

## Side Flow Show (Heavy Dumbbells, Box)

### Flow I

Exercise	Reps	Springs	Props	Direction
<b>Footwork - Calf Raises (Parallel)</b>	30 sec.	3 heavy		Toes on bar/parallel
<b>Footwork - Marching</b>	30 sec.			
<b>Footwork - Press/Calf Raise Combo.</b>	30 sec.			
<b>Footwork - Parallel/Toes</b>	30 sec.			
<b>Footwork - Parallel/Toes</b>	30 sec.			
<b>Footwork - Pilates V/Toes</b>	30 sec.			
<b>Footwork - Heels Wide/Double Pulse &amp; Toes Wide/Double Pulse</b>	15 sec. each			
<b>Stomach Massage - Rounded</b>	15 sec.	1 med. & 1 light		Pilates V/toes on bar, hold front edge of carriage
<b>Stomach Massage - Open</b>	15 sec.			Hands on shoulder rests
<b>Stomach Massage - Arms Forward/Twists R &amp; L</b>	20 sec. straight & 20 sec. twisting			Twisting on press
<b>Kneeling Pulling Straps - T Pull</b>	30 sec.			Face the risers, knees 1 inch away from shoulder rests, hold high on straps, arms to a low T position, hover hips
<b>1 Hand in Strap - Curl/Extend Leg with Lat Press</b>	15 sec. up & down			R hand in long strap, L leg in table top, L hand behind head
<b>1 Hand in Strap - Curl/Extend Leg with Lat Press (keep bottom leg straight)</b>	15 sec.			
<b>Criss Cross Pulses</b>	10 pulses			L hand on top of R hand, cross arms over R side, keep L leg in table top

Exercise	Reps	Springs	Props	Direction
<b>Bicycles - Slow Switches</b>	3 slow counts for 30 sec.			Hands behind head
<b><i>Complete Side 2 of 1 Hand in Strap Sequence</i></b>				
<b>Bridge (Heels/Parallel) - Lifts</b>	30 sec.	1 heavy, 1 light, 1 medium		Bar up, heels on bar, arms reaching to ceiling
<b>Bridge - (Pilates V) - Slides</b>	30 sec.			Toes on bar
<b>1 Leg Bridge - Slides/Tucks</b>	15 sec.			L foot on bar, R leg kick
<b>1 Leg Bridge Hold - Kick</b>	15 sec.			R leg kicks, keep L hip lifted
<b><i>Complete Side 2 of Bridge Sequence - finish with Open &amp; Closing Knees (Hips Lifted)</i></b>	10 sec. open/close			

## Flow II

Exercise	Reps	Springs	Props	Direction
<b>Lunge (Strap Above Knee)/ Hammer Curl</b>	30 sec.	1 medium	Box, heavy dumbbells	Box on R side on floor/in line with platform, stand on R side of machine, L foot on floor in line with shoulder rests, R foot behind you, short strap above L knee, dumbbells in both hands
<b>Hold Lunge/Shoulder Press</b>	10 sec.			
<b>Deadlift - Partial Split Stance</b>	30 sec.			Bring R leg into L leg/dig toes into floor, arms close into you/straight arms
<b>1 Leg Deadlift</b>	30 sec.			Lift R leg behind you
<b>Flying Arabesque Pike</b>	30 sec.			Hands on box, L foot against shoulder rest,
<b>Plank - Mt. Climber</b>	10 sec.			
<b>Side Kneeling Hip Thrust with Narrow Overhead Press (1 hand in strap/1 hand holds dumbbell)</b>	30 sec.			Face R side, R hand in long strap, dumbbell in L hand

Exercise	Reps	Springs	Props	Direction
<b>Alt. Side Kneeling Reach Across (Strap)/Lateral Lift (Dumbbell)</b>	30 sec.			
<b>Side Kneeling Twists</b>	30 sec.			
<b>Double Leg Stretch</b>	30 sec.			Hands in short straps, body facing risers, keep scoop in the body the whole time
<b>Hollow Hold - Swimming</b>	15 sec.			
<b><i>Start with Lunge (Strap Above Knee)/Hammer Curl on Side 2 &amp; complete flow, ending with</i></b>				Set the box on the other side
<b>Mermaid Stretch</b>	4			R shin against shoulder rests, L hand starts on bar for first side,
<b>Twisted Up/Down Stretch</b>	10			Face upper body toward bar
<b>Split Stretch</b>	4			L foot on platform, R foot against should
<b><i>Complete Stretches on Side 2, starting with Mermaid Stretch</i></b>				