

## Ball Play 2.0 (Ball, Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Footwork/Bridge Combo.</b>	1 min.	3 heavy	Ball	Bar up, heels on bar/toes facing ceiling, ball between knees, arms down by sides
<b>Bridge/3 Pulses Combo.</b>	1 min.			Keep carriage closed, arms reaching to ceiling
<b>Footwork</b>	1 min.			Hips heavy on carriage
<b>Pulses on Ball</b>	10			
<b>Calf Raises/Ball Squeezes</b>	30 sec.			Hold ball/arms above chest/ arms slightly bent, legs straight, squeeze ball slightly
<b>1 Leg Footwork (Parallel - Toes)</b>	10			R toes on bar, L bends/ stretches over bar
<b>Side 2</b>	10			L toes on bar, R leg bends/ stretches over bar
<b>Curl Crunch Preps</b>	3			Ball between knees, table top legs, arms reach forward
<b>100's Breathing - Bent Legs</b>	30 sec.			
<b>Rising Mermaid Twist</b>	30 sec.	1 medium	Ball	R shin against shoulder rests, R hand in short strap, elbows wide, hold ball in both hands
<b>Kneeling Side Bend/Ball Press</b>	30 sec.			Short strap above elbow, R hand behind head, ball underneath L hand/push hand into leg/straight arm, scoot away from shoulder rests, keep chest lifted
<b>Kneeling Front Arms - Hug a Tree (Passing the Ball) / With Hip Thrust</b>	30 sec.			Face front/bar, feet against shoulder rests, pass ball between hands, both hands in short straps
<b>High Kneeling - Up/Down Arms</b>	20 sec.			Hold hips high, arms up/ down, holding ball in front

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<b>High Kneeling - Bend/Stretch</b>	20 sec.			Elbows stay wide/squeeze ball entire time
<b>Kneeling Narrow Push-ups</b>	30 sec.			Knees on carriage/feet elevated, hands on bar, elbows narrow
<b><i>Start with Rising Mermaid Twist on Side 2 &amp; complete flow</i></b>				
<b>Turned Out Lunges / Passing the Ball Underneath</b>	1 min.	1 medium		Inside leg on floor (L foot on floor on R side of machine, R foot turned out by shoulder rest), ball passing underneath front leg from hand to hand
<b>Turned Out Lunge Hold - Bend/Stretch Back Leg &amp; Arms</b>	15 sec.			Squeeze ball, bend/stretch back leg and arms
<b>Flying Lunge/Inner Thigh Lift - Tap Ball</b>	30 sec.			L hand on bar/arm straight, hold ball in R hand, L leg straight, tap ball to heel of foot as you lift leg
<b>Single Leg Stretch (Pelvis on Ball)</b>	30 sec.	1 heavy & 1 light		Bar down, ball underneath pelvis/tailbone, R long strap on R foot, arms down by sides or reaching to ceiling
<b>Scissors (Pelvis on Ball)</b>	30 sec.			Arms to ceiling, legs straight
<b>Roll Up to Candlestick/Retiré/ Roll Down</b>	5			Ball between ankles, arms down by sides
<b><i>Start with Turned Out Lunges / Passing the Ball Underneath on Side 2 &amp; continue flow - Go into Single Leg Stretch/Scissors (Pelvis on Ball) section</i></b>		1 medium  1 heavy & 1 light for Single Leg Stretch section		Bar up, inside leg on floor on L side of machine, turn out floor leg
<b>Side Lying Straight Leg Oblique Crunch/Ball Tap</b>	8-10	1 medium	Box	Long box on carriage, bar up, sit on L hip/leg bent, L hand on bar, R leg straight, ball in R hand
<b>1/2 Kneeling Split Stance (Ball Underneath Knee) - Wide Row</b>	30 sec.			R foot on headrest, L knee on ball, L foot on box, hands hold high on both straps/ cross both straps

Exercise	Reps	Springs	Props	Direction
<b>Curl Crunch - 1 Leg Extension/ Bicep Curl</b>	3 each side			Hands in short straps, ball behind lower back
<b>Curl Crunch - 2 Leg Extension/ Bicep Curl</b>	6			
<b>Single or Double Leg Stretch</b>	6			Ball higher up on back, palms of hands facing inward, single or double leg stretch
<b><i>1/2 Kneeling Split Stance (Ball Underneath Knee) - Wide Row (Side 2)</i></b>	30 sec.			L foot on headrest this time
<b><i>Side Lying Straight Leg Oblique Crunch/Ball Tap (Side 2)</i></b>	30 sec.			R hand on bar
<b>Standing Hamstring Stretch (Hands on Ball/Box) - Cat/Cow</b>	30 sec.			Hands on top of ball/box step into well or straddle frame of machine