

The Curtsy Sculpt (Med & Heavy Dumbbells, Box, Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps with Dumbbells -Lowers & Lifts/Arms Up/Down -Narrow Bend & Stretch/Wide Chest Press -Frogs/Pec. Fly -Isometric Shoulder Stand/ Narrow Chest Press -Short Spine (no dumbbells)	30 sec. each 4-5 shoulder stands	1 heavy, 1 light, 1 medium		Bar down, medium dumbbells in hands, both arms reach to ceiling to start, start lying on your back, feet in long straps
-1 Leg High Kneeling Leg Press/Side Bend (toward knee) -1 Leg High Kneeling Leg Press/Inner Thigh Pull (no side bend)	30 sec. each	1 medium	Box,	Bar to top shelf, short box in front of shoulder rests, R ball of foot on bar, R leg externally rotated, hands behind head, L knee/shin on carriage/against box
1 Arm Forearm Side Plank -Thread the Needle	5			L forearm on box, legs tandem on platform
Seated Arms -1 Arm Shoulder Press (dumbbell)/1 Arm Serving (strap) -Alt. Twisting Variation (same 1 Arm Press & Serving)	30 sec. each		Heavy & medium dumbbells	Heavy dumbbells on platform, 1 medium dumbbell in L hand, R hand in short strap, sitting on box/feet on carriage in front of you/flat
Squats (on carriage - heels up)	1 min.			Dumbbells in both hands, heels against box, dumbbells resting on top of shoulders
Start with 1 Leg High Kneeling Leg Press Sequence on Side 2 & continue flow, ending with Squats (heels up)				Start with L foot on bar for side kneeling leg press



Exercise	Reps	Springs	Props	Direction
Curtsy Lunge ***Optional Alt. Shoulder Press or Alt. Arm Sweeps -Hold - Lateral Raise -Hold - Scooter/Bicep Curl	1 min. curtsy 20 sec. lateral raise 20 sec. scooter/ bicep curl	1 medium	Medium dumbbells	R foot on floor/stand on L side of machine, dumbbells at chest or at shoulders, L foot against shoulder rest
Alt. Lunge/1 Arm Row (strap) -Row -Pulse Legs -Arabesque Hinge	30 sec. alt. 15 sec. row 10 pulses 30 sec. arabesque			Face the back/risers, R foot forward, R hand behind head, L hand in long or short strap
Snake/Twist	5			Bar down, L hand closer to front edge, R hand closer to shoulder rest, R foot on platform, L leg crossed behind
Start with Curtsy Lunge Section on Side 2 & complete flow, ending with Snake/Twist				L foot on floor for curtsy
Elephant Stretch -Hold - Cross Over (R & L Side)	30 sec. full 10 sec. each side	1 medium & 1 heavy		Heels against shoulder rests, hands on bar
Child's Pose/Cat & Cow	15 sec.			On carriage/hold bar