

Stretch it Out with Nat (Box)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps - Frogs	30 sec.	1 heavy & 1 medium		Feet in long straps
Combo - Frog/Zipper	30 sec.			
Peter Pan	30 sec.			
Big Leg Circles	5 each way			
Hands in Straps -Curl Up - Table Top -Curl Up - Scissor Legs -Hold Curl Up - Circle Around	4 each variation			Hands in short straps, legs in table top
Side Kneeling 1 Arm Side Bend with Hip Thrust	8-10	1 medium		Face R side, R hand in long strap, L hand on hip, elbow starts facing the floor
Side Kneeling 2 Arm Circles	8			Hold short strap with both hands, slightly bent elbows
Side Kneeling Twisting Draw a Sword	8-10			L hand holding high on the strap/above short strap
Front Kneeling 1 Arm Serving with Twist -Large Circles	6 each			Facing foot bar, R hand in long strap/rotating to L side
<i>Start with Kneeling 1 Arm Side Bend on Side 2 & complete flow, ending with 1 Arm Serving/Large Circles</i>				
Side Lying 1 Leg (Strap) -Bend & Stretch -Kicks -Large Circles	30 sec. bend/ stretch 8 kicks 10 sec. circles each directions			R forearm on headrest, R knee bent, L foot in long strap, L hand behind head for circles

Exercise	Reps	Springs	Props	Direction
Mermaid Stretch -Roll Through Spine	6 side to side 4 rolling up/ down			L hand on bar, legs bent, R shin against shoulder rest
<i>Complete Side Lying Leg Work & Mermaid Stretches on Side 2</i>				R foot in long strap
Front Kneeling Alt. Thread the Needle	10			Knees on carriage/facing the bar, hands on bar
Kneeling Cat/Cow	20 sec.			Hands on the platform
Lunge/Twist (Reach to Ceiling) (facing the risers) -Traveling Lunges with Curl -Hold Low Lunge - Slides -Hamstring Stretch	5 lunge/ reach 10 with curl 10 slides 5 hamstring stretch	1 light	Box	Short box in front of shoulder rests, L foot on platform, upper body curls when carriage closes/hands behind head for traveling lunge, hold box for slides
Side Splits - Reach Across -Hold Ankle	6 each			Face the R side, L foot on platform, R foot on carriage, slightly turned out, L hand reaches across - taps R foot when carriage opens
Center Plank - Tucks with Roll Through in the Spine	6-8			
<i>Complete Side 2</i> <i>-Lunge Section</i> <i>-Side Splits Section</i>	5 lunge/ reach 10 with curl 10 slides 5 hamstring stretch			L foot on carriage, R foot on platform
Standing Cat/Cow -Reach Across	20 sec. center 5 sec. each side	No springs		Stand in the well, drape arms over the top of the bar, reach L arm to R side of frame & switch sides