

## Holiday Heavy Sculpt (Heavy Dumbbells)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>1 Leg Deadlift</b>	1 min.	1 light	Heavy dumbbells	Bar down, R side of machine, R foot on floor, L foot against shoulder rest, flat spine, dumbbells in hands/arms straight
<b>Lunge/Narrow Row x2</b>	10			Hold lunge during row
<b>High Lateral Deadlift</b>	10			R foot platform, L foot carriage, legs slightly turned out, L toes lifted/foot flexed, arms straight
<b>Scooters</b>	30 sec.	1 heavy & 1 medium		R foot on floor, L foot against shoulder rest, hands on bar/ arms straight, R leg bent
<b>1 Leg Glute Bridge</b>	10			Lying on back, R arch of foot on bar, dumbbell on crease of R hip, L leg straight to ceiling
<b>Bridge Hold - Slides/Skull Crushers</b>	10			Bend at the elbows, L leg bends/stretches on the slides
<i>Start with 1 Leg Deadlift on Side 2 &amp; complete entire flow, ending with Bridge Hold - Slides/Skull Crushers</i>		1 light		

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Scissors (1 Strap on Foot)</b>	30 sec.	1 light & 1 heavy		Bar down, R long strap on R foot, arms reach forward, c-curve/head lifted
<b>Long Spine (and Legs Crossed)</b>	3			Arms down on carriage, L leg crossed over R leg

Exercise	Reps	Springs	Props	Direction
Short Spine (Figure 4)	3			Cross L foot over R leg, arms reach to ceiling
<i>Complete everything on Side 2, starting with Scissors</i>				L long strap on L foot