

Ben's Box Sculpt (Medium Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork (Dumbbells) -Heels/Parallel (Iso. Arm Hold)	30 sec.	3 heavy, 1 medium	Medium dumbbells	Lying on back, heels on bar/ knees and toes to ceiling/ hips distance wide, dumbbells in both hands/ arms to ceiling/knuckles together above the chest
Single Leg Footwork -L. Leg Press/Bicycle (Wide Iso. Arm Hold) Leg Over Bar -L. Leg Press/Bicycle (Wide V Iso. Arm Hold) Leg Under Bar	30 sec. each			L heel on bar, R leg bycle
1 Leg Bridge Hold -Tricep Extensions	5 total sets 5 tricep extensions each time			
Single Leg Footwork Cont. -L. Leg Press/ Leg Kicks Face (Wide T Iso. Arm Hold)	30 sec.			L heel on bar, R leg kicks
<i>Complete everything on Side 2 starting with Single Leg Footwork (R foot on bar)</i>				
Hands/Dumbbells in Straps -Curl Up/Rotate Palms/Lower -Reverse Bicep Curl/Double Leg Stretch -Hold Legs 45 Degrees/Punch	30 sec. each	1 heavy, 1 medium	Medium dumbbells	Legs in table top, long straps and dumbbells in hands, palms to the floor for the punches
1 Leg Short Spine (Dumbbell) with Extra Hamstring Stretch/ Press Down	3		1 medium dumbbell	Long strap on L foot, hook dumbbell underneath arch of R foot and hold with both hands
<i>(Side 2) 1 Leg Short Spine (Dumbbell) with Extra Hamstring Stretch/Press Down</i>	3			Switch legs

Exercise	Reps	Springs	Props	Direction
Backbend/Shoulder Press	1 min.	1 medium	Medium dumbbells	Kneel facing the risers, hold both dumbbells and both short straps, elbows narrow
Side Bend Variations -Standard Side Bend -Dumbbell in Top Arm -Rotation Toward Top Arm -Wood Chop	20 sec. each	1 light	Box, dumbbells	Short box in front of the shoulder rests, sit on box, R foot in the front strap/on top of platform, L leg bent on top of box, dumbbells at chest
Seated C-curve Hold -Over/Under (palms up) 1/2 Teaser Hold -Alt. Punches Seated C-curve (feet down) -Frontal Pulse (palms down) -Bicep Curl 1/2 Teaser Hold -Alt. Shoulder External Rotations (palms up) Seated C-curve -90 Degree Arms - Pulses Up -Elbows Open & Close -Wide Elbows - Pulses Up 1/2 Teaser Hold -Wide Elbows - Pulses Up	20 sec. each			Face the risers, feet on headrest, long straps above knees
Complete Side Bend Series on Side 2	20 sec. each			L foot in front strap
Split Lunge Hold -Alt. Hammer Curls -Alt. Punches	30 sec. each			Face the foot bar, L foot on platform, dumbbells in both hands, R foot on carriage/heel against box
(Box) 1 Forearm Plank - 1 Slide/ Open Row Combo. (hips stay squared in plank) -Slides	30 sec. combo. 30 sec. slides			Face the box, L forearm on box, feet on platform, dumbbell in R hand
Complete Side 2 Lunge Hold Series & Forearm Plank Combo.	30 sec. each			R foot on platform for lunges, R forearm on box for plank
Standing Stretches -Downward Dog (with Carriage) -Standing Quad Stretch	20 sec. each			Stand in front of machine/ facing bar, hands on front of carriage/edge