

Circle Surrender (Box, Magic Circle)

Flow

Exercise	Reps	Springs	Props	Direction
Single Leg Footwork -Full Press -Alt. Press/Toe Tap/Bicep Curl -Pulses	30 sec. 10 combo. 10 pulses	2 heavy & 1 medium	Circle	Bar up, circle behind R knee, R hand in circle/elbow narrow, L toes on bar
Single Leg Footwork (R Side)	Reps listed above			R toes on bar
Double Leg Footwork -Press - Calf Raise/Tricep Press Combo. -Hold Bend- Heels Up & Down with Circle Squeeze -Hold Bend - Pulses	1 min. 10 heel drops 10 pulses			Circle between both hands/ reach to ceiling above chest, toes on bar
Oblique Teaser/1 Arm Tricep Press (1 or 2 Legs) -Hold Arm - Bend/Stretch Legs -Hold Arm - Leg Circles	30 sec. arms & legs 20 sec. only the legs	1 medium	Box	Short box in front of shoulder rests, sitting on box/angling slightly toward L corner to bar, L hand on headrest, toes on carriage, R hand in long strap
Side Splits Section -Side Split/Side Bend/Rainbow -Skater - Back and Forth	30 sec. each			R foot on platform, L foot on carriage, circle above head between both hands Skater - R let closer to foot bar, long spine/flat back forward/arms straight in line with ears, bending R leg to start
Rotating Side Scooters -Hold Twist - Lift & Lower Heel	10 each			Platform leg stays bent, L foot on top edge of box
Twisted Plank -Tucks -Alt. Tuck/Knee to Elbow -Kick Across	30 sec. tucks 15 sec. adding knee to elbow 15 sec. kick across			Hands on bar, toes on top of box/edge, knees & hips facing L side, R leg moving for knee to elbow/kicks

Exercise	Reps	Springs	Props	Direction
Side Lying Section -Leg Press (Circle Press) -Alt. Leg Sweep/Press (Reaching Circle) -Tiny Leg Circles	30 sec. each 10 tiny circles		Circle, box	Bar down, long box on carriage, front long strap available, lying on L side, head toward risers, L forearm on headrest, long strap on R foot, press into circle/carriage
4 Pt. Kneeling -Arm Sweep -Tippy Bird Push-up/Arabesque	10 each			All 4's facing the back risers, R hand in short strap, L leg lifted behind you for push-ups/elbows narrow
Abs on Long Box -Lateral Pull/Alt. Knee to Chest -Front Raise/Alt. Leg Lower -Teaser Hold (half or full)	30 sec. each 10 sec. teaser hold			Feet on headrest, hands in short straps, legs start in table top
Start with 4 Pt. Kneeling Section on Side 2 & complete flow, ending with Twisted Plank	Reps listed above		Circle	Start with L hand in strap on all 4's
Complete Standing Side Splits & Scooter Section on Side 2	Reps listed above			L foot on platform
Complete Oblique Teaser/ 1 Arm Tricep Press (1 or 2 Legs) on Side 2	30 sec. arms & legs 20 sec. only the legs			R hand on headrest, L hand in long strap