

## The Reset (Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Side Kneeling R Forearm Plank</b> - Pikes (arm up & over) - Hold Up - Leg Lifts	5 each	1 light	Box	Bar down, platform extender on, box on top of bar/short box position, R forearm on box, knees on carriage/R side/legs stacked
<b>Kneeling Thread the Needle with 1 Arm Press</b>	30 sec.			R hand against box, knees centered on carriage/still facing the side
<b>Center Kneeling Forearm Plank -Slides</b>	30 sec.			Forearms on box/facing front, knees on carriage/legs bent
<i>Complete Side 2</i> <b>Side Kneeling R Forearm Plank</b> - Pikes (arm up & over) - Hold Up - Leg Lifts	30 sec.			L forearm on box
<i>Complete Side 2</i> <b>Center Kneeling Forearm Plank -Slides</b>				L hand against box
<b>Hamstring Stretch</b>	3 stretches			R foot centered on carriage/body facing risers, L foot on box, hands on top of shoulder rests
<b>Lunge/Flat Back Forward</b>	30 sec.			
<b>Lateral Lunge/Flat Back (weight in box)</b>	30 sec.			Face the side, R foot stays on box/leg stays bent, arms to a T
<b>Flat Back (hold carriage still - weight in carriage)</b>	3-5			Bend carriage leg
<i>Complete Side 2</i> <b>-Hamstring Stretch</b> <b>-Lunge/Flat Back</b> <b>-Lateral Lunge (in box)</b> <b>-Flat Back with Hold</b>	3 stretches 30 sec. lunge & lateral 3-5 flat backs			

Exercise	Reps	Springs	Props	Direction
<b>1 Strap on Foot</b> -Scissors -1/2 Circle Switches -Alt. Leg Lower/Bridge	30 sec. scissors & switches 4 alt. lower/ bridges	1 medium & 1 light		R long strap on R foot
<b>Criss Cross Long Spine</b>	3			Free leg on crossed over strap leg
<b>Chest Expansion</b>	45 sec.			Knees against shoulder rests, short straps in hands
<b>Kneeling Tricep Kick Back</b>	10			
<b>Riser Pulls</b>	10			
<b>Cat/Cow</b>				
<b>Complete Side 2</b> <b>1 Strap on Foot</b> -Scissors -1/2 Circle Switches -Alt. Leg Lower/Bridge	30 sec. scissors & switches 4 alt. lower/ bridges			
<b>Assisted Roll Down</b>	30 sec.	1 medium & 1 light	Box	Long box, sit facing backward, hold at metal part of straps, feet on top of headrest, arms straight
<b>Bicep Curl - Alt. Leg Lift</b>	30 sec.			Short straps in hands, palms of hands to ceiling to start
<b>Seated Chest Expansion</b>	30 sec.			
<b>Side Bend</b>	10			Short box in front of shoulder rests, L hand on headrest, R foot in safety strap
<b>Swan Dive</b>	1 min.			Bar to top shelf, hip bones at front edge, legs long, hands on bar
<b>Complete Side 2</b> -Side Bend	10			L foot in safety strap