

The Plank Party (Ball, Box)

Flow I

Exercise	Reps	Springs	Props	Direction
Roll Down/Plank Stretch	3	1 light	Ball	Bar down, feet on platform, hands on carriage
Lunge/Thread the Needle	3			R leg forward/on floor, L arm thread needle
Lunge/Thread the Needle (Side 2)	3			L leg forward/R arm thread
Alt. Lunge/Pike	30 seconds			Both feet on platform
Single Leg Pikes	6			L foot on platform/R leg crossed on top
Single Leg Pikes	6			R foot on platform/L leg crossed on top
Center Plank - Tucks	20			Hands on carriage, feet on platform
(Hips on Ball) - Lat Press/Leg Extension	20 seconds	1 medium & 1 heavy	Ball	Ball underneath pelvis, hands in long straps, arms straight
Frog Press/Criss Cross	30 seconds			4 criss/cross each time
Lat Press/Scissors	30 seconds			4 scissors each time
Curl Up/3 Squeezes	20 seconds			Ball between knees, move away from shoulder rests slightly,
Curl Up/Scissor - Pass Ball	30 seconds			Pass ball from hand to hand/ around the leg as you scissor
Slow Glute Bridges	1 minute			Feet on platform/bar, arms reaching up to ceiling/ straight, ball between knees
Glute Bridges (1 Foot on Ball) (Optional Heel Lift) / Pulses	1 minute 10 pulses			L foot on platform, R foot on ball, arms on carriage
Glute Bridge (Side 2)	1 minute 10 pulses			

Exercise	Reps	Springs	Props	Direction
Side Curl/Pulses	10 each	1 light or 1 medium		Bar at low shelf, ball underneath R waist, R elbow on headrest/hand holding head, R leg bent, L leg straight/food against bar,
Side Plank/Tucks - Overhead Reach with Ball	8			R forearm on carriage, ball in L hand, L foot on platform, R foot on platform/behind L
Side Plank Hold - Leg Lifts	10			
Center Plank - Tucks (Ball Pulse with L Hand)	20 seconds			Ball underneath L hand, R hand on carriage, chest facing carriage, feet on platform
4 Pt. Kneeling - Hover	20 seconds			Ball between knees
<i>Start with Side Curl/Pulses on Side 2 & continue flow</i>				
Flying Push-up/Pike/Lunge	30 seconds			Long box on floor/in line with platform/space between box & machine/R side, bar down, L foot against shoulder rests
Narrow Push-ups	20 seconds			Knees down or up, hands on box, elbows narrow
Box Lunges	30 seconds			R foot on box, L foot against shoulder rest
Scoters	10 seconds			Bend/stretch back leg
Heel Lifts	10 seconds			Reach arms forward - lift/lower front heel
Snake/Twist	6			L foot on box/R leg crossed over, both hands on carriage
<i>Start with Flying Push-up/Pike/Lunge on Side 2 & continue flow</i>				

Flow II

Exercise	Reps	Springs	Props	Direction
Abdominal Jumps - 100's Pulses with Arms	3 practice	1 medium	Ball	Bar at top shelf, toes on bar, knees/ankles/toes together
Abdominal Jumps - Reaching Behind Head	3 practice			
Abdominal Jumps - Reaching Up to Ceiling	3 practice			
Abdominal Jumps - Combo 4 100's 4 Reaching Behind Head 4 Reaching Up	1 minute			
Hamstring Stretch	20 seconds	1 medium & 1 light		R toes on bar/leg straight, L leg straight, holding calf
Figure 4 Stretch	20 seconds			
Complete Side 2				