

## The Sweat Sesh (Box, Light & Heavy Weights, Magic Circle)

### Flow

| Exercise  | Reps                 | Springs            | Props               | Direction   |
|---|----------------------|--------------------|---------------------|---|
| <b>Hands in Straps - Curls</b>                  | 30 sec.              | 1 heavy & 1 medium |                     | Bar up, circle between ankles, hands in   |
| <b>Curl - 4 Twists</b>                          | 20 sec.              |                    |                     |   |
| <b>Curl - Lower/Lift Legs</b>                   | 20 sec.              |                    |                     |   |
| <b>Glute Bridge</b>                             | 45 sec.              |                    |                     | Heels on bar, arms to ceiling   |
| <b>1 Leg Bridge - Leg Circle</b>                | 30 sec.              |                    |                     | L heel on bar, R leg to ceiling   |
| <b>1 Leg Bridge - Leg Circle</b>                | 30 sec.              |                    |                     | R heel on bar, L leg to ceiling   |
| <b>Glute Bridge - Slides (Pilates V)/Pulses</b> | 30 sec.<br>10 pulses |                    |                     | Toes on bar/heels together in Pilates V   |
| <b>Plank - Pikes</b>                            | 6-8                  | 1 light            |                     | Bar down, hands on platform, feet on carriage   |
| <b>Plank - Shoulder Tap/Push-up Combo.</b>      | 30 sec.              |                    |                     | Knees down for push-up  |
| <b>Kneeling Scooter/Dumbbell Push</b>           | 30 sec.              | 1 medium           | Box, 1 light weight | Side car position with box on R side of machine, R knee on box, L foot against shoulder rest, light dumbbell in R hand, L hand on box |
| <b>Crossed Plank - Pikes</b>                    | 8                    |                    |                     | Hands on box, R leg crossed over L leg  |
| <b>Weighted Lunge/Double Row Combo.</b>         | 30 sec.              |                    | Heavy weight        | Weight in R hand, L hand behind head, R foot on box, foot against shoulder rest   |
| <b>Weighted Lunge Hold - Scooters</b>           | 10 sec.              |                    |                     |   |
| <b>Weighted Lunge Hold - Row</b>                | 10 sec.              |                    |                     |   |
| <b>Good Morning/Side Split Combo.</b>           | 45 sec.              |                    |                     | Face the side, L foot on platform, R foot on carriage, lean forward as carriage opens/flat back, dumbbell at chest                    |

| Exercise   | Reps                               | Springs                        | Props                             | Direction   |
|--|------------------------------------|--------------------------------|-----------------------------------|---|
| <b>Snatch</b>  | 45 sec.                            |                                |                                   | Weight in R/carriage hand, L arm straight out to side,  |
| <b>Kneeling Push-ups (Narrow)</b>  | 30 sec.                            |                                |                                   | Knees on carriage, hands on platform  |
| <b><i>Start with Kneeling Scooter/ Dumbbell Push on Side 2 &amp; complete flow, ending with the Snatch</i></b> |                                    |                                |                                   | Box on L side of machine  |
| <b>Side Forearm Plank - Dumbbell Taps</b>  | 10 sec.                            | 1 medium                       | 1 light weight & 1 heavier weight | Short box in front of shoulder rests, R forearm on box, light weight in L hand, feet in platform/tandem to side |
| <b>Side Forearm Plank - Dumbbell Thread/Tucks</b>  | 10 sec.                            |                                |                                   |   |
| <b>Alt. Open Renegade Row</b>  | 30 sec.                            |                                |                                   | 1 hand on box   |
| <b>Russian Twist (R Leg in Table Top)</b>  | 20 sec.                            |                                |                                   | Toes in safety strap, sit on box facing the foot bar, light dumbbells at chest                                  |
| <b>Russian Twist (L leg in Table Top)</b>  | 20 sec.                            |                                |                                   |   |
| <b><i>Complete Side Forearm Plank - Dumbbell Taps &amp; Thread/Tucks on Side 2</i></b>                         | 10 sec.<br>Each                    |                                |                                   | L forearm on box, dumbbell in R hand  |
| <b>Pulling Straps I (Circle)/Tricep Press</b>  | 30 sec.<br>20 sec.<br>tricep press | 1 medium or 1 medium & 1 light | Circle & box                      | Long box position, circle between ankles, hold taped part of straps, legs lengthened behind you                 |
| <b>Lunge Stretch (Elbow to Floor)</b>  | 3                                  | 1 light or 1 medium            |                                   | R foot on platform, L foot against shoulder rest, knee down or up, reach R arm up                               |
| <b>Front Split Stretch</b>   | 20 sec.                            |                                |                                   |   |
| <b><i>Complete Stretches on Side 2</i></b>   |                                    |                                |                                   |   |