

Park & Ride (Box, Med & Heavy Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Seated Wide 1 Arm Rotation	30 sec.	1 light		Long box on floor/R side, sit facing risers, feet on floor, R hand holding high on strap, L hand behind head/elbow wide, bar down
1 Arm Roll Down/Up	30 sec.			L hand holding high on strap/ arm straight
Bicycles	30 sec.			Hands behind head, no straps
Single Leg Stretch	30 sec.			
Single Leg Bicycle Press (Strap)	30 sec.			Push box back toward risers, face the foot bar, place inside strap on L arch of foot, forearms on box
Single Leg Kick (Press)	30 sec.			Both legs stay straight
Frog Press	30 sec.			
1 Leg Hold - 1 Leg Circles	10 sec. each way			Keep strap leg straight up
Standing 1 Leg Donkey Press/ 1 Arm Bent Over Row	30 sec.		Med. dumbbell	Push box to the end of the machine/near risers/face the risers, dumbbell in L hand, L foot on floor/leg slightly bent
Kneeling 1 Leg Hold/1 Arm Bent Over Row	30 sec.			L knee & R hand on box
Standing Splits/Rainbow Arms -Hold - Tiny Circles	1 min. full 10 sec. circles		Lighter dumbbells	L foot on platform extender
Slide to Grande Plie -Hold - Bicep Curls	30 sec. full 15 sec. curls			Hold dumbbells at chest

Exercise	Reps	Springs	Props	Direction
<i>Start with Seated Wide 1 Arm Rotation on Side 2 & continue flow, ending with Slide to Grande Plie/Bicep Curls</i>				Place box on the other side of the machine
Reverse Lunges/1 Arm Rows -Hold - Lunge/Bicep Curl	6-8 each		1 heavy dumbbell	Face the risers, L hand on platform, R foot on carriage, dumbbell in L hand
Plank - Alt. Open Row	30 sec.			Tandem legs, picking up dumbbell for row
Plank - Tucks	5			Hands on carriage, feet on platform, center
<i>Complete Side 2 - Reverse Lunges/Bicep Curls/Planks with Rows</i>				
Feet in Straps - Circles	5 each way	2 heavy		Feet in long straps
Long Spine	5			