

Flow'n with Abbey (Box, Soft Pilates Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Hands in Straps (Long Box) -Press Down/Curl -Hold Curl - Straddle/Drop -T Arms - Curl & Lengthen Legs -Hold Curl - 1 Leg Stretch	10 each	1 medium	Box	Long box, hold short straps, booty slightly off box
Glute Bridge (off box) -Full Range Bridge -Pulses -Hamstring Curls (reach arms)	10 full range/ pulses 5 hamstring curls			Heels on bar, reach arms to ceiling
-1 Leg Pulses (L Side) -1 Leg Slides/Knee to Chest (L)	6 each			L leg to ceiling/L knee to chest
-1 Leg Pulses (R Side) -1 Leg Slides/Knee to Chest (R)	6 each			R leg to ceiling/R knee to chest
2 Leg Bridge Hold - Open/Close	10			Arms to ceiling
Seated Arms (Ball & 1 Strap) -Bend & Stretch/Squeezes -Chop Left (L leg straight)	8 each	Start 7:30		Feet on carriage/straddle box, sitting tall, L hand in short strap/ball between hands, rounded elbows
Seated Arms -1 Arm Tricep Press (press ball) -1 Arm Twist/Punch (hold ball)	10 each			Ball between knees/on box, press R hand on ball -Ball in R hand for twist/punch
Standing Arms (ball underneath R heel) -1 Arm Bicep Curl -1 Strap Front Reach (fist)	10 each			Long strap in L hand -Hands together at chest for forward reach
Kneeling Plank -Slides -Gliding Push-ups -1 Leg Slide (tippy bird) (Left) -Hold - Tippy Bird - Leg Lifts	10 each			All 4's, hands on bar, knees on box

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Flamingo Plank -Pikes -Switchbacks	10 each			R foot on box, hands on bar, L knee to chest/toes touching knee
Eve's Lunge Stretch	10 sec.			L foot on carriage, R foot on bar, hands on box
Reverse Carriage Lunges -Hold - Pulses -Bulgarian Split Squats	10 each		Box	Short box in front of shoulder rests, face the risers, L foot on carriage, R foot on bar, hands behind head, hands behind back for split squat
Flamingo Plank - Pikes	8			Hands on the box, R foot on bar, L toes against R knee
Lateral Lunges (1 foot on bar) -Hold - Flat Back	10 lunges 5 flat backs			L foot on carriage, R foot on bar, facing the side, hands in prayer position
1 Arm Side Plank - Tucks with Kick (top leg)/Pulses	10 each			R hand on bar, L leg in front of R leg/tandem on carriage
Center Plank - Alt. Hip Dips	10			Hands on bar, feet against box/carriage
<i>Start with Eve's Lunge Stretch & Reverse Carriage Lunges on Side 2 & continue flow, ending with Center Plank ***Complete Quick Push-ups instead of Pikes***</i>				
Pulling Straps - T Arms -Hold - Paddle Legs	10 pulls 10 sec. legs paddling			Frog legs, lying on stomach, holding the knot of the straps
<i>Complete Side 2</i> <i>-Seated/Standing Arm</i> <i>Sequence</i> <i>-Flamingo Plank - Pikes</i> <i>-Switchbacks</i>	Reps listed above			R hand in the strap
Kneeling Inner Thigh Pull/ Pulses	10 each	1 heavy		Hands behind head, R knee/ inner thigh against shoulder rest, L foot on ground, standing behind machine

Exercise	Reps	Springs	Props	Direction
Mad Crunches -Just Upper Body Curls/Pulses -Double Leg Stretch -Just Lower Body Curls	10 curls/ pulses 6 double leg stretch			Short straps above knees, hands behind head
<i>Kneeling Inner Thigh Pull/ Pulses (Side 2)</i>	10 each			L knee against shoulder rest
Child's Pose -Thread 1 Arm Underneath (R & L)	10 sec. each			Knees on carriage, hands on bar
Eve's Lunge -1 Arm Behind Back/Twist -Split Stretch	10 sec. each			
<i>Complete Stretches on Side 2</i>	10 sec. each			R eve's lunge
Downward Dog	10 sec.			Feet on carriage, hands on bar