

Nip & Tuck (Box, Med & Dumbbells)

Flow - Part I

Exercise	Reps	Springs	Props	Direction
Wheel Barrel	45 sec.	1 light or 1 medium	Box	Bar down, short box on rails/ in between bar and carriage, hands on box, knees on carriage, feet against shoulder rests, platform extender off
Wheel Barrel - Tricep Push-up	45 sec.			Lift feet up
Forearm Pike Up/Down (Knees Bend)	20 sec.			Forearms or hands on box, feet on carriage, knees drop down and up
Center Plank - Tucks	5			
Mt. Climbers	10			L foot on carriage, R leg in the air/tucking
1 Leg Pike	5			R leg hooked behind L leg
Center Plank - Tucks	5			
Mt. Climbers (2nd Side)	10			R foot on carriage, L leg in the air/tucking
1 Leg Pike (2nd Side)	5			L leg hooked behind R leg
Skater Squat (Box)	5	1 light	1 med/heavy dumbbell	R foot on carriage/L foot on box, body sideways, hold dumbbell in both hands at chest, weight stays over box leg/carriage leg stays straight
Skater Squat - Push/Stand Up	30 sec.			Stay low to push carriage
Skater Squat (Carriage)	1 min.			Weight in carriage leg/ carriage leg bends this time, box foot flexes as you press out to travel away
Hold Squat - Rotate to Rails/ Slide to Close Carriage	30 sec.			Stay low as you rotate and close carriage/straight arms on rotation

Exercise	Reps	Springs	Props	Direction
Hold Squat - Slide Out/In	10 sec.			Arms in genie/carriage leg stays bent
Side Forearm Oblique Lift - Kick	1 min.			L forearm on box, L knee on carriage, R leg kicking, R arm flows up and over as you move
Side Forearm Plank - Thread the Needle (Dumbbell)	10 sec.		1 med/heavy dumbbell	L forearm plank, dumbbell in R hand, feet on carriage, carriage stays still, R arm threads through
<i>Start with Skater Squat - Push/ Stand Up on Side 2 & continue flow - end with Side Forearm Plank - Thread the Needle</i>				

Flow - Part II

Exercise	Reps	Springs	Props	Direction
Scissor Legs	1 min.	1 heavy		R strap over post, box on rails again, R foot in short strap, arms by sides on carriage, bottom leg scissors in opposition
Alt. 1 Leg Glute Bridge/1 Leg Strap Leg Lower	1 min.			Free foot (L foot) on box for glute bridge, arms reaching to ceiling
1 Leg Glute Bridge	20 sec.			Arms to ceiling
Hold Bridge - 1 Leg Strap Lower	20 sec.			Arms to ceiling, box foot stays, hips stay lifted
Figure 4 Stretch	20 sec.			
Leg Pull/Tendon Stretch Combo.	1 min. (1 scoop/ R leg lifts/ L leg lifts)	1 light or 1 medium		Facing risers, hands on side edges of box, feet flat on carriage, legs bent or heels on carriage with legs straight
<i>Start with Scissor Legs on Side 2 & continue flow - end with Figure 4 Stretch</i>		Start with 1 heavy spring		L short strap on L foot, R leg long/extended

Exercise	Reps	Springs	Props	Direction
Kneeling Arms - Serving	10	1 heavy		Hands in long straps/palms to ceiling as you serve, knees on carriage/facing bar, feet against shoulder rests
Kneeling Arms - Hug a Tree	10			Elbows lifted
Kneeling Arms - Palms Down/ Shoulder Press	10			Elbows wide/palms facing downward like overhead press
Kneeling Arms - Bicep Curl	10			
Kneeling Arms - Scoop Up/ Down	15 sec.			Slightly bent elbows
Kneeling Thread the Needle Stretch on Box	3			L knee on box/body facing sideways, R foot against shoulder rest/leg long, thread R arm through
Front Split Stretch (Box)	2			L foot on box, R knee on carriage, hands on box, R foot against shoulder rests
Complete Stretches on Side 2				