

AAA Attack

(Soft Pilates Ball, Heavy Dumbbells, Loop Resistance Band)

Flow

Exercise	Reps	Springs	Props	Direction
Hands in Straps -Toe Taps -Toe Taps with Arms -Single Leg Stretch -Single Leg Stretch with Arms -Double Leg Stretch -Double Leg Stretch with Arms -Criss Cross (Hold Arms Down)	15 sec. each	1 heavy, 1 medium, 1 light	Ball	Bar down, ball underneath tailbone, hands in short straps, legs start in table top
Assisted Roll Back -Arms Low -Arms Pull Above the Head	20 sec. each	1 medium		Feet on shoulder rests, hold above metal on straps, arms straight, ball between kness
Hold Roll Back -Alt. High & Low in Table Top -Bicep Curl -Reach Above Head/Teaser	30 sec. each			Hold short straps/straps above back of hands, table top legs, open wide to one side and alt.
Center Plank -Tucks -Alt. Twisting Tucks	30 sec. each			Feet on platform, hands on carriage, ball between knees
Elevated Clam/Shoulder External Rotations	10 with dumbbell 20 more sec. clams without shoulder rotations		1 light dumbbell, band	L forearm on platform, legs bent on carriage/L hip on carriage, dumbbell in R hand, band above knees
Weighted/Banded Plie Squat (on top of carriage) -Plie Squat/Carriage Press Combo. -Carriage Presses Only	Combo - 45-60 sec. Presses - 15 sec.			L foot on platform, R foot on carriage, band above knees, hold 1 dumbbell at chest in both hands
Lunge/Row/Deadlift	1 min.		2 dumbbells	R foot on R side of machine on floor, L foot against shoulder rest, dumbbells at sides/weighting you down

Exercise	Reps	Springs	Props	Direction
Side Lying Leg Sweep/Tiny Circles	10 each			L forearm on headrest, R hand behind head, long strap on R foot
Glute Bridge/Press (add presses at top each time)	Build up to 10	1 heavy, 1 medium, 1 light		Bar to top level, band above knees, lying on back, heels on bar, arms on carriage
<i>Start with Elevated Clam/ Shoulder External Rotations on Side 2 & complete flow, ending with Side Lying Leg Sweep/Tiny Circles</i>		1 medium	Band, 1 light dumbbell	
Low Kneeling External Rotation/W Press	5 each	1 medium		Kneel facing risers/against shoulder rests, hands in long straps, elbows into sides
High Kneeling W Press	6-8			Hips lifted, cross straps
High (or low) Kneeling Rear Delt Open & Close -Open/Extend/Lower/Close -Add Hip Lift & Lower	10			Sit down on feet again, short straps above elbows, 90 degree angle with arms palms facing each other
High Kneeling 1 Arm Overhead Press (Dumbbell)/1 Arm Low Lat Press (Strap) -Tricep Kick Back (1 Dumbbell/1 Strap)	6-8 on each side		1 dumbbell	L hand in short strap, dumbbell in R hand, elbow narrow
<i>(Side 2)</i> High Kneeling 1 Arm Overhead Press (Dumbbell)/1 Arm Low Lat Press (Strap) -Tricep Kick Back (1 Dumbbell/1 Strap)				
Feet in Straps -Lowers/Lifts -Frogs -Tiny Circles -Grande Plie Press -Lowers/Lifts (Turned Out) -Short Spine Progression	20 sec. each	1 heavy, 1 medium, 1 light		Band around ankles, feet in long straps, lying on back