

Flow with Amy (Ball, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Glute Bridge	1 min.	3 heavy		Bar up, heels on bar, knees/toes to ceiling, arms down
Hold Bridge - 1 Leg Kick	5 each side			
Knee Sways	30 sec.			Hold pegs/wide elbows
Double Leg Stretch	3-5			
Single Leg Stretch	8			Hands start holding R around R side of R leg
Footwork -Parallel/Heels/Legs Together -Parallel/Toes/Separated -Wide/Heels/Internal & External & Reverse Direction -Calf Raise/Prancing	30 sec. each			
Single Leg Footwork -Heel/Parallel	5 full 10 pulses			R heel on bar, L leg in table top
Single Leg Footwork -Heel/Parallel (Side 2)	5 full 10 pulses			L heel on bar, R leg in table top
Hands in Straps -Arms - Lowers/Lift -Add Legs -Open/Close Legs & Arms	20 sec. each	1 heavy & 1 light		
Feet in Straps -Frogs -Lowers/Lifts -Peter Pan	20 sec. each		Ball	Feet in long strap, ball underneath tailbone
Stretches -Psoas/Quads -Hamstrings (Both Sides)	10 sec. each stretch	1 light		R foot on floor/R side of machine, L knee on carriage/foot against shoulder rest
Roll Down (Box) -Release Head/Extension -1 Leg Tuck (L leg) -1 Leg Tuck (R leg) -Alt. Teaser Switches	30 sec. roll back 6-8 tucks 10 teaser switches	1 medium	Box	Long box position on carriage, feet on headrest, scoot toward edge of box, hands in short straps/holding above the metal

Exercise	Reps	Springs	Props	Direction
Seated Chest Expansion	8-10			Sit tall, hands in long straps
Side Seated Arms (Box) -1 Arm Narrow Shoulder Press -Draw a Sword / Turn Head	8 each			R hand in short strap, sit facing the side/L hip closest to foot bar, legs hanging heavy over box, palm facing R ear, L hand holds short strap for draw a sword
Side Seated Arms on Side 2 -1 Arm Narrow Shoulder Press -Draw a Sword / Turn Head	8 each			
Pulling Straps I & II (T Arms)	4-5 each			Chest off box/facing risers, lying on stomach, legs long, holding straps above metal, arms close to sides of body
Mermaid Position -Side Bend (Leg Hovering)	30 sec.	1 medium		Facing side, R shin against shoulder rests, L leg bent on carriage, both straps above R elbow, hands behind head. R leg extended
Mermaid Position -Side Bend (Leg Hovering)	30 sec.			Straps above L elbow
Mermaid Stretch (R & L)	1 each side			R hand starts on bar/reach to bar for first side
Standing Stretch to Finish -Squat - Twist/Reach to Ceiling -Forward Fold/Roll Up	5 sec. each			Stand to the side of machine