

## Feel Good Vibes Only (Box)

### Flow

| Exercise   | Reps                        | Springs  | Props | Direction   |
|--|-----------------------------|----------|-------|---|
| <b>Kneeling 1 Arm Rotating Row</b>   | 5                           | 1 medium | Box   | Long box on floor/side of carriage/lined up, knees on carriage facing risers, R hand in short strap   |
| <b>1 Arm Thigh Stretch</b>   | 30 sec.                     |          |       | R arm straight  |
| <b>Cat/Cow (on the box)</b>  | 30 sec.                     |          |       | Hands/knees on box  |
| <b>Plank - Pikes</b>   | 25 sec.                     |          |       | Feet on box, hands on carriage  |
| <b>Assisted Roll Back</b><br>-Legs Up to Table Top<br>-Arms Out to Side<br>-Combination Arms & Legs    | 45 sec. total               |          |       | Feet on headrest, hold above metal on straps, arms straight   |
| <b>Bridge Lift/1 Arm Overhead Reach</b>  | 4                           |          |       | Feet flat on sides on shoulder blocks, L hand on carriage/ fingers outward, R hand in long strap, elbow between inner thighs as hips lower down |
| <b>(Side 2) Bridge Lift/1 Arm Overhead Reach</b>   | 4                           |          |       | L hand in L strap   |
| <b>Start with Kneeling 1 Arm Rotating Row on Side 2 &amp; complete flow, ending with Plank - Pikes</b> |                             |          |       | L hand in short strap, kneeling on box facing risers/ box on other side of machine  |
| <b>Mermaid Stretch</b>   | 3                           | 1 heavy  |       | L knee bent on carriage, R leg bent/shin against shoulder rests, L hand pushes away from bar  |
| <b>Stomach Massage</b><br>-Round<br>-Dynamic Twist   | 30 sec.<br>round<br>8 twist |          |       | Scoot to front of carriage, Pilates V on bar, finger tips at edge of carriage   |
| <b>Hamstring Stretch/Heel Drop</b>   | 20 sec.                     |          |       | Toes on bar/hold bar, flatten and round back  |

| Exercise   | Reps       | Springs           | Props | Direction  |
|--|------------|-------------------|-------|--|
| <b>Split Stretch on Carriage/Bar</b><br><b>-Reach Arms to Ceiling</b>                                    | 3          |                   |       | Hold bar, R foot on bar, L knee on carriage  |
| <b>Front Splits (Platform)</b>   | 5          |                   |       | Front foot to platform, L foot at shoulder rest  |
| <b>Hold Lunge - Thread the Needle</b>  | 3          |                   |       | L hand on foot bar, R leg bent   |
| <b><i>Start with Split Stretches on Side 2 &amp; complete Lunge/ Thread the Needle &amp; Mermaid</i></b> |            |                   |       | R foot on bar & platform   |
| <b>Saw with 1 Arm Row</b>  | 5          |                   |       | Sit facing the risers, L hand above the metal, R hand behind head, legs straight on sides on shoulder blocks |
| <b><i>Complete Side 2</i></b>  | 5          |                   |       | R hand to L strap  |
| <b>1 Foot in Strap - Lower/Lift</b><br><b>(thread/tuck the other leg under/over bar)</b>                 | 20 sec.    | 1 heavy & 1 light |       | R long strap on R foot, L leg bends as R leg straightens, L leg threads underneath bar                       |
| <b>1 Foot in Strap (Figure 4)</b><br><b>-Short Spine</b>   | 5          |                   |       | Free leg crossed over strap leg  |
| <b>Hands in Straps</b><br><b>-T Arms/Extend Legs on Curl</b>   | 5          |                   |       | Both straps in both hands, table top to start  |
| <b><i>Complete Side 2 - 1 Foot in Strap Thread &amp; Short Spine Sequence</i></b>                        |            |                   |       | L foot in long strap   |
| <b>Glute Bridge</b>  | 30 sec.    |                   |       | Heels on bar, knees/toes to ceiling, arms up or down   |
| <b>Climb a Tree</b><br><b>-Center</b><br><b>-Side</b><br><b>-Across</b>                                  | 2 each way |                   |       | Short box in front of shoulder blocks, L foot in safety strap, holding R leg                                 |
| <b><i>Climb a Tree (Side 2)</i></b>  | 2 each way |                   |       | Holding L leg  |