

## Restore with Nat (Box, Ball)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Thread the Needle/Wheel Barrow (R Arm)</b>	6	1 medium		Bar down, hands on platform, knees on carriage
<b>Thread the Needle/Wheel Barrow (L Arm)</b>	6			
<b>Center Plank - Pike</b>	8			Feet on carriage/against shoulder rests
<b>Side Kneeling 1 Foot in Strap -Bend/Stretch -Lower/Lift to Sweep (tap floor)</b>	10 each			L forearm on headrest, L knee on carriage, R foot in long strap, knee lifted
<b>Seated Reverse Fly (c-curve)</b>	30 sec.			Sit facing risers, hands in long straps
<b>Seated Alt. Rows</b>	30 sec.			Holding where straps are sewn together
<b>Double Leg Stretch/Teaser Pulses</b>	30 sec. 15 sec. pulses			Hold short straps, lying on back facing risers/scoot against shoulder rests
<b>(Side 2) Side Kneeling 1 Foot in Strap -Bend/Stretch -Lower/Lift to Sweep (tap floor)</b>	10 each			L foot in long strap
<b>Feet in Straps -Straddle Bend/Stretch/Curl -Straddle with Curls -Circles (switching directions) -Straddle Stretch</b>	5 combos 10 crunches 5 circles 10 sec. stretch	1 heavy & 1 medium		Feet in long straps, lying on straps
<b>Kneeling Side Split/Side Bend</b>	1 min.	No springs	Ball	L hand pushing ball into L hip, R knee on platform, L knee on carriage
<b>Flexor/Quad Stretch with Twist (press ball into platform)</b>	6			Stand in the well with R foot on the floor, ball in the R hand, L knee on carriage, L arm reaches up and back

Exercise	Reps	Springs	Props	Direction
<b>Lunge Hold with Flat Back Over</b> <b>-Deadlift Pull (knee stays down)</b> <b>-Pulses</b> <b>-Hamstring Stretch</b>	6 lifts 10 sec. of pulses 10 sec. stretch			Place ball between ribs and top of thigh
<b>Kneeling Forearm Plank (facing risers)</b> <b>-Wheel Barrow</b> <b>-Wheel Barrow/Slide</b> <b>-Slides only</b>	5 each			Knees on platform, forearms on carriage/hold shoulder blocks
<b>Toe Taps</b>	30 sec.			Holding risers, lying on back, start in table top
<b>Beats</b>	15 sec.			
<b>(Side 2)</b> <b>Kneeling Side Split/Side Bend</b>	1 min.			Bending to R side, L knee on platform, R leg on carriage
<b>(Side 2)</b> <b>Flexor/Quad Stretch with Twist (press ball into platform)</b>	6			R knee on carriage, R knee reaches up and back
<b>(Side 2)</b> <b>Lunge Hold with Flat Back Over</b> <b>-Deadlift Pull (knee stays down)</b> <b>-Pulses</b> <b>-Hamstring Stretch</b>	6 lifts 10 sec. of pulses 10 sec. stretch			Face the front, L foot on floor in the well
<b>Side Kneeling 1 Leg Press/ Twist (externally rotated)</b> <b>-Inner Thigh Pulls</b>	30 sec. twist/press 15 sec. Inner thigh pulls	1 medium	Box, ball	Short box in front of carriage, R foot on bar, L knee on box, ball in R hand
<b>Kneeling Thread the Needle/ Reverse Fly</b>	30 sec.			R foot on carriage, hold long strap with R hand/overhand grip
<b>Plank to Pike/Cobra</b>	6-8			Heels against box, hands on bar
<b>(Side 2)</b> <b>Side Kneeling 1 Leg Press/ Twist (externally rotated)</b> <b>-Inner Thigh Pulls</b>	30 sec. twist/press 15 sec. Inner thigh pulls			R knee on box, L foot on bar
<b>Kneeling Thread the Needle/ Reverse Fly</b>	30 sec.			Hold strap with L hand

Exercise	Reps	Springs	Props	Direction
<b>Stretches</b> -Lunge Stretch -Split Stretch -Pigeon Stretch -Child's Pose	20 sec. each	1 light		Bar up, Start with R foot on platform, L knee down on carriage
<b>(Side 2) Stretches</b> -Lunge Stretch -Split Stretch -Pigeon Stretch -Cat/Cow				L foot on platform to start
<b>Standing</b> -Reach to Floor/Roll Up				