keep weight in platform leg, face R side, L foot on platform, twist over L/ platform leg, carriage L straight the whole time
<b>Twisting Skater Lunge</b>	30 sec			Weight in carriage/R leg, reaching to R side
<b><i>Start with Mt. Climbers on side 2 &amp; complete flow</i></b>				

## Flow

Exercise	Reps	Springs	Props	Direction
<b>Side Sit-up</b>	30 sec	1 medium	Ball	Bar down/low, no shoulder blocks, ball underneath R waistline, hand supporting head/elbow facing forward, L leg straight against bar, L arm straight/fingers against leg
<b>Side Lying 1 Arm Riser Pulls/ Side Leg Lift/Pulses</b>	10			R arm holding riser/elbow narrow, L leg lifting/lowering
<b>Seated Bicycle Curls</b>	30 sec			Face the center, ball behind upper back, table top legs, hands behind head
<b>Double Leg Stretch</b>	30 sec			
<b>Side Sit-up (Side 2)</b>	30 sec			
<b>Side Lying 1 Arm Riser Pulls/ Side Leg Lift/Pulses</b>	10			
<b>Kneeling 1 Leg/1 Arm Elbow to Knee Curl/Extension</b>	1 minute		Heavy dumbbells	Heavy dumbbells on R side of carriage/on floor, short loop above R knee, kneel on carriage/face front, hands on carriage, L arm off carriage
<b>Fire Hydrant/Extend Side Combo.</b>	10			Fire hydrant, both hands down on carriage
<b>Squat/Outward Press/Step Together/Overhead Press/</b>	1 minute		Heavy dumbbells	Dumbbells at shoulder height, short strap above R knee, parallel legs/squat position
<b>Standing Inner Thigh Pull/ Dumbbell Overhead Press</b>	1 minute			1 dumbbell in both hands, legs turned out/straight
<b>Seated Lateral Pull - Core Curl</b>	1 minute			Ball behind lower back, face risers/sit on carriage, cross straps/hold short loops
<b>V-sit (1 or 2 legs) - Overhead Press</b>	1 minute			Uncross straps, reach above,
<b><i>Start with kneeling Elbow to Knee Tuck/Extension on Side 2 &amp; continue flow</i></b>				Face front, L knee in short strap for side 2

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps - Lowers/Lifts (Pulses)</b>	30 sec	1 medium & 1 heavy		Place shoulder rests on, feet in long straps, ball between ankles, legs straight
<b>Short Spine</b>	1 minute			
<b>Circles</b>	5 each way			