

Holiday Booty Band - Full Length (Light & Medium/Heavy Booty Band, Box, Heavy Weight)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Footwork (Bands) -Arms - Elbows Tap/Pulses	1 min. 20 sec. taps	3 heavy	Light & heavy band	Light band around wrists, arms straight to ceiling/palms facing each other, heels on bar, heavy band above knees
Hold - Heel Lifts/Elbow Taps	15 sec.			
Calf Raises/Arm Band Press	15 sec.			Arms/legs stay straight
Bridge Hold - Alt. Pull Band/ Knees Apart/Roll Down Combo.	30 sec. full 30 sec. double pulls (6 sets)			Hold bands/fists, hold hips high, pull band apart one side at a time
1 Leg Bridge Lift/Pull/Lower	30 sec.			L heel on bar
1 Leg Bridge Lift/Pull/Lower (Side 2)	30 sec.			R heel on bar
Side Forearm Plank/Clam/ Overhead Tricep Press Combo.	30 sec.	1 heavy or 1 medium		R forearm on headrest, L hand in short strap/above hand, strap above knees, lift into side plank
Side Lying Banana/Lat Press	30 sec.			Strap around ankles, headrest down, lying on side, holding shoulder rest, legs long/banana, L hand in long strap, down/arm with L arm
Hands in Straps - Curl (Hands Crossed)	30 sec.			Lying on back, hands in short straps, arms reach through legs, L hand on top of R hand/arms straight
Hands in Straps - Steering Wheel (4 Twists/Return)	4 twists (4 sets)			Keep tension on the band the whole time
Start with Side Forearm Plank/ Clam/Overhead Tricep Press Combo. On Side 2 & continue			Light band	Strap above knees again, L forearm on headrest this time

Exercise	Reps	Springs	Props	Direction
Slide to Plank/3 Leg Pulses (Band)/Return Carriage	4 sets	1 light		Bar down, platform pad stays, light band around ankles, hands on carriage, feet on platform
Slide to Plank/3 Leg Pulses to the Side (Band)/Return Carriage	4 sets			

Leg Flow

Exercise	Reps	Springs	Props	Direction
2 Squats/Slide Out/Carriage Hover - 2 Band Presses/Slide In Combo.	1 min.	1 light	Heavy band	Platform extender, stand on platform/facing risers, band above knees
Front Lunge/Carriage Press/Bicep Curl Combo.	1 min.		Heavy weight	Face the front, bar down, hold weight in both hands, L foot on platform, R foot on carriage, weight in front leg
Side Plie Squat/Carriage Press/Hammer Curl Combo.	1 min.			Face the side, L foot on platform, knees slightly outward
Scooters	10			Keep weight in platform leg, keep dumbbell at chest
Side Forearm Plank Lift/Clam with Dumbbell Straight Arm Hold	30 sec.			R forearm on headrest, dumbbell in L arm/straight arm to ceiling, legs bent/on carriage
<i>Start with Front Lunge/Carriage Press/Bicep Curl Combo. On Side 2 & complete flow, ending with Side Forearm Plank Lift/Clam with Dumbbell Straight Arm Hold</i>				R foot on platform
Pulling Straps I -Band Pulses	30 sec. arms 10 sec. pulsing legs	1 medium	Box & band	Long box on carriage, band around ankles, middle of chest at edge of box, facing risers, legs long behind you, hands holding above metal, arms straight

Exercise	Reps	Springs	Props	Direction
Side Lying Leg Press/Lift (Strap & Band)	30 sec.		No box	Band above knees, R leg bend, R forearm on headrest, L foot in long strap
3 Pt. Kneeling Bend & Stretch/3 Baby Circles	30 sec. combo. 10 sec. pulses upward			Face the back/risers, hands on carriage, R knee on carriage
Side Lying Leg Press/Lift (Strap & Band)	30 sec.			R foot in long strap, L forearm on headrest
3 Pt. Kneeling Bend & Stretch/3 Baby Circles (Side 2)	30 sec. combo. 10 sec. pulses upward			
Feet in Straps (Band & Straps) -Frog/Extension Combo.	20 sec.	2 heavy springs		Feet in long straps, band around ankles
Tiny Circles	10 each way			
Leg Lowers/Lifts	6-8			
Short Spine	5			