

Ben's Ball Buster (Box, Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps -Bend/Stretch (ball between ankles)	1 min.	1 medium & 1 heavy	Ball	Lying on back, feet in long straps, ball between ankles
Long Spine	5			
Candle Stick - Bend/Stretch	30 sec. full 20 sec. hold			Keep hips lifted/just bend at the knees
1 Foot in Strap -Bend/Stretch (ball behind 1 knee) -Lowers/Lifts	30 sec. each			L foot in long strap, R leg in table top, ball behind R leg
Hands in Straps -Roll Up -Double Leg Stretch -Double Leg Stretch/Press -Hold - Squeezes	30 sec.			Hands in long straps, ball between knees/flexed feet
Complete Side 2: 1 Foot in Strap -Bend/Stretch (ball behind 1 knee) -Lowers/Lifts	30 sec. each			R foot in long strap, ball behind L knee
Down Stretch - Tricep Dip (ball underneath shins) -Hold - Pulses & Out/In Press	30 sec. full 15 sec. pulses & out & in press	1 medium	Ball	Feet against shoulder rests, shins slightly on ball/slightly turned inward, hands on bar

Exercise	Reps	Springs	Props	Direction
Long Box Carriage Flow -Curtsy Pulses -Step-up Arabesque Kick -Arabesque Pulses -Arabesque Balance -Mt. Climber Plank -Knee Taps Inside/Outside -Kneeling Plank Hold	30 sec. pulses & step-ups 10 sec. pulses/balance 30 sec. mt. climber 10 sec. knee taps 30 sec. kneeling plank hold	1 light	Box	Long box on carriage, R foot flat on R side of box/carriage, L foot on floor on R side of carriage, bend both legs Mt. Climber - R foot against box, L leg off carriage completely Kneeling plank hold - both hands on bar, both knees on box
Thigh Stretch (no straps) & Hip Thrust Combo.	30 sec.			Hands on hips, knees/shins on box
Complete Side 2: Long Box Carriage Flow -Curtsy Pulses -Step-up Arabesque Kick -Arabesque Pulses -Arabesque Balance -Mt. Climber Plank -Knee Taps Inside/Outside -Kneeling Plank Hold	30 sec. pulses & step-ups 10 sec. pulses/balance 30 sec. mt. climber 10 sec. knee taps 30 sec. kneeling plank hold			Foot starts on L side of box
High Kneeling -1 Arm Scoop/1 Arm Reverse Fly (ball & strap) -Bicep Curl (ball & strap)	20-30 sec. each	1 medium	Box & ball	Short box in front of shoulder rests, kneel facing the back risers, ball in L hand, long strap in R hand, hips high
Side Forearm Plank -Thread the Needle Pikes (ball) -Ball Press/Hip Lift	30 sec. pike 15 sec. press/lifts			R forearm on box, legs tandem on platform, ball in L hand
Complete Side 2: High Kneeling -1 Arm Scoop/1 Arm Reverse Fly (ball & strap) -Bicep Curl (ball & strap)	20-30 sec. each			Ball in R hand, long strap in L hand
Complete Side 2: Side Forearm Plank -Thread the Needle Pikes (ball) -Ball Press/Hip Lift	30 sec. pike 15 sec. press/lifts			L forearm on box, ball in R hand

Exercise	Reps	Springs	Props	Direction
Hip Flexor/Quad Stretch	15 sec.	1 medium		L knee on carriage, R foot on bar, hold bar, L foot against shoulder rest
Hamstring Stretch	15 sec.			
Child's Pose -Reach L and R				
Complete Side 2: -Hip Flexor/Quad Stretch -Hamstring Stretch	15 sec. each			R knee on carriage, L foot on bar, hold bar