

## Holiday Squeeze Me Tight (Magic Circle)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Table Top Legs - Circle Squeezes</b>	5	1 medium & 1 light	Circle	Bar down, circle between knees, heels together/toes outward, arms down
<b>Table Top Legs - Curls</b>	10			Hands behind head
<b>Toe Taps</b>	10			
<b>Hold Curl - Squeeze Circle</b>	10			Reach arms forward/straight
<b>Hands in Straps - Curls/Extend Legs/Leg Lower x2</b>	6 full Lowers x5			Hands in straps, circle between ankles
<b>Rollover</b>	6			Arms on carriage, flexed feet
<b>Sumo Squat Plie Hold - Narrow Row</b>	30 sec.			Straddle carriage, facing risers, hold short straps, low squat/legs turned out slightly, narrow elbows
<b>Reverse Fly Strap Pull</b>	30 sec.	1 medium		Bent forward slightly/flat back, elbows slightly bent, legs slightly bent
<b>1 Arm Kneeling Bicep Curl</b>	10			Knees slightly away from shoulder rests, L hand in long strap, palm to ceiling, elbow narrow
<b>1 Arm Kneeling - Reach Up (Narrow Elbow/Palm Up)</b>	5			
<b>1 Arm Kneeling - Reach Up &amp; Back</b>	5			
<b>Side 1 Arm Kneeling - Lawn Mower</b>	20 sec.			Facing the side - L hand overhand grip on the short strap
<b>Side Kneeling - Twists</b>	20 sec.		Circle	Circle pad underfeed breast bone, hold strap and circle with both hands, rounded elbows

Exercise	Reps	Springs	Props	Direction
<b>Side Kneeling - Side Bend/Reach</b>	20 sec.			R hand in short strap/above head/palm faces head, circle presses into L side of body with L hand
<b>Kneeling Tricep Push-ups</b>	20 sec.			Hands on platform, knees on carriage/feet against shoulder rests, elbows narrow
<b>Kneeling Forearm Plank - Slides</b>	20 sec.			Forearms on platform, feet against shoulder rests
<b>Kneeling Forearm Plank - 1 Leg Pikes (R &amp; L side)</b>	10 sec. each leg			1 foot center/1 leg crossed over the top
<b><i>Start with 1 Arm Kneeling Bicep Curl on Side 2 &amp; complete entire flow, ending with Side Kneeling - Side Bend/Reach</i></b>				
<b>Kneeling Thread the Needle Stretch</b>	3 each side	1 medium		Bar down, 1 hand on platform, 1 arm threads through, knees on carriage