

Arms, Abs & Plenty of Ass Take Two (Box)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork - Prancing	30 sec.	1 heavy, 1 light, 1 medium		Toes on bar/knees & toes facing ceiling
1 Leg Footwork -2 Pulses with Kick -No pulse with Kick -Press with Kick (above bar) -Hip Circles with Calf Raise	30 sec. each 3 hip circles/calf raises each way			L toes on bar, R leg goes underneath bar/threads & kicks to ceiling
Complete 1 Leg Footwork Sequence on Side 2				R toes on bar, L leg moving above or below bar
Hands in Straps -Alt. Bridge/Curl - Extend Legs -Alt. Knee to Chest -1 Leg Bridge/Pulses (R Side) -1 Leg Bridge/Pulses (L Side)	1 min. alt. bridge/curl 30 sec. knee to chest			Hands in short straps, legs in table top
Hands in Straps - 100's	Full set			Pilates V shape with feet
Front Kneeling Arms -Serving/Hip Thrust -Chest Opener -Offering/Hip Thrust -Overhead Shoulder Press/Hip Thrust	30 sec. each	1 medium		Kneel on carriage facing the bar, feet against shoulder rests, hands in short straps
Side Kneeling Arms -1 Arm 90 Degrees Open/Close with Pulses -Draw a Sword	10 each			Long strap above R elbow, L hand on hip, L leg/knee against shoulder rest, R arm at 90 degrees
1/2 Kneeling - 1 Arm Chest Expansion Standing - 1 Arm Tricep Press	10 each			R foot flat on headrest, R hand in short straps, L knee on carriage, body facing risers
Work Backwards - Start with 1/2 Kneeling & Standing 1 Arm Work on Side 2 & complete Side Kneeling Arms section				

Exercise	Reps	Springs	Props	Direction
Reverse Lunge/2 Pulses Lunge/Tip Over/Open Arms	30 sec. Each	1 light	Box	Bar down, L foot on platform, R foot on carriage, hands behind head
Side Lunge with Flat Back Side Lunge/Flat Back/Rotation	30 sec. each			L foot on platform, R foot on carriage/R leg bending
Standing Strap Work (1 Leg) Donkey Kick Lower/Lift (arabesque)	30 sec. donkey 6 arabesque lifts			Box upright on side of machine/toward the back of machine, facing the risers, forearms on box, L foot on floor, R foot in long strap
Reverse Abs (straps above knees) -Hold Curl - 5 Counts Pumping/ Stretch & Bend Legs -Elbow to Knee	1 min. combo. 30 sec. elbow to knee variation	1 medium		Long box on carriage, hands behind head for 2nd variation
<i>Start with Reverse Lunge/ Pulses/Tip Over on Side 2 & continue flow, ending with Standing Donkey Kick/ Arabesque Strap Work</i>		1 light		L foot on carriage, R foot on platform for lunges
Feet in Straps -Lowers/Lifts -Circles -Long Spine	30 sec. lowers/lifts 5 circles each way 3 long spine	1 medium, 1 heavy, 1 light		Feet in long straps