

Own It! (Box, Med/Heavy Dumbbells)

Flow I

Exercise	Reps	Springs	Props	Direction
Side Kneeling Leg Press (Parallel)	30 sec.	1 light, 1 med, 1 heavy	Box	Short box in front of shoulder rests, R knee on carriage/in front of box, hands on box/body sideways, L foot flat against bar
Side Kneeling Leg Press (Rotated)	30 sec.			Externally rotate L leg (knees/toes face the ceiling)
Back Kneeling Leg Press	30 sec.			Face the box, forearms on the box, heel of L foot on bar, R knee against box, L heel on bar, body facing risers, knees/toes facing floor
Seated Roll Back - Dumbbells at Chest	30 sec.		Medium/heavy dumbbells	Sit on box facing foot bar, feet in safety strap, dumbbells at chest, 1 or 2 dumbbells at chest
Russian Twists	30 sec.			Hold c-curve roll back
Roll Back/Shoulder Press Combo.	30 sec.			Both dumbbells rest on top chest for roll back
Seated Shoulder Press (Narrow Elbows)	20 sec.			Stay tall in spine, elbows
<i>Complete Side & Back Kneeling Leg Press on Side 2</i>				
(Straddle Carriage) - Deadlift/Strap Pull	45 sec.	1 medium		Straddle machine/face the foot bar, hold straps between legs, flat spine
2 Pt. Kneeling 1 Arm Shoulder Press	30 sec.			Kneeling facing foot bar, R hand in long strap, palm facing floor, L hand on carriage, L leg extended behind you
Side Lift/1 Arm Overhead Reach	30 sec.			L hand on carriage, R foot on headrest, L leg bent on carriage, R hand in long strap

Exercise	Reps	Springs	Props	Direction
Kneeling Rhomboids with Hip Thrust	30 sec.			Kneeling facing risers/sitting low, long straps above elbows, arms bent/palms together
Kneeling Rhomboids/Press Up with Hip Thrust	30 sec.			Palms together on press up
<i>Start with (Straddle Carriage) - Deadlift/Strap Pull & complete flow on Side 2, ending with Side Lift/1 Arm Overhead Reach</i>				R hand on carriage, L hand in long strap

Flow II

Exercise	Reps	Springs	Props	Direction
(Box) Lateral Lunge/Dumbbell Toss (weight in box leg)	30 sec.	1 medium or 1 light	Box, medium dumbbell	Short box on the rails, bar completely down, L foot on box, dumbbell in R hand to start, carriage leg stays straight, bending box leg
Lateral Lunge (weight in carriage leg)/Pulses	30 sec. full 10 pulses			Dumbbell stays at chest
Side Splits/1 Arm Upright Row	30 sec.			Both legs stay straight, dumbbell in R hand, L arm stays in a T, L foot stays on box
Side Forearm Plank - Pikes/Thread the Needle	30 sec.			L forearm on box, legs stacked tandem against shoulder rests, R arm to ceiling
<i>Start with (Box) Lateral Lunge/ Dumbbell Toss (weight in box leg) on Side 2 & continue flow, ending with Side Forearm Plank - Pikes/Thread the Needle</i>				
1 Foot in Strap - Scissor Kicks (C-curve optional)	20 sec.	1 medium & 1 light		R foot in short strap, box set up the same way on rails, L hand behind head optional)
Alt. Scissor/Bridge Combo.	1 min.			L foot presses into box for bridge in between scissors

Exercise	Reps	Springs	Props	Direction
1 Leg Bridge/Pulses	20 sec. 10 pulses			L foot/free foot on box, strap leg to ceiling
1 Leg Bridge Press/Swipe	20 sec.			Hips stay lifted
Forearm Plank - Scooter	30 sec.			Forearms on box, feet against shoulder rests
<i>Complete 1 Foot in Strap - Scissor Kicks & Bridge Section on Side 2</i>				L foot in short strap
Kneeling Hamstring Stretch (R & L)	20 sec. each side	1 light		R knee on carriage, L foot on box, hands on box