

Holiday Rise & Shine (Box, Weights)

Core Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Frogs	30 sec.	2 heavy	Box	Feet in long straps, bar down
Frogs/Zipper Combo.	6-8			
Circles	20 sec. each way			
Lowers/Lifts	8			
Long Spine/Short Spine	4 each			
Hands in Straps - Bridge/ Supine Curl Combo./Thrusts	30 sec. combo 10 thrusts			Toes on bar, tension in straps
Hands in Straps - Supine Curl/ Shoot Legs Under & Over Bar	30 sec.			
Hands in Straps - Supine Curl/ Open & Close	30 sec.			
2 Pt. Kneeling - Arm Sweep (1 Leg Lifted)	30 sec.	1 medium or 1 heavy		Face the risers, knees & R arm on box, L hand in short strap, optional R leg lifted
Pulling Straps I	30 sec.			Middle of chest on front edge of box, heels of feet together, hold taped part of straps
2 Pt. Kneeling - Arm Sweep (1 Leg Lifted) - Side 2	30 sec.			R hand in short strap
Sit-ups (Straps on Legs)	30 sec.			Short straps on thighs/above knees, feet on headrests, hands on shoulders/crossed above chest, facing risers, sitting on box
Single Leg Stretch/Bicycle/Toe Taps/Double Leg Stretch	4 each way			Hands stay behind head
Repeat Core Series	4 each way			

Exercise	Reps	Springs	Props	Direction
Double Leg Stretch	5			Lying on back/facing the foot bar, bar down, hands in long straps
Teaser Prep/Full Teaser	5			Hands in long straps
Teaser Hold - Serving Arms (Hold Legs High)	5			
Teaser Hold - Leg Lowers/Lifts (Hold Arms High)	5			

Main Flow

Exercise	Reps	Springs	Props	Direction
Kneeling Jump/Hip Thrust	30 sec.	1 Medium	Heavy weights	Bar up, feet against shoulder pads, knees on carriage, bottom over feet, heels of hands on bar, elbows wide
Kneeling Jumps/Hip Thrust Alt. Rotations/2 Center	R, L, 2 center for 30 sec.			Bend 1 elbow at a time
Alt. Arabesque Flying Lunge/ Dumbbell Deadlift	45 sec.		1 heavy dumbbell	Dumbbell in L hand on deadlift, standing on L side of machine, R foot against shoulder rest
1 Arm Pikes	30 sec.		2 heavy dumbbells	R hand on bar, legs tandem against shoulder rests, body facing L side
Weighted Curtsy/Lateral Lifts	30 sec. curtsy 10 lat. lifts			Both dumbbells in hands, L leg in front
Side Lift/Strap Press -Tiny Circles	30 sec. lift/ press 5 circles each way			R hand on headrest, L hand behind head, hips/legs stacked, L foot in long strap, R leg bent
Back Facing Weighted Lunges	30 sec.		2 heavy dumbbells	L foot on carriage, R foot on platform or bar, dumbbells in both hands, arms straight, body facing risers
Hamstring/Split Stretch	3			Hold shoulder rests

Exercise	Reps	Springs	Props	Direction
<i>Start with Alt. Arabesque Flying Lunge/Dumbbell Deadlift on Side 2 & continue flow, ending with Hamstring/Split Stretch</i>				
Mermaid Stretch	3	1 heavy		Bar up, R shin against shoulder pads, L hand against bar, reach R arm over
Mermaid Stretch (Side 2)	3			L shin against bar