

Ball & Pole Reshape (Ball, Pole, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork/Bridge Combo. -Press/Bridge - 3 Squeezes -Bridge Halfway Up/Down	1 min. combo. 30 sec. bridge only	1 heavy, 1 light, 1 medium	Ball	Heels on bar, ball between knees, arms to ceiling
1 Leg Bridge (L foot on bar) -Slides with Knee Tuck	30 sec. bridge 5 slides/ tucks			Hold ball above chest, L heel on bar
(Side 2) (R foot on bar) 1 Leg Bridge/Slides with Tucks	30 sec. bridge 5 slides/ tucks			R heel on bar
Hands in Straps -Curls/Squeeze Ball -Curl/Tap Toes to Bar -Hip Roll/T Arms Open & Close -100's breathing	30 sec. each Full set of 100's			Hands in long straps, table top legs/ball between knees Ball between knees for 100's
Front Lunges -Flat Back Forward -Rotation/Relevé Reach -Hold Rotated Lunge - Lift Heel	30 sec. each 10 heel lifts	1 medium		Bar down, L foot on floor next to machine, R foot against shoulder rest, ball in both hands
Side Lying (Foot on Pole) -Bend & Stretch -Bend in/Up/Press Down -Straight Up & Down -Pulses (straight)	30 sec. bend/ stretch 20 sec. each variation 10 pulses up/down		Pole	Thread pole between small straps, ball on headrest, lying on R side on carriage, L foot centered on pole, bottom leg extended/hovering above carriage and foot bar
Side Lying (Hand on Pole) -Lat Press/Leg Tuck -Tricep Press/Banana Hold	20 sec. each			L hand centered on pole, legs extended as arm moves upward, legs tuck as arm moves downward
Wheel Barrow/Push-up Combo. -Add push-up each time	1 min.			Hands on platform, knees centered on carriage, arms stay straight, legs bent and feet lifted

Exercise	Reps	Springs	Props	Direction
(Side 2) Front Lunges -Flat Back Forward -Rotation/Relevé Reach -Hold Rotated Lunge - Lift Heel	30 sec. each 10 heel lifts			R foot on floor on R side of machine
Side Lying (Foot on Pole) -Bend & Stretch -Bend in/Up/Press Down -Straight Up & Down -Pulses (straight)	30 sec. bend/ stretch 20 sec. each variation 10 pulses up/down			R foot on pole
Side Lying (Hand on Pole) -Lat Press/Leg Tuck -Tricep Press/Banana Hold	20 sec. each			R hand on pole
Seated on Box (ball/low back) -Bicep Curl - Alt. Knee to Chest -Bicep Curl - Hold Bent Teaser -Shoulder Press - Hold Bent Teaser or Extend Teaser -Low V Press Back - Teaser -High V Pull - Tester	30 sec. each 15 sec. each for V presses		Box, ball	Feet on headrest, sit on box, long box position, pole still threaded through short straps, ball behind lower back, c-curve position, underhand grip on pole for bicep curl, overhand grip for shoulder press/teaser
Pulling Straps I -Tricep Press/Hamstring Curl -Ball Squeeze	10 each			Lying on stomach, middle of chest at edge of box, legs long behind you/ball between ankles, holding above metal
Cobra Stretch	3			Push hips and hands nto box
Standing Cat/Cow	3			Push hands into box, feet on floor, in front of foot bar