

Diamond Ring (Magic Circle)

Flow

Exercise	Reps	Springs	Props	Direction
Kneeling Hip Thrust/Neck Pull (Round/Flatten)	30 sec.	1 medium		Kneeling against shoulder rests, thread arms through short straps/above elbows, hands behind head
Kneeling Y Pull	30 sec.			Holding sewn part of straps
Kneeling Tricep Kick-Back	30 sec.			Hinging forward/flat spine
Teaser - Bicep Curl	30 sec.			Sit center on the carriage/ facing risers, hold short straps, legs lifted in table top
Roll Back - Alt. (R & L) - Y Arms Teaser - 1 or 2 Legs at a time	30 sec.			Scoot closer to shoulder rests
Glute Bridge	30 sec.	1 heavy, 1 light, 1 medium	Circle	Heels on bar, circle between knees
-Bridge Hold - Hamstring Curl with 1 Leg Hamstring Stretch (Circle Stretch) -1 Leg Bridge (Balance Circle)	30 sec. curl 20 sec. 1 leg bridge			R foot in circle - hold with both hands
Hamstring Curl (Circle Stretch) & 1 Leg Bridge on Side 2	30 sec. & 20 sec.			R foot on bar, L foot in circle
-Hovering Lunge - Serving Arms (Circle & Straps) -Lunge to Standing - Serving -Single Leg Deadlift with Lunge & Serving Arms -Hovering Lunge - Serving	5 each	1 medium		Bar down, R toes on headrest, L foot at front of carriage, circle and long straps in hands, back knee hovering, elbows narrow
Front Splits (Platform)	30 sec.			L foot on platform, R foot on carriage, circle between hands
-Hold Low Lunge - Carriage Press/Circle Press -Add Twist to L	30 sec. -15 sec. Twist			Platform leg stays bent, twist to L side/over front leg

Exercise	Reps	Springs	Props	Direction
Push-ups with Circle	20 sec.			Feet against shoulder rests, hands on platform, circle and platform/chest against circle
-Hands in Straps - Curls -T Press - Stay Lifted/T Press Arms & Squeeze Circle	6-8	1 heavy, 1 light, 1 medium		Circle between knees, hands in short straps, legs in table top to start
<i>Start with Hovering Lunge - Serving Arms (Circle & Straps) on Side 2 & continue flow, ending with Carriage Press/ Twist to R</i>		1 medium		R foot start forward for Lunge sequence
-Side Lying Banana - Lat Press -Tricep Press	8-10 straight arm 15 sec. tricep press	1 medium & 1 light		Headrest up, lying on L side, circle between ankles, R hand in long strap
Side Forearm Plank - Thread the Needle	30 sec.	1 light		R forearm on platform, L arm to ceiling/thread the needle, L leg crossed over R leg/ against shoulder rests
-3 Pt. Kneeling - Arabesque Sweep (Circle on Carriage) -Leg Lifts	30 sec. sweep 15 sec. circles each direction			L knee on carriage, R foot in long strap, L hand pressing into circle on carriage, R leg straight
<i>Complete Side 2 -Side Lying Lat Press/Banana -Side Forearm Plank/Thread -Kneeling Arabesque Sweep & Leg Lifts</i>		1 medium & 1 light		Lying on R side, L hand in long strap, circle between ankles
Feet in Straps - Circles -Long Spine -Short Spine	5 circles each way 3 long & short spine	1 medium, 1 light, 1 heavy		Feet in long straps