

Flow'n Glow with Abby (No props)

Flow

Exercise	Reps	Springs	Props	Direction
Standing Stretch -Rock Through Plank/ Downward Dog	15 sec.	All springs		Stand in the well, hands on top of carriage/framing the shoulder rests
Plank (carriage/frame) -Alt. Knee to Nose -Roll Through Spine to Downward Dog/Roll Through Spine to Plank	15 sec. each			Hands on carriage, feet on back frame of machine
Standing Work in the Well -Knee to Chest/Arabesque -Curtsy Tap Floor/Arabesque/ Knee to Chest/Arabesque -Tippy Bird Arabesque -Pilates V Stretch	5 each 15 sec. stretch			R foot on the floor/in the well, hold shoulder rests, R knee to chest
Plank (carriage/frame) -Roll Through to Spine (opposite from last time) -Prancing	15 sec. each			
Standing Work in the Well (Side 2) -Knee to Chest/Arabesque -Curtsy Tap Floor/Arabesque/ Knee to Chest/Arabesque -Tippy Bird Arabesque	5 each 15 sec. stretch			R foot on the floor/in the well, L leg lifted behind you
Eve's Lunge Sequence -Side Bend -Twisting Scooter -Split Stretch/Rocking	2 side bend 5 presses 15 sec. 5 rocking	1 medium		L foot at shoulder rest, R foot on floor/next to machine, L arm pushes away from bar
Glute Bridge	3			Lying on back, heels on bar/hips distance wide
Knee Sway - Hold Stretch to R Knee Sway - Hold Stretch to L	10 sec. hold each way			Hold shoulder blocks/pegs, look to opposite direction
Criss Cross Knee Sway Stretch (R and L)	10 sec. hold each way			Cross one leg over the other

Exercise	Reps	Springs	Props	Direction
Seated Hamstring Stretch	15 sec.			Pads of feet against platform, hold bar/bend elbows
Eve's Lunge Sequence (Side 2) -Side Bend -Twisting Scooter -Split Stretch/Rocking	2 side bend 5 presses 15 sec. 5 rocking			L foot on floor/R foot against shoulder rest
Thoracic Spine Stretch (hands behind head)	30 sec.	All springs		Face the risers, sit back near the edge of the carriage, hands behind head, legs crossed
Calf Stretch -Both & Alternating	30 sec.			Toes on bar/lying on back
Foot Massage (arches on bar)	30 sec.			Hold position or walk up and down on the feet