

The Feel Good Flow with Ben (Box, Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
Supine Breathing -Arms Open/Close	1 min.	1 heavy & 1 medium		Bar down, lying on back, feet flat on platform, arms reaching to ceiling
Single Leg Stretch	30 sec.			Legs in table top to start
Knee Sways	30 sec.			Hold posts of shoulder blocks
Table Top - Point/Flex Feet	30 sec.			
Bridge	1 min.			Keep arms reaching to ceiling
Hamstring Stretch	10 sec.			Long straps on feet, grab straps and pull to stretch
Feet in Straps -Circles -Short Spine -High Wide V Press -Hold Arms Off 10 Sec. -Stag	30 sec. circles 5 short spine 5 High wide V press/10 sec. hold Stag 30 sec.			
Roll Back to C-Curve (in rowing back position) -Twists R & L -Alt. Twist/Lengthen Arms -Butterfly Stroke -Seated Chest Expansion	20 sec. each	1 medium		Hands in short straps, sitting facing risers/close to the front edge of the carriage, legs long/in between the shoulder rests, fists together, wide elbows
-Kneeling Side Bend -Kneeling Flexion/Extension	30 sec. each			Kneel facing the side/knee against shoulder block, long strap hooked above L elbow, hands behind head
Pigeon Stretch	30 sec.			Bar up, L leg forward on platform in pigeon, R leg through shoulder blocks, hands on the bar

Exercise	Reps	Springs	Props	Direction
Pigeon Stretch	30 sec.			R leg forward
(Side 2) -Kneeling Side Bend -Kneeling Flexion/Extension	30 sec. each			Long strap above R elbow, kneeling facing other side
Side Splits/Twist L	30 sec.	1 medium	Box	R foot on platform, L foot on carriage/next to box, arms to a T position, short box in front of shoulder blocks
Front Lunge (on Carriage)	30 sec.			Hands on box, body facing the risers, L foot on carriage, flat spine
Hamstring Stretch	30 sec.			Hands around ankle
(Side 2) Front Lunge (on carriage)	30 sec.			R foot on carriage
(Side 2) Hamstring Stretch)	30 sec.			
(Side 2) Side Splits/Twist R	30 sec.			
Short Box Series -Forward Fold/Extension	30 sec.			Face the bar, sit on box, hands behind head, hook feet in front strap
Quad/Flexor Stretch -Reach Back/Underneath/Up	10 sec. each			L foot on platform, R foot on top of box, L arm reaches
(Side 2) Quad/Flexor Stretch -Reach Back/Underneath/Up	10 sec. each			Reach R arm
Forward Fold Stretch	10 sec.			Both feet on platform, hold front strap, round spine