

## Holiday Strap Me Up (Box, 1 Med Dumbbell, Platform Extender)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Rowing I</b>	1 min.	1 light & 1 medium		Sit facing risers/legs crossed/ lengthened over the headrest, hands in short straps, bar down
<b>Double Leg Stretch Prep</b>	10			Hands in long straps, facing risers
<b>Hollow Hold - Criss Cross Legs</b>	15 sec.			
<b>Reverse Lunge - Lat Press</b>	1 min. full 10 sec. pulsing	1 medium	Box	Short box in front of shoulder rests, L foot on carriage, R foot on platform, hands in short straps/arms straight, palms facing backward
<b>Squat - Draw a Sword Combo.</b>	30 sec.			Straddle box/feet on carriage, hold long strap across body, L hand holds other strap
<b>Kneeling Deadlift - Draw a Sword Combo.</b>	30 sec.			R knee on box, L foot on carriage, same strap/hand
<b>Forearm Plank - Alt. 2 Pikes/2 Tucks</b>	30 sec.			Forearms on box, feet on platform
<b>Forearm Plank - Spiderman Mt. Climbers</b>	30 sec.			Keep knees lifted on bend
<b><i>Start with Reverse Lunge - Lat Press on Side 2 &amp; complete flow, ending with Kneeling Deadlift - Draw a Sword Combo.</i></b>				
<b>(Side) Windshield Wiper Twists/ Pulses</b>	30 sec. full 10 pulses			Lying on carriage/on back/ facing side, long strap above knee, knees together in table top, hands behind head/c- curve, move knees toward bar

Exercise	Reps	Springs	Props	Direction
<b>Floor Lunge - 1 Arm Frontal (Dumbbell) Sweep/1 Arm Serving (Strap)</b>	45 sec. full 10 sec. reaches	1 light		Facing bar/front, L foot forward, R hand in long strap/palm to ceiling, light dumbbell in L hand/arm straight
<b>Side 2 Floor Lunge - 1 Arm Frontal Sweep/1 Arm Serving</b>	45 sec. full 10 sec. reaches			
<b>(Side) Windshield Wiper Twists/ Pulses (Side 2)</b>	30 sec. full 10 pulses	1 medium		Facing the other side

## Cool Down

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps - High Frog</b>	30 sec.	1 heavy & 1 light		Feet in long straps, elbows bent/holding hips
<b>High Zippers</b>	30 sec.			
<b>Combo - High Frog/Zipper</b>	30 sec.			