

Stronger by the Minute (Med & Heavy Dumbbells, Box, Pole)

Flow

Exercise	Reps	Springs	Props	Direction
Roll Back (Pole)	30 sec. each	1 heavy & 1 medium	Pole	Thread pole through short straps, bar down, sit facing risers, legs crossed/on top of headrest, overhead grip on pole, arms straight
Roll Back with Twisting Row -Hold C-Curve - Just Row R & L	30 sec. twisting 15 sec. hold & twist			Wide elbows
Legs in Table Top (Pole) - Roll Back/Balance at the Top	1 min.			Feet flat on headrest or knees lifted/legs in table top with pole on thighs/above knees
Alt. Sumo Squat/Row	1 min.	1 heavy		Stand facing risers/straddling machine, hold pole
Kneeling Arms -Shoulder Press -Hold Press - Hip Thrust -Overhead Tricep Press -Hold Press - Hip Thrust	1 minute shoulder press 20 sec. hip thrust 45 sec. tricep. press 20 sec. hip thrust			Face the bar, knees on carriage, hands on pole, hips low for the tricep press
Hands in Straps -Press - Legs to 45 Degrees -Scissors	30 sec. press 10 scissors	1 heavy, 1 light, 1 medium		Lying on back, hold pole
Alt. Weighted Carriage Lunge/ Single Leg Deadlift -Lunge/Alt. Wide Row -Low Lunge Slide/Wide Row	1 light	1 light	10-12 lbs. dumbbells	R foot on carriage, L foot on platform, holding dumbbells in both hands/arms at sides
Lateral Lunge/Rotation (lunging into carriage leg)	30 sec.		1 dumbbell	Face the side, L foot on platform, R foot on carriage, dumbbell in L hand, twisting to R side
Dumbbell Swing & Catch	30 sec.			Keep carriage still/slightly opened

Exercise	Reps	Springs	Props	Direction
1 Leg Reverse Crunch Series -1 Leg Tuck (table top 2nd leg) -Toe Tap -Bend & Extend Both Legs -Scissors	30 sec. each			Long box on L side on floor/ in line with back side of machine, face the foot bar, R short strap on R foot, L hand behind head, R hand on box, L leg in table top
Tricep Dips (Box)	20 sec.			Legs extended/feet on floor, hands on edge of box
Leg Pull	20 sec.			Keep hips high
Kneeling Inner Thigh Pull -Hug a Tree -Frontal Raise -Lateral Raise (Palms Up)	15 sec. each		Lighter dumbbells	Box stays at the same spot, L foot on box, R knee on carriage/leg against shoulder rest, dumbbells in both hands
<i>Start with Carriage Lunge Sequence on Side 2 & complete flow, ending with Kneeling Inner Thigh Pull</i>			Heavy dumbbells	
Short Box -Flat -Twist R & L -Twist R & L (with R knee lifted) -Twist R & L (with L knee lifted)	30 sec. each 5 twisting with knee lifted	1 light & 1 heavy	Pole, box	Sit on box facing bar, pole in both hands above head/ straight arms to start, short box in front of shoulder rests, feet in front strap
Hamstring Stretch -Round Forward/Extend -Opposite Hand to Foot/Reach	3 round/ extend 10 sec. reach back			L foot in strap, cross hands to hold R leg
<i>(Side 2) Hamstring Stretch</i> -Round Forward/Extend -Opposite Hand to Foot/Reach	3 round/ extend 10 sec. reach back			L leg
Seated Spinal Flexion/ Extension	3			Feet on platform, hands on top of thighs